

St Andrew's Church

ISSUE 28, September 2020

GORLESTON

Community Magazine



Inside this issue: GoSH, Ron Mallion, ENSFC,
Kids' Corner, Billy Halfnight... *And much more!*

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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.

Hello Gorleston!



Welcome to Issue 28 of YOUR free community magazine.

These are strange and unusual times, but I recently read a lovely poem which I found full of hope and inspiration, and which I hope you will too...

The Power of One

One song can spark a moment,
One flower can wake the dream,
One tree can start a forest,
One bird can herald spring.
One smile begins a friendship,
One handclasp lifts a soul,
One star can guide a ship at sea,
One word can frame the goal.
One vote can change a nation,
One sunbeam lights a room,
One candle wipes out darkness,
One laugh will conquer gloom.
One step must start each journey,
One word must start each prayer,
One hope will raise our spirits,
One touch can show you care.
One voice can speak with wisdom,
One heart can know what's true,
One life can make a difference,
You see, IT'S UP TO YOU!

Author Unknown

Take care, stay safe, and we'll meet again in October!



Ed.....



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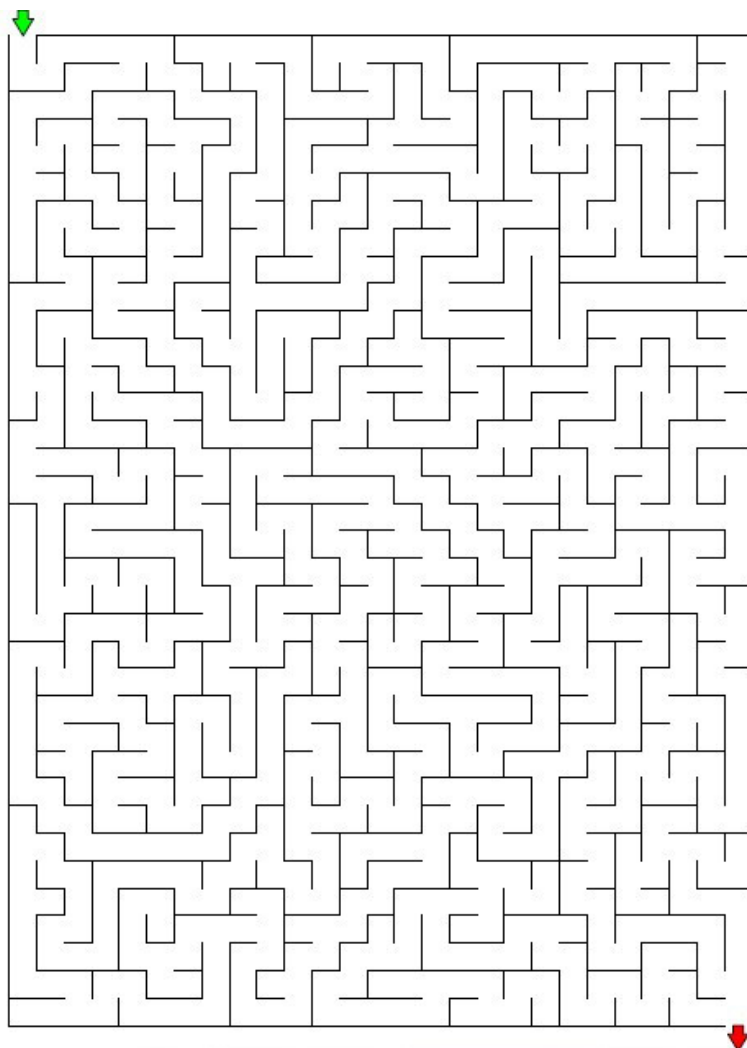
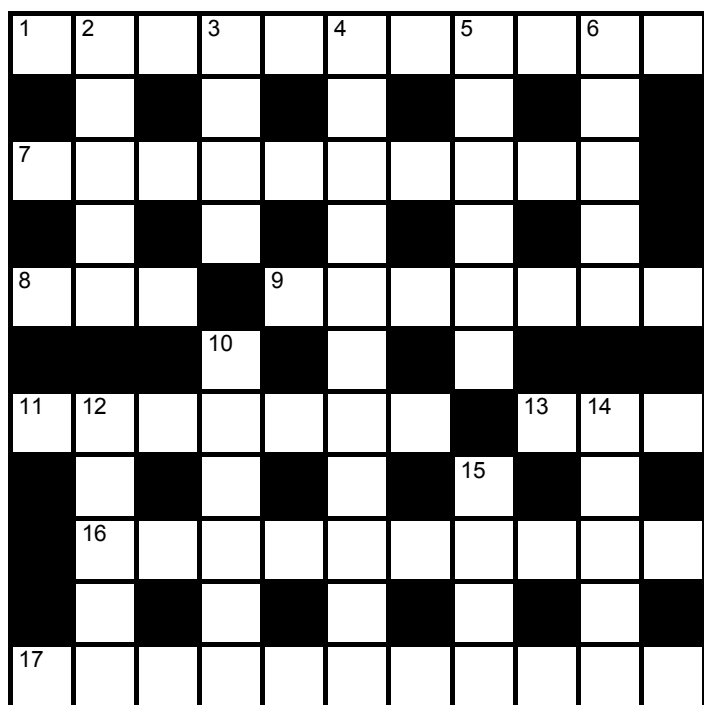
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Deadline for the October Issue is
Friday 11th September

Thanks to **Olga Rakauskiene**
for this month's front page picture

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Coffee Time 1



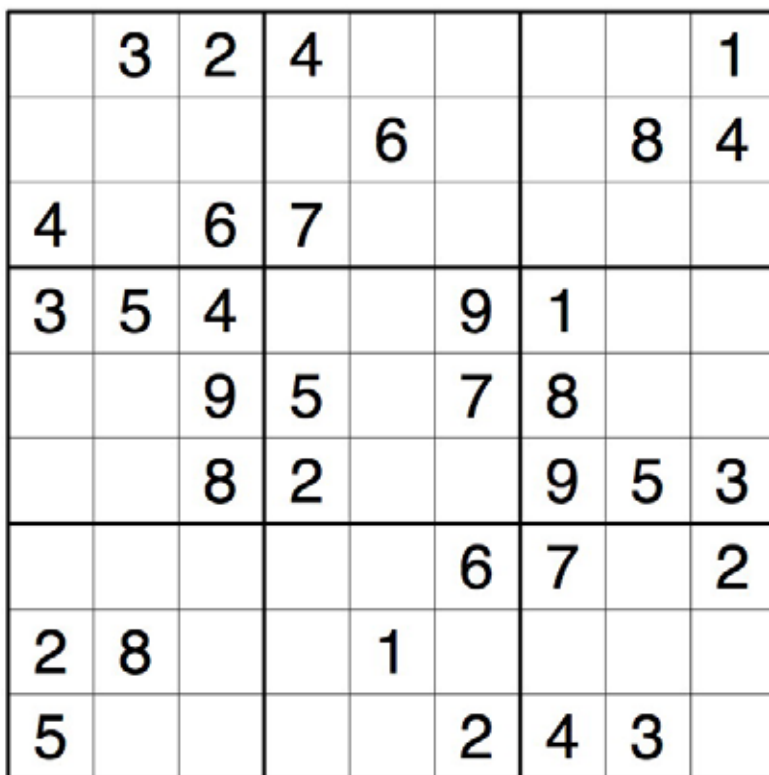
Across

- 1 Being reprimanded (2,3,6)
- 7 Cumbrian port (10)
- 8 Fast railway passenger-carrier (1,1,1)
- 9 Brandished (7)
- 11 Old (7)
- 13 Recede (3)
- 16 Despotic (10)
- 17 Meal that gives a sense of wellbeing (7,4)



Down

- 2 Secluded places (5)
- 3 Long walk (4)
- 4 Salon item (11)
- 5 Child's toy (6)
- 6 The Premium Bonds (1,1,1,1,1)
- 10 "Dr. Zhivago" star Omar --- (6)
- 12 Harking back to an earlier style (5)
- 14 Cry of approval (5)
- 15 Small spat (4)



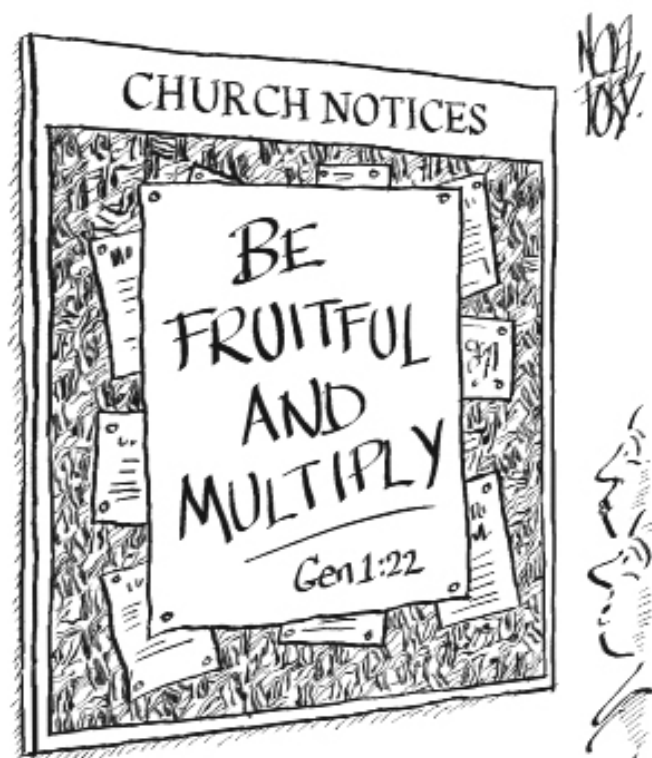
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When God gave Moses the job of bringing the Israelites out of Egypt, He asked Moses a question, ‘What is in your hand?’ (see Exodus 4:2). Moses was holding his staff, which represented his livelihood (what he was good at); his resources (his flock represented his wealth) and his security (which God was asking him to lay down).

What might you and I be able to do that will help others, encourage others, and bring them hope?



The vicar's attempts to increase the number of children attending services were becoming less and less subtle...



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ENSFC

East Norfolk Sixth Form College

EN student lets her creativity thrive in lockdown



A student at East Norfolk Sixth Form College (EN) has certainly found a unique way of keeping herself occupied throughout the Covid-19 pandemic.

Not only has Megan Swann been taking part in her virtual lessons and completing her college coursework throughout lockdown, she has also entered

and been very successful in a whole host of national competitions.

The artistic streak continued with further entries in the worldwide 'Bow Seat – Ocean Awareness' art competition where Megan submitted a garment featuring animals and climate under threat on one side alternating with a more positive prosperous future on the other. With nearly 5300 entrants, she will find out whether she has been successful in November.

For the Falmouth University competition, Megan entered three pieces of work in the fashion, art and photography categories. All three pieces represented very different themes, from a dress inspired by the Black Lives Matter movement, a painting focusing on body image and the pressures from society to look a certain way and finally a photography piece representing the lockdown period and the importance of the NHS.

Megan's obvious talents are not restricted to the creative and artistic, she has also entered the Oxford University Oriel College Philosophy Prize with a 2,500-word essay on compulsory vaccinations. This was followed by a 1,500-word essay entry in the George Orwell Youth Prize focusing on 'The Future We Want'. Megan then submitted six pieces in the Norfolk Young Writers Competition, 2 poems, 2 podcasts, an essay and a written article. Once again, the diverse nature of the entries is astonishing, covering topics including toxic masculinity, mental health, the historical impact of the trans-continental railroad, classic literature and the effects of society's obsession with mobile phones.

Megan said: "These online competitions have acted as an enjoyable focus away from all the uncertainty of the past few months. By participating in these additional events, I was able to maintain a working environment similar to college. They have also allowed me to develop my skills both academically and creatively, something I hope to be beneficial as I move into second year of my A-levels."



Megan secured third place in the 17-18 category in the Young Fashion Designer UK 'Design of the Decade' competition. With over 180 entrants, Megan's design, inspired by the social impact of fashion post the Suffragette movement was a favourite with the judges.

Following on from this, Megan then entered a competition run by SCHUH to design a pair of Converse trainers in any style. Not content to enter one design, Megan was so inspired she entered 8 designs separated into cultural and commemorative collections and scooped the first runner-up prize.



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Saturday 5.30-10pm, Sunday closed.

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Your face mask and your dog

Face masks have been a big adjustment for all of us, but dogs especially may be struggling, warns the animal charity, Dogs Trust.

Dogs use our facial expressions to tell how we are feeling, so if they suddenly encounter people whose faces are covered, they could become confused, stressed, and even feel threatened. Their confusion may lead to a loss of obedience and cooperation with you.

Here is how to get your dog used to you wearing a face mask:

- Hold your hand over your face for a moment, speak reassuringly to your dog, and then reward him.
- Introduce your dog to your face mask, let him sniff it and let him see you put it up to your face, and then down again. Reward him.
- Put it on for a moment. Reassure and reward him.
- Put it on and move about the room, while reassuring him. Reward him.
- Gradually build up the length of time that you wear the face mask around him. Keep reassuring him. Reward him.

Expect that he may not be so quick to understand and obey you when you are wearing the mask – be patient.

Don't take him into public places where many people are wearing masks, unless you absolutely have to do so. It could be very stressful for him.



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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, more recently ordained...

On how to survive a weekend away with the young people

The Rectory
St James the Least

My dear Nephew Darren

I think your idea for both our Confirmation groups getting together for a weekend away – socially distanced, of course – was excellent and our meeting last week drew most of the plans together. We didn’t take any minutes, so let me record the decisions I believe we made.

Since all of us have to sleep far apart at the centre, I am prepared to spend the nights at a local hotel. By chance, I have found that there is a four star one only a few miles away, so I have booked myself in.

As the dining area in the youth centre may be cramped, I am also willing to have dinner each evening at the hotel, thereby creating more space for the rest of you. An additional sadness is that, since breakfast at the hotel is not served until 8am, I will not be able to join you either for your pre-breakfast dip in the nearby stream. It would be grossly unfair to expect you to pack lunch for me, so I will arrange for the hotel to provide me with a picnic hamper for one which I can have while you all enjoy your cheese and pickle sandwiches.

I think it will be an excellent learning experience if you prepare all the teaching sessions yourself, but be assured that I will always be on hand to give the advice of experience. That large armchair near the fire in the common room seems to be the best place for me to sit, so I can keep an eye on proceedings, while I take on the responsibilities for stoking the fire. This reminds me; do make sure that the young people are encouraged to saw enough logs each morning for me to fulfil my obligations.

Naturally, my arthritis will prevent me being able to accompany you on your afternoon hikes, but I will cheerfully park my car wherever you leave the minibus, to provide a second vehicle in case of emergencies. I do not mind in the least waiting all those long hours until you get back; I have already found an attractive tea shop in the village.

I am fully aware that not sleeping or dining at the centre, not being responsible for preparing the teaching, nor being involved on the walks will mean that my contributions will be ever so slightly limited, but these are sacrifices I gladly make in order to give you further experience in your ministerial career.

Your loving uncle, Eustace



Coffee Time 2

Quiz

1. What does BBC stand for?
2. What nut is used to make marzipan?
3. Who was British Prime Minister before Theresa May?
4. What's the name of the river that runs through Egypt?
5. In meters, how long is an Olympic swimming pool?

ZOOM

What is this familiar edible item?



Where in Gorleston?



Anagrams

Solve the anagrams below to find well-known capital cities and their countries:

1. bless glum bruise
2. an asian virtue
3. a grey topic
4. a cranial rat abuser
5. a finer scrap

Duck Hunt



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

Quotes

Who said.....?

“I never dreamed about success.
I worked for it”

SNIP

Which advert in the magazine is this snip taken from?



Monthly Recipe

from Fleetwoods Butchers

Pork Chops with Cheese & Onion - A quick easy meal for summer

Preparation time - 10 mins

Cooking time - 15 mins

Serves 4



Ingredients

- 4 pork chops
- 2 tsp olive oil
- 1 tsp English mustard
- 4 tbsp caramelised onion from a jar
- 50g strong cheese grated
- 1 tsp thyme chopped

Method

1. Heat grill to high, then place the chops on a grill pan, rub with oil and season. Grill for about 6 mins on each side, until golden.
2. Spread a little mustard over one side of each chop, then top with 1 tbsp onions.
3. Mix the cheese and thyme, sprinkle over the chops, then grill until golden and bubbly.



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Ramblings of a Displaced Cockney



Another Railway Journey

I recently wrote a piece about my experiences claiming delay when I make my regular train journeys to London and Devon. I seemed jinxed in terms of the probability of being held up for a whole variety of reasons. For instance, the lovely new trains on the Great Yarmouth to Norwich line are great except when they are cancelled “for technical reasons”. You may recall that they initially had a problem with signalling systems when the old rails caused problems with the new technology! That presumably has been resolved after the weeks long work on the line and the replacement buses.

Other than that I have been bugged by the London train

having “technical difficulties” resulting in cancellation. Once again that resulted in a delay repay rejection because they had no record of the 09:30 from Norwich being cancelled, but at least my appeal was successful, but only because the 09:30 really was cancelled!

Anyway, when travelling home I fell into a sort of day-dream when listening to the train guard’s announcements about the things they have said over the years. I will always remember the universal excuse we heard one day when travelling from Manchester to London: “We wish to apologise for the late running of the train. This is caused by the preceding train, which is in front of us.” You just can’t argue with that one, can you!

Which set me off when the guard announced about our “next station stop” and the poem below just tumbled out!

Your Next Station Stop

The train guard forgets himself for a moment.

“Your next station stop is Ipswich.
You see the thing is that
we expect all sorts of stops these days
other than those at actual stations.

For instance, the trending reason for other stops
is broken down freight trains.
We like that one because it sort of gives the impression
that we are doing our bit for the environment
and moving lots of goods by rail.
Trouble is, we are moving stuff a bit too slowly,
as the engines keep giving up on us.

Then there’s that old chestnut
about the delay being caused
by a slow running train in front of us.
Of course we try to imply that the dawdling train
is operated by some other rail franchise,
much less efficient than us, but
no one is ever taken in by that one.

If necessary we can just fall back
on those other routine excuses which divert the blame from us:
signal failure, wrong kind of rails, floods, snow and heavy rain.
It’s never that we forgot to test the new trains
or maintain the older ones or be short of drivers
because we don’t pay them a decent wage
or give them adequate conditions of employment.

Sorry! Where was I? Oh yes!
We wish to apologise
for the late running of this train . . .
this is caused by . . .”

Ron Mallion

Ron Mallion, the last surviving member of the crew of the Gorleston lifeboat Louise Stephens has died just a month before his 99th birthday. He joined in 1954 serving under his father-in-law Coxswain Bertie Beavers then George Mobbs and Percy Beavers mainly as mechanic for over 12 years.

One of his earliest launches involved the lifeboat standing by for possible rescues alongside the Britannia Pier when the theatre and dance hall burned down in April 1954. Another notable operation came in March 1961 when the lifeboat went to the aid of a Norwegian freighter, the Gudveig, 16 miles north-east of Yarmouth. This made history when land-based fire-fighters were taken out to sea for the first time to tackle what was described as 'a floating inferno'. Both the ship and crew were saved but the lifeboat, having returned after a gruelling 12 hours at sea, was immediately re-launched to go to the aid of a freelance television cameraman whose boat had run into difficulties.

The Louise Stephens was stationed from 1939 until 1967 launching a record 303 times and earning a place in the history as one of the 'small ships' taking part in the wartime Dunkirk evacuation. Ron Mallion was pleased when his late nephew, Peter Johnson, himself a former member of the crew, saved the disused lifeboat in 2013 and began a restoration project which despite Mr. Johnson's death is continuing at a specialist boat yard in North Norfolk. Before the war Ron's elder brother Frank served briefly on the Elizabeth Simpson lifeboat and the family tradition continues with Ron's youngest son Des as a third generation member of the current crew.



Ron Mallion, picture by Tom Mallion

Born in Godmanchester in Cambridgeshire Ron moved to Gorleston in 1933 when his father Ernest became signalman at Gorleston on Sea Station. Ron helped his parents build their own bungalow above the signal box. Before the war he sang in the choir at St. Andrew's. He began work as a butcher's boy at Bellamy's first meeting his wife Vera when they were both in their young teens. After the war the couple married in 1947 and celebrated their 72nd anniversary last year.



*The Louise Stephens crew in the 1960s with Ron Mallion (rear far right) and Coxswain George Mobbs (front row centre)
picture from Archant Archive*

Ron joined the RAF and served with Air-Sea Rescue in the Indian Ocean while Vera worked on barrage balloons and Spitfires. He returned to civilian work as a trained mechanic at Gorleston Garage moving to Precasters Riverside builders merchants where he was head of maintenance and lorry driver almost continuously until his retirement. The couple took a year out to work at a South Norfolk country house with Vera as housekeeper and Ron as maintenance man. After he retired Ron was groundsman at Gorleston tennis club until 1997.

Ron's interests included roller skating and was an instructor at the indoor rink at Gorleston Holiday Camp (now the site of the Elmhurst Court estate) after the war. For his 80th birthday he fulfilled an ambition to take a flight in as hot air



*The RNLI flag at half mast
picture by Tom Mallion*

balloon over Norwich and he maintained his love of the sea attracting press coverage as one of Britain's oldest jet ski enthusiasts when still riding his son Des's ski in his 80s. He also attempted to set up a skateboard club and park when the sport first emerged and Des was involved. Ron and Vera were supporters and fund raisers for the Parent Teacher Association at the then Cliff Park Secondary School. He was a lifelong fan of the Hippodrome Circus and when he last visited for his 97th birthday was dubbed by ring master Jack Jay as probably the country's oldest circus fan.



*Ron on his son's jet ski in his late 80s
picture by Des Mallion*

For the past two years the couple have been resident at the Lydia Eva Court Care Home where Ron was popular with the staff who described him as 'a perfect gentleman' always with 'a cheeky smile'. Ron, who had three grandchildren and two great grandsons, died peacefully at the home surrounded by his sons Tony and Des and his wife Vera (96). The RNLI flag flew at half mast outside the Gorleston lifeboat shed in his honour, and it is planned to scatter his ashes at sea from the lifeboat.

Tony Mallion.

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Kids' Corner

Back to School



Bible thoughts: 'Learning'

Proverbs 16:20 - Good things happen to those who **learn** from their experiences, and the LORD blesses those who trust him.

Proverbs 18:15 - Wise people want to **learn** more, so they listen closely to gain knowledge.

Proverbs 23:12 - Listen to your teacher and **learn all you can.**

Hello Autumn - Colouring Fun



On this day in September

1st (1951)	The first Supermarket opens in Earl's Court London
2nd-6th (1666)	The Great Fire of London
3rd (1939)	World War 2 began
22nd (1955)	ITV channel started
26th (1955)	Birdseye Fish fingers go on sale
27th (1825)	The first rail service in England began between Stockton and Darlington
29th (1758)	Nelson was born
30th (1928)	Anti-biotic Penicillin was discovered by Alexander Flemming

Gorleston Then & Now

by John McBride



The TSB opened a branch in Baker Street between 1936 and 1938. It was not there in the 1936 Kelly's Street Directory, but it was there in 1938. It remained there until 11th June 1972 when the new branch opened on the corner of High Street and Church Lane, known as Norton's Corner after a tobacconist previously at that site. In 2019 the old TSB building is a haberdashery, and to the right is My Plaiice - Fish & Chips, which for many years was Sid Weavers' Fish & Chip shop.





Opening **THE** **Book**

with
**Reverend
John Kinchin-Smith**

Last month we learned that the Bible teaches that Jesus of Nazareth was God's rescue of the human race from misery, suffering and ruin. The story of Jesus is told in the first four books of the New Testament: the Gospels of Matthew, Mark, Luke and John. The word "Gospel literally means "Good News". The rest of the New Testament generally refers to Jesus as "Jesus Christ" – literally "Jesus the anointed one". In Hebrew the word is Messiah.

Many of the difficulties people find with descriptions of God in the Old Testament is because there was both a gradual revelation of God and gradual understanding of God during those early centuries before Jesus Christ. The Bible teaches that it is in Jesus that we see God's nature and character most fully and perfectly revealed. "For God was pleased to have all his fullness dwell in him (Jesus)" (Colossians chapter 1 verse 19) And "In him (Jesus) was life...the light of all mankind...the glory of the one and only Son, who came from the Father, full of grace and truth" (from John chapter 1).

Let us listen to some of the things Jesus said:

"I have come that (people) may have life and have it to the full." (John chapter 10 verse 10).

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew chapter 11 verses 28-29).

"Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called sons of God." (Matthew chapter 5 verses 3-9)

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John chapter 3 verse 16).



Animals and Birds as seen in Art & Scripture

by The Rev Michael Burgess

'The Madonna of the Goldfinch' by Raphael, hangs in the Uffizi in Florence.

The weeks and months of lockdown have been difficult and testing times for many of us, but they have also provided the opportunity to look afresh at the world of nature. With less traffic on the roads, less air pollution, and less noise pollution, the sky has somehow seemed bluer and the bird song more joyful and confident.



It is appropriate that we focus this month on one such bird noted for its liquid, tinkling song - the goldfinch. In this month we also celebrate the feast of the Nativity of the Blessed Virgin Mary on 8 September, and so the painting is 'The Madonna of the Goldfinch' by Raphael.

Raphael was only 37 years old when he died in 1520, but his work is marked by maturity and great beauty. No more so than in this painting which shows Mary with a young Jesus and John the Baptist. You could easily miss the tiny bird which is carefully held by John and gently stroked by Jesus, who has one foot resting on His mother's. It is an intimate, tender scene which was painted in 1505 as a wedding gift for Lorenzo Nasi. It was badly damaged by an earthquake in 1548, painstakingly restored in the early part of this century, and now hangs in the Uffizi in Florence.

As we look, we rejoice in the grace and simplicity of the scene. We look again and ask ourselves 'Why a goldfinch?' The bird has a red spot on its head, and legend tells that the goldfinch flew down to the cross of Calvary to take a thorn from the crown of thorns. As it pulled the thorn in its beak, its head was splashed with a drop of blood.

And so this painting of gentleness and innocence opens out into a wider canvas of redemptive love. Our thoughts move from infancy to the cross. Mary, sat on a rock, is reading 'The Throne of Wisdom', and the artist is inviting us to ponder where true wisdom is found. Here, as we look at the wonder of nature and new life with a mother and children, but also as we look ahead to the 'wisest love' of Jesus who is our Redeemer.

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More Coffee Time!

Wordsearch

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

Football Clubs

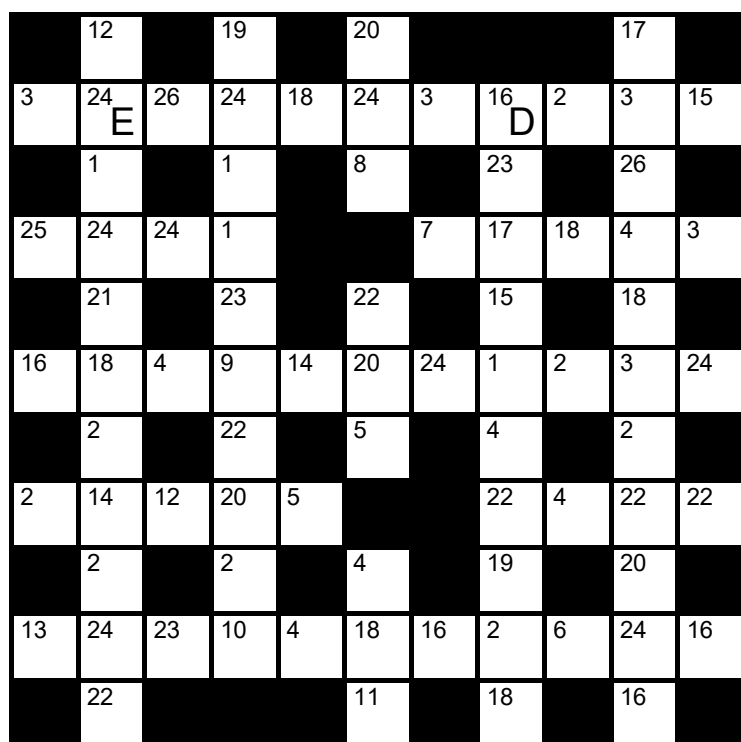


Boro	Hull	Thistle
Bury	Luton	Torquay
Chelsea	Montrose	Town
City	Owls	United
Clyde	Oxford	Wigan
County	Raith	Wolves
Crewe	Rams	Wrexham
Dons	Reds	York
Exeter	Stoke	



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
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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

Hair We Are



The coronavirus lockdown certainly changed a lot of our everyday practices when it comes to things like food and exercise as well as upping our stress levels by an unhealthy amount. With all of these elements taken into account it's no surprise that the health of our clients' hair might have taken a turn for the worse.

In our Academy, the practice of cutting hair is not the only thing that is taught, I was reading with interest an Article written in the Hairdressers Journal that I thought for this month's blog might be of interest to pass on.

These are just some of the reasons that your hair could have taken a turn for the worse during lockdown.

Lack of sunshine

At the start of lockdown people were only allowed outside once a day to exercise, and for those who are fully shielding, the amount of time they have spent outdoors in recent months is likely to have been severely limited. This may have resulted in a significant reduction in vitamin D levels.

Vitamin D is synthesised by the skin in response to UV-B radiation from the sun and many people already have sub-optimal levels. Data from animal studies suggests that vitamin D plays a role in hair follicle cycling, meaning when there isn't enough vitamin D in your system, new hair growth may be stunted. This is further evidenced by the observation of hair-loss in those suffering with rickets (which is caused by vitamin D deficiency). Vitamin D deficiency has also been linked to alopecia, the autoimmune condition that causes bald patches on the scalp and other areas of the body.

Drinking too much alcohol

Unfortunately, excess alcohol intake can deplete many nutrients from the body, especially the water-soluble B vitamins. The vitamin B family includes eight water-soluble vitamin substances—thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), vitamin B6, biotin (B7), folate, and vitamin B12—that aid in cell metabolism. Riboflavin, biotin, folate, and vitamin B12 deficiencies have all been associated with hair loss.

Increased stress

The stress hormone, cortisol, is known to affect the function and cyclic regulation of the hair follicle. When cortisol is present at high levels it has been demonstrated to reduce the synthesis and accelerate the degradation of important skin and hair elements (hyaluronan and proteoglycans), by approximately 40%, potentially leading to increased hair loss – hence the expression “I’m pulling my hair out” that people often use when they are stressed or anxious.

Taking steps to reduce stress levels is likely to be beneficial for many aspects of health. It could be something as simple as going for a daily walk on your lunch break, doing some breathing exercises or a guided meditation in the morning or carving time out for a bath and an early night in the evenings. For those suffering with severe stress cognitive behavioural therapy or counselling may be beneficial.

www.standrewsgorleston.org.uk

Poor sleep

With changes in routine and increased stress levels, many people have also struggled with sleep issues during the last few months. Interestingly, a small study in men found that when they underwent a sleep deprivation of 48 hours this resulted in a 19 percent decrease of beard-hair growth. This effect reflects the lowering of protein synthesis during sleep deprivation, and is thought to be related to hormonal disturbance.

Sleep hygiene is important to encourage a good night's sleep. Reducing exposure to blue light from screens is thought to help encourage melatonin production (our sleep hormone), so switch off phones and computers at least an hour before bed. Ensure your bedroom is dark and cool and implement a regular bedtime routine, going to bed at the same time each evening to help regulate circadian rhythms. Magnesium is an important nutrient for sleep and relaxation, so increasing leafy green vegetables, nuts and seeds and/or taking a supplement may be useful.

Poor diet

Micronutrients (vitamins and minerals) are major elements in the normal hair follicle cycle, playing a role in cellular turnover. With limited availability of certain fresh foods in the supermarket, financial constraints and increased stress, many people may not have been eating as well as they could.

Vitamins that have a particular impact on the condition of hair include vitamin C, B vitamins and vitamin A. Minerals which influence hair growth are zinc, iron, copper, selenium, silicon, magnesium and calcium. The best way to ensure you are obtaining all of these nutrients is to eat a balanced wholefoods diet.

Another aspect to focus on is nutrient absorption, as you can be eating the best diet in the world but if you aren't absorbing properly, your hair isn't going to see the benefit. A key aspect of this is supporting the gut microbiome (the community of microorganisms in the gut), which play an important role in supporting the health of the gut lining where nutrients are absorbed.

Gut bacteria also synthesise certain nutrients for us, including B vitamins, which are important for hair health. To support the microbiome, incorporate traditionally fermented foods such as live plain yoghurt, kefir (water or dairy), kombucha, sauerkraut, kimchi and miso into the diet on a regular basis and clients should consider taking a good quality live bacteria supplement.

On the Gorleston Traders Association side of things it was with great satisfaction and relief that we saw the high street start to get back



some of its normality when the parking barriers were removed from the High Street. This allows people to pop down the High St and attend shops for their normal shopping pick up.

Unfortunately though pedestrians are still not obeying the one way system put out in the High St, North to South on the East side of the High St (towards the Library) and South to North on the West side of the High St (Away from the Library) These measures, however dramatic people think they are, are there for a reason, to help keep people to social distance and to try and stop the spread of the virus. It is not the law as such and you can't be fined for not doing it but people just don't seem to care. As I am writing this there have been 5 positive cases of Corona Virus reported in Gorleston alone, with the fantastic weather we have been having and the influx of holidaymakers, even from towns like Leicester that are back in Lockdown because of the virus, the recipe is there for a disaster to happen and I am not sure how many traders in our lovely little town will survive another lockdown!!





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- Builders Cleans

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- Lawn Care
- Decking
- Window Cleaning (Pure Water)

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Vets and Pets

Don't get the summertime blues!



We all love the summer weather – Here we look at some top tips to beat the heat and keep pets safe this summer:

Slip-slap-slop! The sun is a particular problem for white eared pets – especially cats. Cats with white ear tips (and also white noses) are at risk of getting these areas sunburnt and this can lead to cancerous changes in the sunburnt areas. Early on, cancerous areas can initially look a scabby patch which then becomes more raw and painful over time. High factor **special sunblock for pets** applied to the at risk (white) areas helps to minimise this risk.

Play it cool! The summer heat is also a huge problem for many pets and it is essential to ensure free access to water at all times. **Dogs** can quite easily overheat – leading to heat stroke, with signs of panting, disorientation, collapse and sometimes death. To keep dogs safe, we suggest shorter



walks in the coolest parts of the day – either morning or evening. If you have space, dogs love a paddling pool to cool off! Rabbits and guinea pigs are very susceptible to problems arising from excess heat and it is vitally important that they have access to shade at all times, plus cool water – preferably in a bowl.

Grass awns of the meadow grasses can be a particular issue in dogs. These innocuous looking awns have the ability to penetrate tissue and migrate vast distances. The

most common locations are as a foreign body in the ear or foot. We would always be suspicious with a sudden onset of ear problems after exercising in long grass. We suggest grooming after every walk so that any awns can be found and removed before they can cause trouble.

Flystrike is a really big problem in rabbits during the warmer months. Rabbit rear ends often become damp and this moist area attracts flies, which lay their eggs there. These eggs hatch out into maggots, which are capable of burrowing through the rabbit's skin and into the underlying flesh. Rabbit rear ends should be inspected daily for fly eggs and maggots, and soiled bedding should be cleaned out on a daily basis.

Parasite alert: It's important to ensure you are using adequate flea and tick protection. Check your pet after every walk to spot if any **ticks** have become attached. These can be anywhere around the head, under the belly or in armpits. Ticks can be removed using a special tick device or in the surgery. There are a range of tablets, collars and spot-on products to kill ticks and fleas. **Fleas** can quickly multiply, especially in multi-pet households, so make sure all animals are up to date with their treatments



Finally, please remember that the temperature in cars can rise rapidly and death from heat stroke can follow in minutes, **so pets should NEVER be left unattended in cars.**

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.

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Richard Routledge



I'm now 5 years into my time at Thomas Traddles, certain things have changed. Mick the owner has closed the Norwich shop which was called Kipling, and Mick and Griz who worked there have gone onto other jobs. Little Mick who was my manager has left to work offshore, so that left the 3 musketeers, boss Mick, myself and Reece. By this time Mick had wanted to move Traddles further towards the Market Place into Market Row, which was a shame for me because I loved the old shop with its low ceilings and big beams across the ceiling. So by the early 80s we were moving into new premises and a bigger shop in Market Row which proved to be a good move.

The shop had 3 floors, the top floor was Mick's office and sitting room, middle floor was stock room and the street floor for selling. The shop had been tastefully renovated and done up to a high spec. By this time the shop had gone slightly more upmarket and had some lovely makes such as chippy, ball, C17, Lacoste, and one of my favourites Ciao. Back in those days Great Yarmouth was quite affluent and we had a lot of customers who worked offshore who were young and liked to spend money. The only problem was some of them were a bit flash and Mick wasn't keen on them. So when they came in, he would say "I'll leave you with this one, I'm popping upstairs" and that used to happen quite often when we would get the customers he wasn't keen on.

Back in those days with the pubs shutting at 11, and then with the massive choice of clubs in Great Yarmouth, we could be busy Thursday, Friday and Saturday, and you would get the guys coming in with that lovely old saying "I need something for tonight".

One of the best things working for Traddles is we had our twice-yearly visit to the London Menswear shows, these were great fun. It was an early start and then after an hours

journey, we stopped for breakfast and then back on the road to be in London by 10. It was a full day but was full of funny moments like when we were trying to blag onto a big firm stand (like Levi's). With the big companies you had to book an appointment even at the shows and for whatever reason every company had a rep called Tony or Dave. Reece would always go up to the reception box and ask for Tony or Dave and incredibly he was busy right now. The reception would say "do you want to come in for a drink" which of course we did and the free food. Reece liked the free gifts from the companies which were available from all the companies' stands. So he would come back heavily laden with pens, notepads, key rings etc and he would whisper "a few things for the kids". As soon as lunchtime appeared, we were off to the Bloom stand for our salt beef sandwiches. Yum Yum.

One of the things that Reece liked to do with me when Mick was trying to be serious, was to make me laugh and he knew all my weak spots. Many a time I had to walk off the stands because I was giggling so much. His biggest trick for that was normally when we were on the tube and he would sit opposite me and make me laugh terrible. By 5pm, it was all done and we were on our way home.

Next issue, the parties start...

Find Richard and What Is Hip on Facebook at:

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

Gorleston FC

The FA have provisionally set the date for the restart of league football at Gorleston's level as September 5th, although they have also said games cannot go ahead until spectators are allowed in the grounds, so whether games will actually kick off on that date remains to be seen.



The dates for the early rounds of the FA Cup have also been set and Gorleston's first match will be in the Extra Preliminary round of that competition, which will be played on Tuesday 1st September.

Unfortunately, the draws for those rounds, and the early league fixtures, were not known at the time of writing.

Gorleston have been preparing for a September start by playing some 'behind closed doors' friendlies.

The first of those was at Belton, with Gorleston winning 3-1. New signing Dan Hogston netted, as did Aaron Sanders. The other was an own goal.

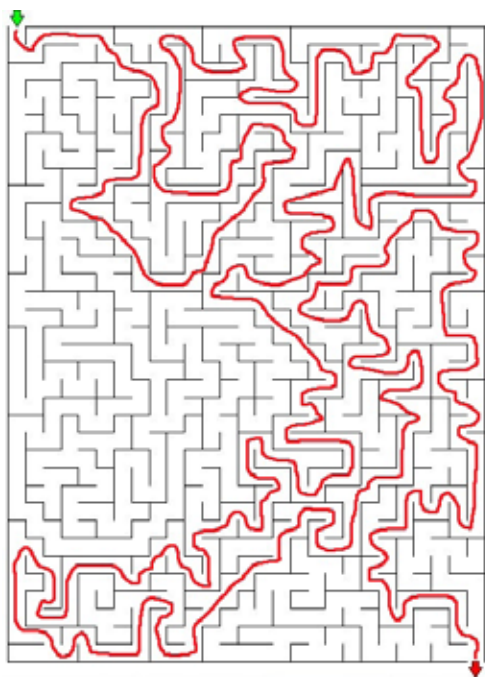
A week later, Gorleston won 3-1 away at Diss Town. Jordan Stanton, Joel Watts and Connor Ingram were the scorers.

A Gorleston XI then played away at Blofield, losing 5-1, Mitch McKay scoring. The same night another Greens side played at Acle, drawing 2-2. Peter Lambert and Isaac Burrage were the scorers.

The Greens had further friendlies away at Sheringham and Harleston as well as home games against Dereham and Lowestoft as they got set for the anticipated start.

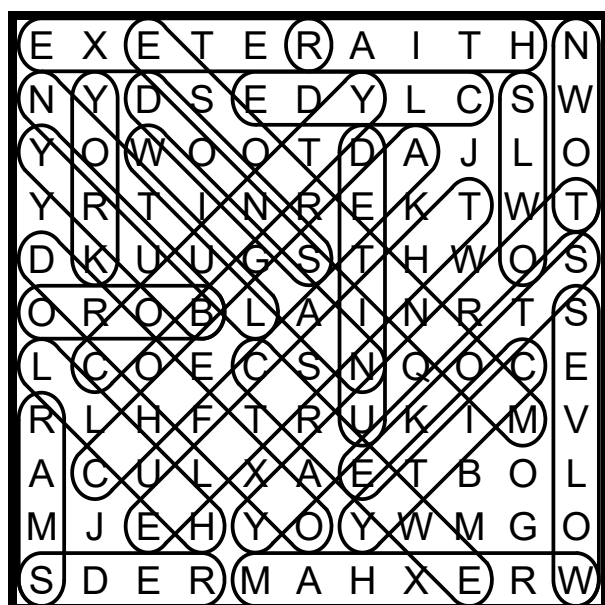
For up to the minute news on the fixtures visit the website www.gorlestonfc.com

Coffee Time Answers



1	O	N	T	H	E	C	A	R	P	E	T
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	21	B		23	O		22	S	15	G
16	D	R	A	W	T	H	E	L	I	N
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2	I	T	C	H	Y			22	S	A
	2	I		2	I		4	A	19	F
13	J	E	O	P	A	R	D	I	6	Z
	22	S				11	M		18	R

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

ZOOM



Quotes:

Estee Lauder

SNIP:

GYBC garden waste

Anagrams:

1. Brussels Belgium
2. Vienna Austria
3. Cairo Egypt
4. Canberra Australia
5. Paris France

Duck Hunt:

10

Where in Gorleston?

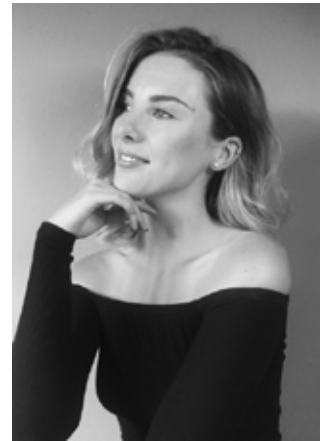
Keiths - Butcher in the High Street

Quiz:

1. British Broadcasting Corporation
2. Almonds
3. David Cameron
4. The Nile
5. 50 metres

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.



Flamenco - The Hand Movements

Flamenco dance is a highly-expressive, Spanish dance form. The flamenco is a solo dance characterised by handclapping, percussive footwork, and intricate hand, arm and body movements. The dance is usually accompanied by a singer and guitar player - and usually an extremely frilly dress too!

Suitable Flamenco songs

Como Tu Suenas - Riccio

La Rumba - Triste (Gypsy Flamenco)



The Movement

When dancing Flamenco you need to ensure that you isolate your wrists. Don't let the upper arms or elbows move, otherwise it may just look like you're waving!

1. Start with your palms facing each other



2. Roll the hands in and downwards



3. Turn / roll your palms away from you whilst still stretching to your finger tips



4. Begin to draw your finger tips back towards yourself



5. Push your palms out and down

6. Start to bring your fingers back towards each other

7. Twist your hands in towards you

8. Start to stretch your palms and finger tips back up towards the centre

To find out more information regarding classes, private tuition & wedding dances, please visit www.thedancebase.com or contact Megan by mobile: 07795 050 229 or by email: thedancebase@googlemail.com

Gorleston Boatman, Billy Halfnight

With the words “Chuck them in the rubbish bin if you don’t want them.” Billy Halfnight’s grandson, Roger Austrin had thrust into his hands three or four of his grandfather’s tatty old photograph albums and a couple of lifeboat certificates that provide a fascinating insight into the Gorleston waterfront from the period between the wars.

Billy was descended from a well known family of typical Gorleston boatmen and one of his pilot relatives Robert was a spectator to the terrible RESCUER salvage boat tragedy of 1867 in which several Ranger Company men were sadly drowned.

Like many of the boatmen Billy never had a permanent job as such just picking up a bob or two where he could but like most of them he could turn his hand to more or less anything that looked like it might float. He was a member of the Ranger Company of boatmen whose headquarters still stands next door to the lighthouse but is now sadly minus the clapboard lookout that once surmounted it.

The Storm and Ranger Yawls and Four Oared Boats shared the Belle Vue Hotel slipway opposite, with the Ranger boats laying on the upriver side and hard standings. Often the member’s own varnished skiffs lay here also and Billy’s OUR BOYS and NURSE CAVELL would have joined them.

Ashore Billy wore the standard boatman’s uniform of the period as worn all around the British coast, heavy duty dark navy pilot cloth trousers occasionally tied below the knee, with a plain navy jersey or slightly warmer though still unpatterned “gansy” topped by a flat or cheese cutter yachtsman’s cap. (Some of the older men still wore the tall domed chummy, seal skin or bowler hats). Tucked inside their jerseys around their necks they might wear a wrapper or “Roker” which was often black.



In more inclement weather a pilot, frock or ordinary workman’s jacket might be worn or maybe even a canvas smock of various hues. The men wore heavy duty leather ankle boots, but for a time at least, at Gorleston, the black and white Correspondent (cad) shoes found considerable favour, though how well they fared afloat is unknown. They seem to have worn these workaday clothes for most of the boat work, except for during really inclement weather when oilskin smocks and souwesters were donned with maybe rubber thigh boots that came in after the first Great War.



The Rangers wore black oilskins with some sort of large logo across the chest possibly with reference to the Gorleston Volunteer Lifeboat ELIZABETH SIMPSON which the Rangers, including Billy, manned although there was some crossover with the Institute boats.

In fact, Billy earned the RNLI bronze medal for the

HOPELYN rescue in 1922 in rather unusual circumstances as the Lowestoft lifeboat AGNES CROSS had called into Gorleston on it's way out and being short of crew Billy and a mate offered themselves. Following an extremely difficult rescue, coxswain Swan and his men rescued all twenty three crew and the ship's cat . Billy was also presented with a certificate on vellum for the GEORGIA rescue of 1927, when he probably formed part of the crew of the Gorleston lifeboat, JOHN AND MARY MEIKLAM which was out in the most terrific seas for twenty one hours. He also served for a time as second cox under George Mobbs in the LOUISE STEPHENS.

Whilst participating in one particular lifeboat rescue he managed to save a shipwrecked grey speckled cockerel that he took home. It spent the remainder of it's life strutting about his back garden amongst a number of roughly built wire fronted cages and coups. When eventually it died he had it stuffed and mounted and displayed in the unused front room, which was virtually a museum of shipping and Gorleston curiosities. This cockerel now lives in one of the recreated row houses in the Time and Tide Museum but is sadly unattributed to Billy.

By the mid 1930's Billy was coxswain of Gorleston's favourite lifeboat, the famous and now motorised ELIZABETH SIMPSON. Unfortunately the records of this period are scarce but on August the 20th 1934 he was in charge when they towed in the shrimper YH399 THREE BROTHERS that had been in distress off the South Denes. No doubt they carried out much other valuable but unrecorded work and in the summer fitted the ELIZABETH SIMPSON out for tripping, Billy wearing his best white topped cap and white lettered GORLESTON, VOLUNTEER LIFEBOAT, ELIZABETH SIMPSON, navy yachtsman's jersey.

In 1937 new outside management was brought in and most of the Rangers stood down from the crew as did Billy through ill health. Along with many other of the Rangers and boatmen Billy served his time in the local steam herring drifters and eventually he became skipper of YH269 TRYPHENA which following Billy's departure



came to a sticky end in December 1929 when her boiler burst near to the Cockle Sands and as she was being towed home the tow parted and she broke her back on Yarmouth beach.



As an unofficial harbour pilot Billy would have coxed the Four Oared Boats taking him to and from the vessels that he was skilfully manoeuvring in and out of the harbour as well as no doubt participating in other harbour and salvage boat work. In his own skiff he probably carried out "overing" by turn, basically ferrying passengers to and from the Belle Vue slip over to the Spending Beach opposite and during the summer rowed trippers around the bay.

Come autumn though he would be out in his skiff with his herring nets and in more favourable wintry weather up Breydon after wildfowl in his punt with his big gun that during the 1940's still leant against the living room wall at 49 Upper Cliff though it probably had not been fired since before the Second World War. Billy also used to go onto Breydon smelt netting from his skiff and amongst other things he bred canaries and was friendly with the famous Yarmouth Naturalist Arthur Patterson.

In February 1946 the Ranger and Storm Companies decided to call it a day, the very last of the famous East Coast Beach Companies to do so and their assets were dispersed and the boatmen, more's the pity, gradually disappeared from Gorleston's waterside. These men were not saints, social evenings at one of the local hostelrys when the company proceeds were shared out could become quite riotous but they were always turned out well and ever ready to man the Yawls (in Billy's younger days), lifeboats and Four Oared Salvage Boats to face terrible seas and to save life and property.

Nigel Royall.

With thanks especially to Roger Austrin and Peter Allard.



GoSH

Gorleston-on-Sea Heritage Group

The Streets

The following is another transcript by GoSH member Les Cockrill of the memories of Helen Woods, nee Lockhart born in 1890, daughter of David Lockhart and Harriet Lockhart, nee Cockrill, Les' 1st cousin twice removed.

As a child, I only remember the Doctor's gig and old Bradnum's little greengrocery lorry as 'the traffic'; and these you could almost time.

Bread, meat and groceries were delivered by errand-boys and the milk was very often carried by hand in a churn with the measures hooked on to the side. I forgot to say that bread came in a barrow made for the purpose, with a domed lid; there were no bakers with a big trade and the baker made his bread and then delivered it. No-one thought of charging for delivery. Milk, like letters, came much more frequently than today. The first milk was delivered at 6.30; the next, at 7.30, was that morning's milk, and pudding milk came at 10 o'clock.

Letters were delivered at about 8 a.m., 11.30 a.m., 1.30 p.m., and 4 p.m. and there were as many collections. We did get much more service.

I can remember the muffin-man, who came on cold winter's afternoons, the large flat basket covered with a thick layer of green baize and the boys, who came round the streets with a basket of hot rolls at 7 a.m.; rolls long and rolls round; ½d each; as a special treat we had them.

Then, in the spring and summer, men and boys came round at about 7 a.m. with flat baskets on their heads calling out "Fine Yarmouth bloaters"; small ones were ¾d each and the larger a 1d. Bloaters were only made then as the fine oily ones were in the Shield's fishing. October, November

and December, 'till a fortnight before Christmas, we had lovely kippers from the home grounds, 1½d and 2d a pair.

When a person was very ill a thick layer of straw was put down in the road near the house to deaden the noise of cart wheels and gave a warning to passersby to keep quiet. Very, very, few people went to hospital then and the doctor attended to them at home. In the case of death all the neighbours used to draw their front window blinds, only raising them when the body was interred. All the mourners wore black, the widows wore widow's weeds, a heavy black veil, and all friends wore black armbands for several weeks. I suppose it was largely because people and families knew more socially of each other than now, and it was the 'done thing', a mark of respect.

'Though only less than three miles away, Yarmouth, and a journey to Yarmouth on the horse tram, was wonderful. In my Mother's young time a wagonette, known as Old Limmer's bus, went to Yarmouth. The horse-tram was drawn by 2 horses, and at the end of the journey the horses had to be taken to the other end. Inside, the passengers sat in a line facing one-another with a gangway, and, on the top of the tram open to the sky and the elements we sat in a line back to back. Most of the way the line was single, but every three hundred yards or so, where the street would allow it, there were loops; the trams drew up and waited for the tram in the opposite direction to pass.

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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