

St Andrew's Church

ISSUE 34, March 2021

GORLESTON Community Magazine

Inside this issue: Bee Saviour Behaviour,
Tommy and Toby's Nee Nors... *And much more!*

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Hello Gorleston!



Welcome to Issue 34 of YOUR free community magazine.

The past year has been hard on everyone, but with Mother's Day on the 14th March, I would like to send a huge "Thanks and Well Done!" to all those mothers out there who have borne the brunt of lockdown, organising children at home all day and home schooling them, often whilst working from home or out on the frontline. And to *all* mothers, whose importance in our lives and society should never be underestimated or undervalued, "Thank You!". Helen Steiner Rice wrote a poem called "A Mother's Love", too long to share in its entirety, but which has verses which speak volumes:

A Mother's Love by Helen Steiner Rice

*A mother's love is something that no one can explain
It is made of deep devotion and of sacrifice and pain.*

*It is endless and unselfish and enduring, come what may,
For nothing can destroy it or take that love away.*

*A mother's love is like a fortress and we seek protection there
When the waves of tribulation seem to drown us in despair.*

*A mother's love is a sanctuary where our soul can find sweet rest
From the struggle and the tension of life's fast and futile quest.*

*For a mother's love is fashioned after God's enduring love,
It is endless and unfailing like the love of Him above.*

*For God knew in His great wisdom that he couldn't be everywhere,
So he put His little Children in a loving mother's care.*

God bless you and keep you safe,
and we'll meet again in April!



Ed.....

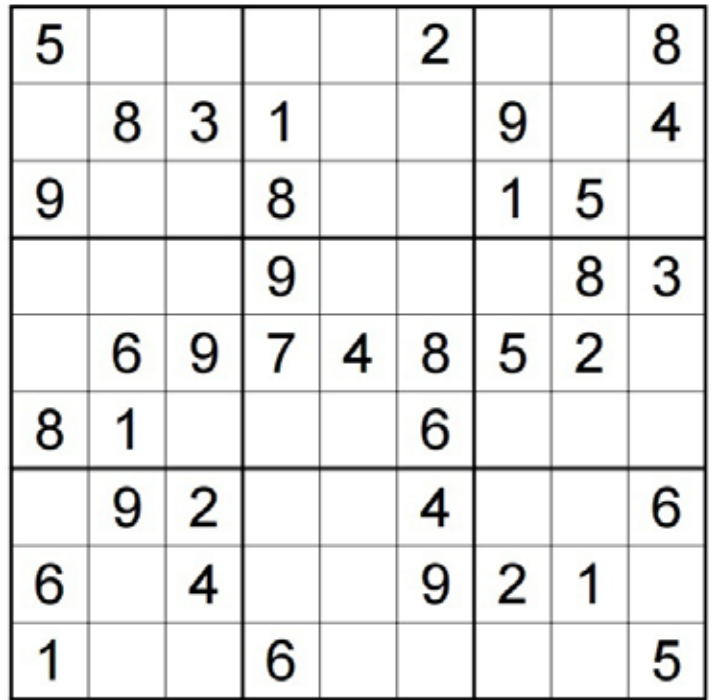
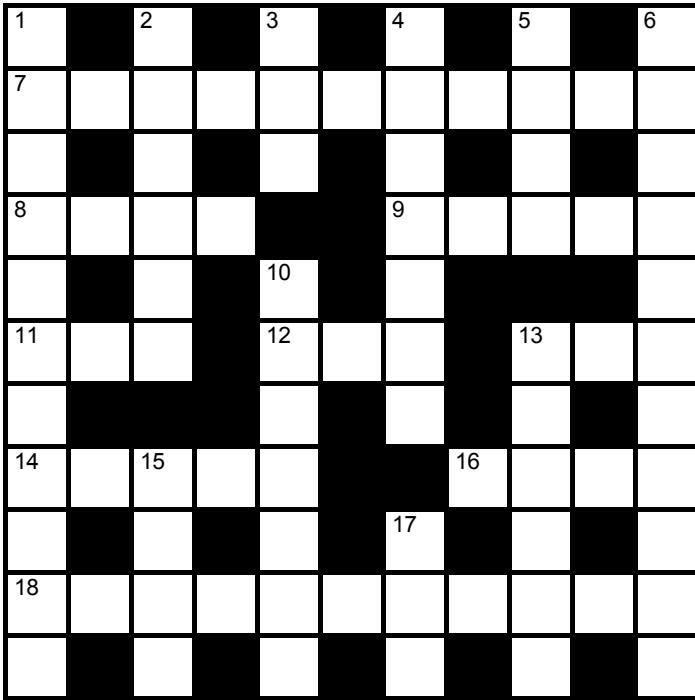
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Deadline for the April Issue is
Friday 12th March

Thanks to Jonathan Stringer for
this month's front page picture

Coffee Time 1

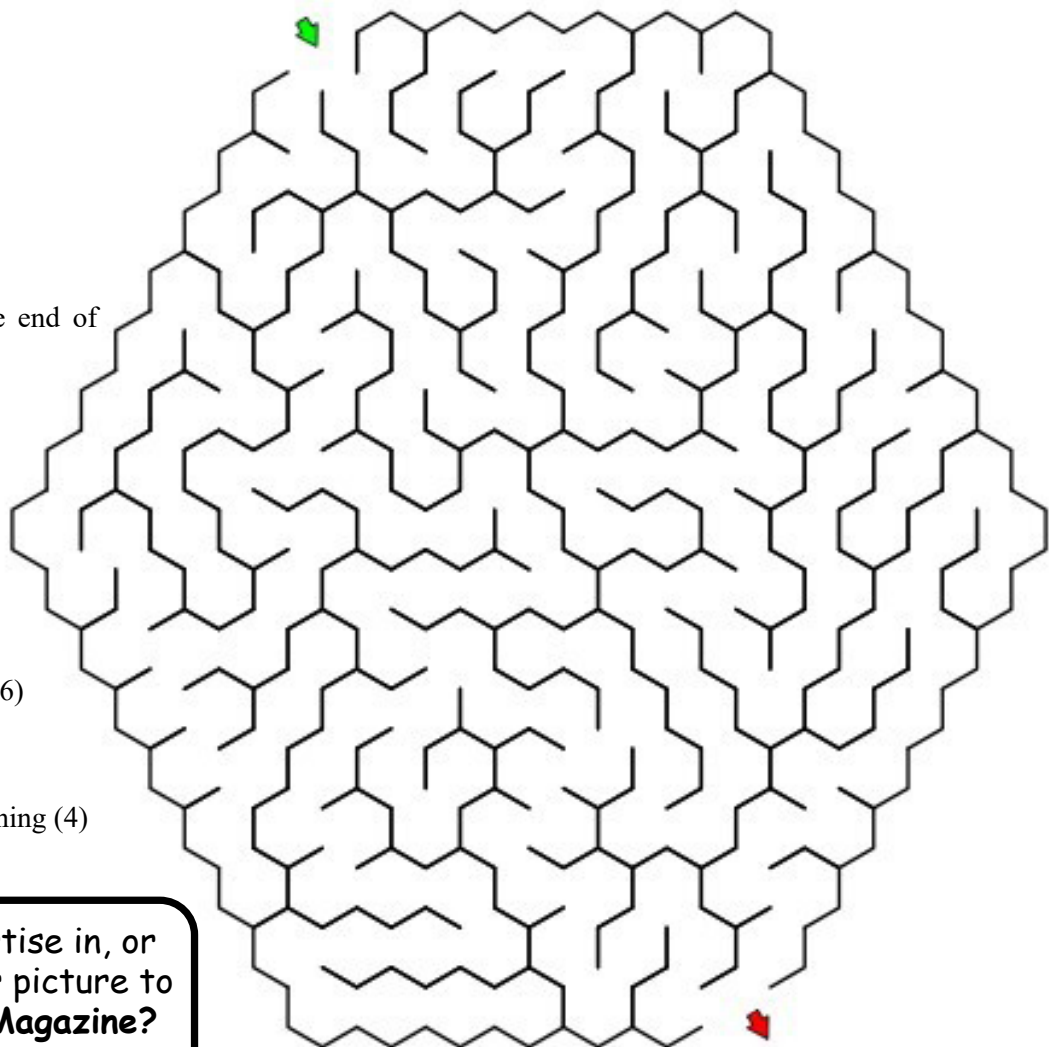


Across

- 7 Straight, unobstructed path (4,2,5)
- 8 Flee! (4)
- 9 Bloodsucking worm (5)
- 11 Craze (3)
- 12 Goggleboxes (3)
- 13 Naught (3)
- 14 The first Mrs. Trump (5)
- 16 Midge (4)
- 18 They would probably be the end of much of humanity (7,4)

Down

- 1 Intimate (5,6)
- 2 Ready to use (2,4)
- 3 Fleece (3)
- 4 No good (7)
- 5 Man-eating giant (4)
- 6 Not a minute afterwards (2,3,6)
- 10 Epistle writer (2,5)
- 13 Food description (3-3)
- 15 Curved structure over an opening (4)
- 17 Cook in hot fat (3)



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The Rockin' Rev



As Mother's Day approaches (14th March), let's hear it for all the mothers who have been on the frontline of helping our country survive the coronavirus pandemic! Just as we've clapped on our doorsteps for the NHS and other heroes, let's applaud all that mothers have done, often balancing home life, and employment, during these long lockdown months.

A survey, reported by the Guardian newspaper, found that women across several age groups took the major share of childcare and home schooling. Those with primary school-aged children "were considerably more likely" to have given up working than fathers with children of the same age.

The pressure on families has further increased as many grandparents and other carers not being able to help. Family and friendship networks have been put under strain with contacts restricted to online Zoom or Facetime calls that are often difficult with younger children.

Launching a Children's Society report into children's welfare during the lockdown, chief executive Mark Russell said: "We are living in unprecedented times. Months of national lockdown, only small numbers of children in school, and many families experiencing real crisis. Coronavirus has impacted every area of our lives and The Children's Society has been deeply concerned about the impact of this crisis on children, especially the most disadvantaged."

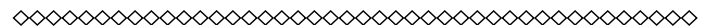
He added: "Our survey found a higher proportion of young people experiencing low well-being than we are used to seeing. Whilst we know that most children's well-being will 'bounce-back', there will be some who do not."

Mothers are at the frontline of helping our children cope with, and then recover from, the effects of the coronavirus pandemic and the extended lockdowns. Many working mothers lost their jobs because of the pandemic, and families will be hard-pressed to make up for the income

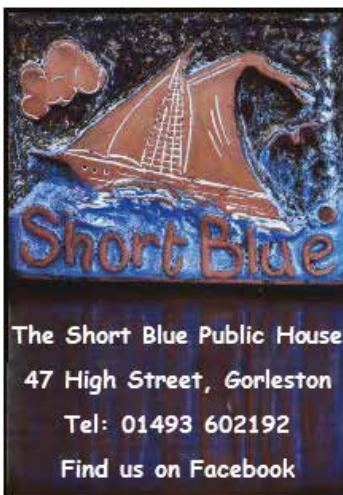
lost. Food bank provider, the Trussell Trust has warned churches to prepare for a 'tidal wave' of poverty and to be ready to help their local communities.

This Mother's Day, daffodils and chocolate may seem very thin reward for the major contribution of mums across our nation. As we celebrate Mother's Day, let's recognise the amazing efforts made by mothers in the home with their children.

Let's also celebrate the vital "mothering" roles undertaken by many in the NHS, in education, in government and civil service, in the distribution of vital goods, and in the life of churches across our land.



Rev Brian Hall
Vicar of St Andrew's Church



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Gorleston FC



With no football to talk about, and none to look forward to at the moment, I thought this month I would tell you a little about the pre second world war days of Gorleston FC.

It was always felt Gorleston were formed in 1884, making them one of the oldest clubs in Norfolk. However, Bryan Bunn's excellent book, Evergreen, states otherwise.

Gorleston Cricket Club decided they needed something to do in the winter and, subsequently, held a meeting on 27th September 1887, at St Andrew's Boys higher grade school room in the High Street, from which Gorleston FC was born.

The Reverend C.C. Natters, curate of St Andrew's Church, was voted club captain. The Hon Sir Henry Tyler MP was asked to become president. Rev R Abbott, Dr Carson and Messrs Youell and Dowson were all vice-presidents. Mr F.W. Humphrey became secretary and Mr C.W. Johnson the treasurer.

Initially they wore Crimson Shirts and Blue Shorts, earning the nickname of the Cards, and played on South Denes, Yarmouth.

The first game was a friendly, played on 15th October 1887, against Chaucer Press from Bungay which Gorleston won 2-0. The line up was Naters, Youell, Wiltshire, Hewett, Fuller, Walker, Fleetwood, Vaughan, Humphrey, Leaper, Staff.

Their first competitive game was on 10th November 1888 when they played Beccles Caxton in the Suffolk Senior Cup, losing 1-0. One of the players in the squad was C.J. Wiltshire who would later give his name to the Wiltshire Cup, a Borough League trophy still played for today.

In 1889 they moved to their spiritual home of the Recreation Ground, playing their first game there on 9th November 1889 beating Yarmouth St Pauls 2-0. The first ever goal scored on the Recca was by John Fuller. His son, George, would later captain the club when Gorleston won the Junior Cup in 1907.

In 1902, a group of disillusioned players broke away to form another team, Gorleston United, however, most of them returned the following season. The rest formed another team, Gorleston St Andrew's, but they also merged back with the original Gorleston in 1905.

It was in 1903 when Gorleston adopted the colours of light green shirts and white shorts.

The first trophy for The Greens came in the 1906/07 season when they won the Norfolk Junior Cup, beating Norwich St James 2-1 with goals coming from Herbert Rouse and Billy Anguish.

The next season they became founder members of the Great Yarmouth Borough League and became champions in that first season. Mr P.R. Hill was now the Chairman and Mr P.R. Sheen the secretary.

The club then immediately applied for membership of the Norfolk and Suffolk league, which was granted, thus gaining them senior status. In their first season they finished third.

Between the wars, the Greens progressed to become one of the most successful clubs in East Anglia, winning the Norfolk and Suffolk League title seven times, the first in 1921, and lifting the Norfolk Senior Cup on eight occasions.

The first of the Senior Cup victories came in 1922, when they beat Lynn Town 1-0 in the final. The first Gorleston captain to lift the Senior Cup was Frank Littlewood, who also scored the winning goal in that final.

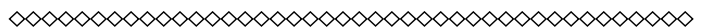
In 1925/26 they did the double of League Champions and Senior Cup winners. Eddie Woods notched 50 goals in the season with William 'Sticks' Daniels weighing in with another 46.

Needing a new challenge, Gorleston became founder members of the Eastern Counties League in 1935. However, their only honour before the outbreak of the second world war was the Norfolk Senior Cup, in 1938, when they beat Yarmouth 3-0 in the final thanks to goals from Frank High, Frank Holmes and Harold Wynes. Long serving defender, Cecil 'Jack' Strong retired at the end of the season.

To be continued if football doesn't return...!

The monthly GoLD Draw, which raises funds for the club and provides cash prizes for participants, paid out over £70 in February. To be in with a chance of winning, plus boost the jackpot, visit the website, contact me (Dave Hardy), or email gorlestonfootballclub@hotmail.co.uk

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ENSFC

East Norfolk Sixth Form College

Enjoying the benefits of technology

Students at East Norfolk Sixth Form College have been awarded a technology boost, thanks to the Government's 'Get Help with Technology' Scheme.

The College has taken delivery of 182 laptops from the Department of Education, which will provide IT equipment and support to those students that do not currently have access to technology. This is vital in supporting them in their college work, but also with their progression to work, university and beyond.

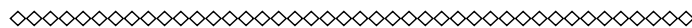
The EN IT Team are busy linking the laptops to the college network so that students get free access to all the apps and software that they need to get the very best results.

EN Principal, Dr Catherine Richards, said 'Technology is so important for our students and although students are performing brilliantly using smartphones and other devices, a laptop is essential for studies at this level. Our teachers and students have adapted really well to working online and we have been able to deliver excellent teaching and learning but this has not always been as accessible as we would like'.

Since the initial lockdown began in March last year, the college has already provided numerous laptops and IT

equipment to students and this latest boost will be hugely beneficial. However, with over 1600 students currently at the College, the demand for new laptops and IT equipment remains high and there is an opportunity for the local community to support students with their learning.

The College would be grateful to hear from any businesses or individuals that might also be able to offer support with new IT equipment or sponsorship to help those students who most need it. If you would like to help, please contact Izzy Lerpiniere via email: enquiries@eastnorfolk.ac.uk or by calling 01493 662234.



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Ormiston Venture Academy

Ormiston Venture Academy Launches New Union of Venture Students

27 budding leaders have received new roles for the new Union of Venture Students 2021. This process comprised of an anonymous student vote with all applicants stating why they wanted to become head boy or head girl and what their legacy would be. After two intense rounds of interviews, all of the candidates gave a fantastic account of themselves, it was a very tough decision for Mr Waters, our assistant principal, Mr Gilbert-Barnham, principal and Mrs King our chair of governors. After much deliberation and a very difficult decision Ventures new Head Boy will be Alex Doggett, Head Girl Mollie Speed, Deputy Head Boy Jack Carr, Deputy Head Girl Nicole Brown, and the Senior Prefect team Jeffrey Abraham, Cody Lawes, Madeline Marten and Sarah Watson. All of the students will make a fantastic team with this year stacking up to be the biggest and best UVS year yet.

The New Union of Venture Students introduced themselves to the Venture student population via an online collective, to test and challenge the students to remember who they were and to have some fun, each member of the UVS posed with a household item. The students then saw the pictures at high speed and had to try and remember as much detail as possible before answering some memory recall questions about the UVS. The Union of Venture students have continued to raise spirits of the students via home college clash challenges. So far these have been as follows, create a poster on Chinese New Year, we also have a Pizza decorating competition as well as design your own Valentine's day card.

We have had lots of great pictures and videos sent in from staff and students which shows how everyone is still enjoying being part of the Venture family even if it is from further away than what we would like. The College Clash tables are being updated every week, with Create college zooming into an early lead. The winning college will get an awesome reward chosen by the UVS co-operative in consultation with the students.

Mr Waters "I truly believe that this will be the relaunch of the UVS after a difficult year. The candidates have all shown an amazing drive and determination to represent the voice of all students at the academy"



Hair We Are



Another month has now arrived and with it another Groundhog Day. Not much to write about this month in the world of hairdressing I am afraid, except to say that we remain closed and don't really have a date confirmed when we can open up again. Dates have been mentioned to us but without any confirmation.

We understand that there may be a possibility of schools opening on Monday March 8th and then a tiered opening of non-essential shops, which could give us a possibility of opening up again on Tuesday April 6th. This is of course pure speculation and in no way has been confirmed, but at least it gives us a light at the end of the tunnel to aim for, something that we all need in these trying times, something to aim for because without that light there really is nothing to plan or look forward to as far as the business goes. Of course we can't just sit back and wait for those dates to be confirmed so we have to plan to be ready to open immediately we know the date that we can. This means preparing with stock, PPE and making sure we have everything we need to hit the floor running. We have all the phone lines diverted and we already have quite a list of clients to ring as soon as the date is confirmed that we can open.

Of course being in lockdown and unable to operate at all, or visit clients houses has given us and all our hair loss clients a bit of an issue. Their top pieces and wigs need regular maintenance and as soon as we get the go ahead and a date to open, these have to be a priority for us to organise and get those clients seen to.

As we are in Lockdown that's enough about the shop for now, but I will go back to that light I was talking about, "at the end of the tunnel"! As I am writing this, news is coming in of the death of Captain Sir Tom Moore, what an absolute inspiration to us all. 12 months ago Captain Tom was a 99 year old man that had served his country and was like many other Fathers, Grandfathers and Great Grandfathers, living an honest life and now deservedly loved and being looked after by his family. Then!!! Wow, what started off as a little walk round his garden turned out to be one of the biggest money raising events ever, with latest figures being estimated at over £40 million pounds for the NHS.

What a legacy to leave us all and just shows what can be achieved in a relatively short time. The irony of it all is that if it hadn't been for this pandemic that we are all living through we probably still would not have heard of Captain Tom and he would have passed away this month like any other poor old soul, such an irony that the money he was raising for the NHS to help fight this disease, was the disease that would finally take his life. His legacy to me though is not really about the money he raised but it

was the saying "tomorrow will be a good day"!! and with that saying it ties in nicely with "there is light at the end of the tunnel", because it means that although the light for the business may be a couple of months away, if tomorrow is going to be a good day that light is closer then we think for us as individuals and every day with the vaccines being dealt out, better news is here!!.

On another note regarding the Lockdown and pandemic, nobody really knows how getting back to a normal life is going to be for us all. I can see social distancing remaining for the foreseeable future or at least for the rest of this year, and also the same with PPE. Interestingly enough this winter so far has seen the least amount of influenza cases recorded, is it down to PPE, social distancing or both, who knows? One thing that I do think though, and is only my personal thoughts, I would like to see all foreign holidays for this summer banned. Controversial? Yes I suppose it is and many will disagree with me, but I really think borders should be locked down for all until at least October 1st 2021, just think what that would do for our economy if we spent all our holiday money in this country this year? A win win situation for the whole country. Ahh I hear you say what about the loss of income from people travelling to this country? Well! I think they will still come after October, we are not known for our sunny weather and foreign tourists coming here to sunbathe. They come here for our history and to visit our national treasures, so with a summer of our own people staying here and things back to near normality for travel after October, the Government could really make huge steps to get our economy going again. Anything really that will help to soften the blow of having to sort out the national debt by other means, which might have to involve us all individually.

On a positive note for Gorleston, we heard this week that the Greater Yarmouth Business Improvement Development team (BID) has granted us some money this year for Gorleston in bloom to happen, which should brighten up our lives when we get back to being a little bit normal. I didn't quite realise what was involved to have baskets up in the town. The flowers need to be ordered around now, so colours etc have to be decided, any new baskets that are needed have to be ordered, any posts that have not got brackets on have to go through the council in order to get permission to hang them there. Then something that I never thought of, was that right through the summer the baskets have to be maintained and looked after, and to anyone that has hanging baskets I don't have to tell you what a chore and time consuming thing watering baskets and dead heading is!!

So thanks to the BID, Sue Hacon and Margaret Farrow for putting all these plans into place, and their help in making Gorleston look a little brighter this year and lifting us out of the doom and gloom of winter 2020/21.

On another note, although too early to say at the moment,

once again this year the switch on of the Gorleston High Street Christmas lights is in doubt. Not for any other reason than this event normally has to be organised now, fireworks and events ordered with deposits paid. I just hope that if we get the all clear to go ahead with the event we can organise it in a lot shorter time scale.

To sign off I am putting the two sayings I have talked about together "There is light at the end of the tunnel because tomorrow is going to be a good day".

RIP Captain Sir Tom Moore.



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Coffee Time 2

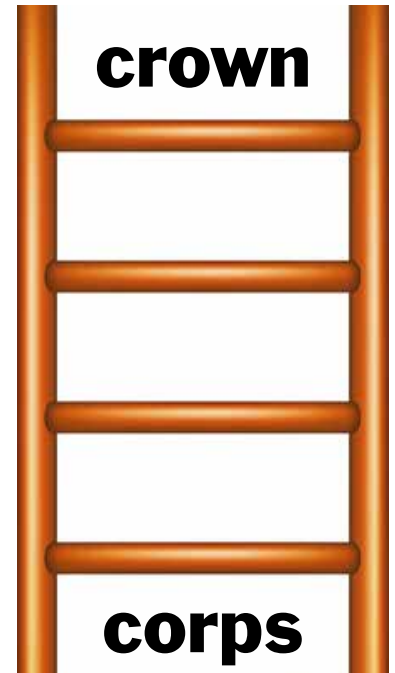
Fallen Phrase

Letters have fallen out of their boxes. Can you put them back in the right place to reveal the name of a book and its author?
(Words may continue on the next line.
Keep the letters in the same column.)

y		a	n	a	s	g			
k		c	r	t	n	k	n		
b		r	g	o	c	o	e	y	b
a	u	o	l	e	h	s	w	o	r

Word Ladder

Can you climb the ladder changing 1 letter at a time, to get from the bottom word to the top word?



Caught in the middle

What are the words that can be written down the middle to create two more words or phrases either side?

index food

royal blue

sauce cake

black time

out board

Crunch 'em

What is “?”

$$\begin{array}{c}
 \text{Apple} + \text{Banana} + \text{Banana} = 13
 \end{array}$$

$$\begin{array}{c}
 \text{Lemon} - \text{Banana} - \text{Apple} = 0
 \end{array}$$

$$\begin{array}{c}
 \text{Apple} - \text{Banana} + \text{Lemon} = 6
 \end{array}$$

$$\begin{array}{c}
 \text{Apple} + \text{Banana} + \text{Lemon} = ?
 \end{array}$$



Ramblings of a Displaced Cockney

In these strange Covid-19 times, the word “bubbles” has taken on a whole new meaning as we adjust to “support bubbles” and “Christmas bubbles” being a way of keeping some semblance of social mobility

alive for family and friends.

For those of us whose roots and affiliations lie in the East End of London, “bubbles” has a much longer history and an indelible place in our story and our heritage. The communal singing of “I’m Forever Blowing Bubbles” has long been a staple of West Ham’s football crowd and for many of us it perfectly sums up what it is to be a supporter of the Hammers and indeed what it is to come from East London, but more of that later.

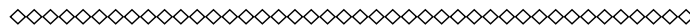
First an attempt at a bit of history: West Ham United’s origins lie in the works team founded by Arnold Hills in 1895 at Thames Ironworks and Shipbuilding Company. The origins of the Company go back to 1843 on a site around Bow Creek where the River Lee joins the Thames on the borders of Canning Town and West Ham. Here they entered the record books. Argo was launched in 1852 and the next year was “the first steamship to intentionally circumnavigate the Globe”. In 1853 the yard completed SS Himalaya, then the “largest steamship in the World”. In 1860 they moved on to battleships and HMS Warrior was launched in response to French naval expansion and a perceived threat of invasion. This 40-gun, iron-clad, steam-powered monster was the most powerful ship afloat and could sail at a record 17 ½ knots. Fittingly, she is preserved at the Portsmouth Historic Dockyard. So when the West Ham crowd yell “Come on you Irons”, you know where that goes back to!

As for the singing of “Bubbles”, the history is less clear.

The song was a popular musical number from the 1920s and some say that West Ham fans sang it at the 1923 FA Cup Final (the “white horse final”). It was certainly popular with the marching bands which provided pre-match and half-time entertainment. Others suggest that it relates to Billy J. “Bubbles” Murray, a West Ham trialist, who was said to resemble the curly-haired boy in Millais’ famous “Bubbles” painting adopted in adverts by Pears’ Soap. It is also possible that it started after a 1922s FA Cup match epic (it went to a second replay!) against Swansea when the Welsh fans sang it impressively and it just caught on. However, the first actual record of its use by West Ham is said to be at the 1940 War League Cup Final at Wembley. You can take your choice as to which story you like best! For me it will always be the beloved anthem of the old blokes in the “Chicken Run” on the East side of the old Boleyn Ground. They taught us lads in the “North Bank” to applaud good football on the pitch, even when it was the opposition providing it!

For me though, the real significance of the song lies in its haunting wistfulness, sense of longing for better things but knowing full well that those dreams will never actually come to fulfilment. In football terms that is summed up in that old adage: “Like the decorations, West Ham come down after Christmas”. However well we do up to December, it never lasts till the end of the season and we end up scrapping just to avoid relegation!

But “they fly so high, nearly reach the sky, then like my dreams, they fade and die” feels like so much more than just football. For me it is about the whole East London spirit of being looked down on, being destined for low paid menial jobs, for wanting more but never being allowed to achieve it. It tells of pride in togetherness, whatever the future may hold, even though it’s invariably disappointment! West Ham will always be my team and my heart will always be in East London!



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healthcarehomes.co.uk

Richard Routledge



As I said in the last issue, we had just opened our new fashion shop in Great Yarmouth, we called it Promo Clothing. We called it that after all the promotion records I received from record companies.

We soon settled down and we were getting a good trade over the weeks that followed. Every two to three weeks I was popping down to London or going up to Manchester to buy new and exciting clothes. This was a different way to do business for me as Traddles had always done forward ordering.

From what I could see we had not really affected the other fashion shops in town, so for Great Yarmouth that was a good thing as more money was being spent in the town. This I thought would be good for my relationships with the other fashion shops in town, how wrong was I.

After a few weeks of being open I popped in to see my mate Paul who was the manager at Claxtons on the market place. I had only been in the shop for two minutes when the owner came downstairs and ordered me out of the shop and accused me of spying That taught me a lesson, my rivals were not going to be my trade friends.

On the music and club front all was going well, we had just won "Best Midlands/East Anglia Club Award" from national magazine Blues and Soul, and our Saturday nights at Tiffs Two in Great Yarmouth were going bonkers, the Richard's Parties were always sold out. The Saturday nights were so full I remember people climbing up the outside of the building to get through the windows into Tiffs Two on the first floor. You would also see the ceilings dripping with moisture because it got so hot, none of that would be allowed now lol.

As DJs, to get our free promotion records we had to send in charts to magazines and send feedback to the record

companies themselves. This led to one of my favourite nights at Tiffs Two. We used to get a lot of black American servicemen from the airbases in Suffolk, so when this guy asked for a rap track from Sugar Bear, I just nodded and put the track on. The next moment a big guy came up and took the mike - where were the doormen.

I had been set up, as the man who grabbed the mike was only Sugar Bear himself! I had been set up by the record company, they brought Sugar Bear to rap at the club as a thank you to us for putting his track at the top of my charts. See you next month for the bumpy ride that was heading our way.

Find Richard and What Is Hip on Facebook at:
<https://www.facebook.com/WhatIsHipGLSTN/>



Poem to Ponder

"For Captain Tom"

Stand at ease soldier,
Rest your weary soul,
You've served your country,
You've walked your last patrol.

Stand at ease soldier,
Rest your generous heart,
You brought inspiration to many lives,
You certainly played your part.

Stand at ease soldier,
Rest and ease your mind,
You've served with honour and pride,
You've protected mankind.

Stand at ease soldier,
Rest your senses, go with a smile,
You've shown you were a warrior,
You walked that extra mile.

Stand at ease soldier,
Rest in Peace, as we remember you,
You've done all you can,
You've been there to see us through.

Stand at ease Captain Tom,
You're no longer part of this charade,
We'll salute you and say farewell, Sir,
On this, your last parade.

by Kay Roberts

February 2021

www.facebook.com/lyricswithlove/

Tommy and Toby's Nee Nors



windscreen, a bag of treats tied to their door handle etc etc.

The Group created by Tracy Carter from Leicester, who has always had lots of love and appreciation for our Heroes in Green, became very popular very fast and within a couple of months Lisa was invited to become a Member of the Admin Team. This was a title to be proud of as the group consisting of nearly 75,000 members is full of positivity and kindness.

As regular visitors to James Paget University Hospital, Norfolk and Norwich University Hospital and more recently Addenbrookes Hospital, due to Toby's on going medical conditions - Epilepsy, A Chromosome Deletion, Allergies, Asthma and Dystonia to name but a few, there was often many

Tommy (5) and Toby (3) have a serious love of ambulances, or as Toby calls them "Nee Nors", and with Toby having 5 rides in them between March and May 2018 due to 5 generalised seizures, which later resulted in a diagnosis of epilepsy, showing love and appreciation for the Ambulance Service has been something that has been ongoing for a good few years, and something which will continue for many years to come.

In 2018 Tommy and Toby's big sister Tia, well known locally for Tia's Treasures which she began in 2011 when she was just 6 years old, held a raffle in the back garden which raised £400 that was split between The East of England Ambulance Service Trust and Young Epilepsy.

As well as fundraising, the Tia's Treasures Team, which consists of Mum Lisa, Dad Richard, Alex (17), Tia (15), Adam (12), Jamie (10), Tommy (5), Toby (3) and Louie the Cavapoo, have always been very keen to participate in Random Acts of Kindness with many people referring to the Team as "RAKtivists".

In February 2020 Lisa was introduced to the Facebook Group "Hit the Ambulance Gamers", (created by Tracy Carter from Leicester), by a good friend Kate Farmer, a Paramedic from Kent.

Despite the title, the aim of the group isn't about going around physically hitting ambulances, instead it means hitting them with Random Acts of Kindness such as a wave or a smile, a little note of Thanks for all they do on their

opportunities to hit ambulances.

Tommy and Toby loved filling their Hit Bags with treats such as packets of biscuits, tea bags, hot chocolate and coffee sachets, sweets, pens and often some of Tia's handmade Ambulance themed treasures.

Leaving the bags of treats tied to the door handles on the Ambulance has always given Tommy and Toby such a buzz.

As the year went on due to the Corona Virus Pandemic, Tommy and Toby weren't able to carry out as many hits as they would have liked once we entered Lockdown, but between them they decided to carry out some postal hits. Initially they'd post them before school and nursery ,and once the schools and nurseries had to close they'd give Daddy a pile of envelopes to post before work as conveniently there is a post box nearly opposite his work place.

To begin with letters, posters featuring the words "Not All Heroes Wear Capes" and photos were sent to each East of England Ambulance Service Trust Station then before we knew it Tommy and Toby had set themselves "The 999 Hits Challenge". 999 letters, posters and photos were sent to every Ambulance Station throughout the UK and The Channel Islands.

Members of Hit the Ambulance Gamers kindly helped to make this happen by donating stamps, printer ink, paper and envelopes, which was much appreciated.



The positive comments and messages of thanks received showed that this really was a boost of morale which is needed now more than ever.

Tommy and Toby even received letters and certificates in the post and some videos of Ambulance Crews thanking them which made their day.

Tommy and Toby have decided with the help of Tia that they will continue to send letters and posters to as many people as they possibly can.

Letters and posters have been sent to hospitals, doctors surgeries, dental surgeries, schools, nurseries, supermarkets and even some of their friends known as the "Little Heroes".

As well as these letters and posters Tommy and Toby have been busy creating Norfolk Nee Nors which are either clay Ambulances or rocks with Ambulances painted on, these are then varnished and hidden around Gorleston On Sea whilst on our daily exercise or dog walks.



Once found the finder can either keep or re-hide their Norfolk Nee Nor but they are encouraged to post a photo of their find on the Norfolk Nee Nors Facebook Group or Instagram.

It would be great if some of these Norfolk Nee Nors would travel further afield just like one of the Tia's Treasures



Norfolk Rocks did in 2017, a small neon rock ended up in Tulsa, USA and made the news.

Due to the current situation with the Corona Virus Pandemic the Tia's Treasures Team are unable to hold their annual fundraiser in May, but still hope to manage some form of fundraising to celebrate the 10th anniversary.

A poll was created in the Tia's Treasures Facebook Group where members could vote for a charity for the Tia's Treasures 10th Anniversary Fundraiser to support, the choices are The East of England Ambulance Service Trust, East Anglian Air Ambulance, Young Epilepsy, James Paget University Hospitals Raise a Rainbow Appeal, Unique or TASC (The Ambulance Staff Charity) currently The East of England Ambulance Service Trust has the most votes.

The Tia's Treasures Team also plans to fund Fingertip Pulse Oximeters for families that would benefit from them after funding 20 Seizure Alarms between 2018 and 2020, continue with Hitting Ambulances, creating lots of Norfolk Nee Nors and participating in as many Random Acts of Kindness as possible.

You can find out more about the work we do and ways you can get involved by visiting www.TiasTreasures.net



Kids' Corner

Mother's Day
Colouring Fun



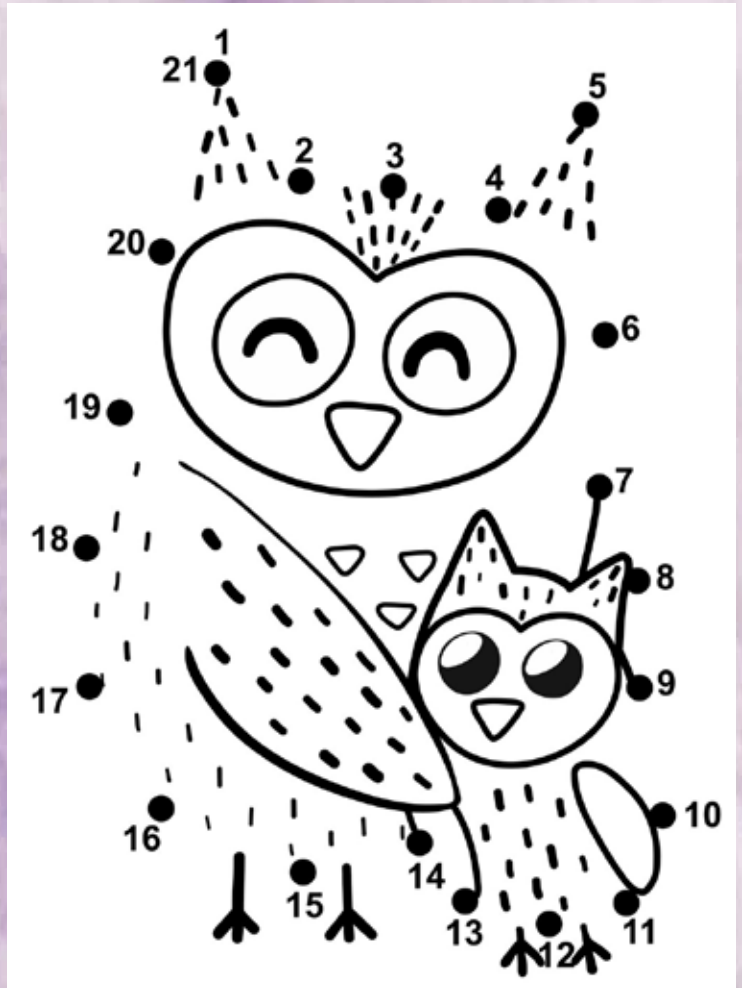
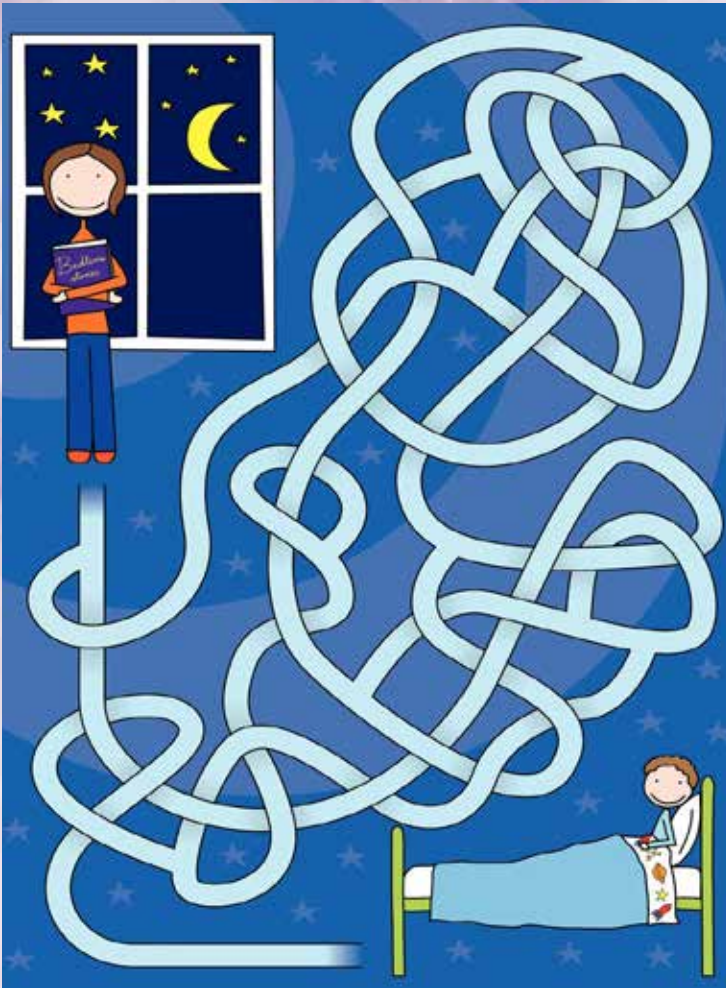
Quote

"God could not be everywhere, and therefore he made mothers."

Rudyard Kipling

Can you help this Mother find her son in time for a bedtime story?

Complete the dot to dot and then colour in the picture



Bible thoughts:

Do you want a bright future? Bible wisdom suggests that right thinking and right doing have a big part to play!

Proverbs chapter 4:

¹⁸ The path of those who live right is like the early morning light. It gets brighter and brighter until the full light of day.

²³ Above all, be careful what you think because your thoughts control your life. ²⁴ Don't bend the truth or say things that you know are not right. ²⁵ Keep your eyes on the path, and look straight ahead. ²⁶ Make sure you are going the right way, and nothing will make you fall.

Gorleston Then & Now

by John McBride



The Gorleston branch of the National Provincial Bank (later Nat West) was located at 137 High Street. In 1938, the bank manager was living over the bank. Next door at 138, was Hammonds, the ironmongers, which later became Coopers. To the left in 1963 was Bowers & Barr (Radio Engineers), this building is still recognisable today, and is currently Costa. Superdrug have moved in the other side of the former bank.





Opening **THE** **Book**

with
**Reverend
John Kinchin-Smith**

What does the Bible teach about the signs of the return of Jesus and the end of the world?

In the week before Jesus' crucifixion, his disciples ask him privately when the end will come and what will be the sign that everything is about to be fulfilled. The conversation is so important that it is recorded at length in the Gospels of Matthew, Mark and Luke. The following is taken from Mark's Gospel, chapter 13:

Jesus said to them: "Watch out that no-one deceives you. Many will come in my name, claiming, 'I am he,' and will deceive many. When you hear of wars and rumours of wars, do not be alarmed. Such things must happen, but the end is still to come. Nation will rise against nation, and kingdom against kingdom. There will be earthquakes in various places, and famines. These are the beginning of birth-pains...At that time people will see the Son of Man (that is Jesus) coming in clouds with great power and glory. And he will send his angels and gather his elect from the four winds, from the ends of the earth to the ends of the heavens. Now learn this lesson from the fig-tree: As soon as its twigs get tender and its leaves come out, you know that summer is near. Even so, when you see these things happening, you know that it is near, right at the door...No-one knows about that day or hour, not even the angels in heaven, nor the Son, but only the Father. Be on guard! Be alert! You do not know when that time will come."

The Bible records other signs that will herald the return of Jesus. Most of these are found in the Books of the Prophets and in the letters of St Paul. But the consistent witness of the Bible is that Jesus came in humility, born in poverty and simplicity at Bethlehem; that Jesus will one day return in power and glory, judgment, mercy and love. But Jesus will also come to every person, to every heart that is open to receive him. As we read in the Book of Revelation, chapter 3, verse 20: Jesus says, "Listen! I am standing at the door, knocking; if anyone hears my voice and opens the door, I will come in and eat with that person, and they with me."



News from **The Mag**

with
Reverend Matthew Price



I imagine that it is no surprise that the COVID-19 pandemic has resulted in increased levels of loneliness and social isolation. Research that was published at the end of last year found that those who were most lonely prior to the pandemic had felt increasingly lonely during the pandemic. This increase began as physical distancing, shielding and lockdown measures were introduced in the UK, in March 2020 and those who were most at risk of being lonely included those who were on low incomes or out of work, or are living with a mental health condition.

At St Mary Magdalene we are involved in two particular initiatives which are seeking to combat this effect of the pandemic. Although the vision will not be realised until some of the restrictions which are currently affecting our lives are released, we are working with a number of other partners on the possibility of a Men's Shed in Gorleston. Planning is at an early stage and we would welcome anyone who wants to get involved in shaping this new initiative.

It is well known, I think, that Men can face particular challenges in seeking support and friendship and the vision behind Men's Sheds is that they provide a place for social connections and friendship building in an understanding and supportive environment, whilst sharing skills, knowledge and a lot of laughter! Elsewhere in this magazine you will find an advert for the Men's Shed. Please do get in touch with either me or via the contact on the advert, if you would like to be involved. There is currently a group meeting monthly on Zoom to begin planning and we would love to welcome you!

In addition, as I mentioned last month, a number of churches across the town, including St Mary Magdalene, are partnering on a telephone befriending project, known as Two's Company. Anyone who would like a bit of regular telephone company can sign up to receive a weekly call from a trained and vetted volunteer – hopefully reducing the feeling of loneliness and isolation! If you would like to receive a call – or know someone who would – please do call the information line on 0800 999 1848 which is now live.

When Jesus was on earth, he said that he came to bring life, in all its fullness. It may feel that the current restrictions curtail that fullness of life, but we hope that these two initiatives might go some way to combatting that feeling and restoring some of the fullness we experience in social interaction.

Gorleston Funeral Home

Central England Funeralcare

This month, at Gorleston Funeral Home, we have been focusing on helping those in the local community who need a little extra support.

Youngsters Darcy and Erin, daughters of Funeral Assistant Martina Andrews, came up with the great idea of wanting to donate supplies and vital essentials to the local food bank.

They put a call out for help and before long donations were flooding in from family, friends and colleagues across Central England Co-operative Funeralcare.

We then reached out to Reverend Matthew Price, Vicar of St Mary Magdalene Church, to see if he would be happy to receive these at their foodbank, which he was.

There has been such a demand for local food banks during this pandemic that resources are running low and any donations are much needed and appreciated.

We want to say a big thank you to Darcy and Erin for their amazing gesture to help those in the local community.

Everyone at the funeral home was more than happy to support and ensure that items including dry goods, tinned items, pet food, sanitary items and breakfast cereals were handed to the good cause.

Please, if you can, follow in the footsteps of Darcy and Erin and donate an item or two to the food bank, helping make

a real difference in the local community. The food bank is open 9.30am to 11.30am Monday, Wednesday and Friday, and donations can be dropped off in the church hall. You can contact them by calling 0800 246 5571.



Reverend Matthew Price, of Mary Magdalene Church, accepts the donations of food from Darcy and Erin.

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Gorleston Library

Hi everyone, it feels a long time since we've seen you all and we hope you are keeping well and have plenty to read. Although Gorleston Library and other buildings are closed, the Library Service has been busy developing a wealth of online services for you during these difficult times. Please do take a look on our main site www.norfolk.gov.uk/libraries and click on 'What's On In Libraries' where

you will find the latest details of our online groups such as Just A Cuppa, regular Author Events, Health & Wellbeing information and much more. You can also check out the Norfolk Library and Information Services Facebook page and our Gorleston Facebook page where we share updates about upcoming events regularly. Take care everyone, we hope to see you again soon.

Bee Saviour Behaviour



There are queens, tens maybe hundreds of them, in every neighbourhood of Gorleston waiting to emerge as we all arrive into the spring. Pent up feelings of wanting to be out and about again after a long winter lockdown is something many of us can probably relate to about now.

But these queens aren't part of any royal family, these queens are members of a much more grassroots community; a community that's spent the last few months alone underground. Under frost bitten north facing grassy mounds they've been waiting. Oblivious to the restricted Christmas celebrating that's been going on without them.

So these queens we're talking about are bumblebees. Each queen the last remaining member of last year's colony eager to start afresh in this fresh new year. A queen bumblebee is big, bigger than the others are and fluffy. While most bumblebees spend a month creating a buzz in our communities, the queen lives longer. She lives over winter, and in the spring she seeks out a south facing grassy bank to start her nest building for her colony.

The first thing she'll need is a feed. Which is why those dandelions in your lawn are flowering like irritating yellow beacons of imperfect turf. But maybe this year your garden has another purpose to serve? To support into being the next generation of these important pollinators. Even better if you have long grassy spots, she'll be able to shelter. An upturned terracotta flower pot of straw in a border will offer shelter too.



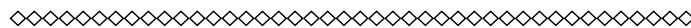
Our pollinators are disappearing and there's things we can do. Bee Saviour Behaviour is a community co-op based here in Gorleston-on-Sea. We're hoping this year our workshops can help our neighbours in this beautiful town become bee saviour citizens too.

Website: www.saviourbees.co.uk

Email: hello@saviourbees.co.uk

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Gorleston-on-Sea Heritage Group

Coliseum Cinema Part 2

In the January 2021 edition of the Gorleston Community Magazine we briefly covered the early history of Gorleston's Coliseum Cinema when E.V. Barr was the first lease holder. Barr was an early pioneer of the cinema business and had the foresight and vision to create these new bricks and mortar built palaces of entertainment plus the enthusiasm and the powers of persuasion to convince other people to invest in these enterprises. As previously mentioned his shareholders were rewarded with handsome dividends and Lowestoft's Hippodrome and The Palace were soon to be added to his chain of cinemas. In the 29th April 1931 edition of The Bioscope it was announced that another cinema pioneer, Douglas Attree, had acquired the lease of the Coliseum from Councillor E.V. Barr. Douglas Attree and Ernest Barr were actually in partnership and were directors of a company called Attree & Barr Ltd.



The Coliseum with its original 1913 facade that was designed by Ralph Scott Cockrill ARIBA.

Douglas Metcalfe Attree was born in 1889 at Hailsham in Sussex the son of Charles and Annie Attree. By the time of the 1901 census Douglas, age 12, was living with his father and brother Philip at Carlton Colville near Lowestoft. He married Gertrude Lydia Littlewood at the Parish Church in Great Yarmouth during 1910 and his occupation was recorded as that of an "Electrician." Later that year the couple's son Douglas William Attree was born at King's Lynn. The 1911 Census records that Douglas senior, his wife Annie and son Douglas junior were residing in Kings Lynn, Douglas senior was at the time an "Electrician Wireman" working for King's Lynn Corporation at their electricity power station.

By 1913 Douglas Attree senior was busy installing the electrical wiring and projection equipment at Gorleston's first cinema in Beach Road called Filmland. This was the enterprise of Frederick Holmes Cooper and his business partner, the local auctioneer A.V. George. Douglas Attree was retained at Filmland as the operator but soon moved on to FH Cooper's next project the Regent Theatre in Great Yarmouth where he was the chief operator and later the assistant manager under the theatre's manager, George Allen. He joined the Royal Engineers during World War 1 and after the war he returned to the Regent.

In 1920 he left the Regent Theatre to manage Lowestoft's Grand Cinema that was owned by Ernest Kingsman who also owned Clacton Pier. Douglas Attree was a dynamic man who was involved in many publicity stunts to promote the films that were being shown at The Grand. When "The Thief of Baghdad" was on the screen, Attree went onto the streets of Lowestoft impersonating Douglas Fairbanks and was accompanied by members of his staff dressed in Eastern costumes. To promote "The Crossbreed" Attree paraded along the Promenade with a similar dog to the film's canine star "Silverstreak." To promote "Wings" he made a model aircraft

from old chocolate boxes that was complete with revolving propellor and attached it to his car. He then ran a competition for children during a Saturday performance of the film where a lucky child won the model. To promote "Speedy," a film starring Harold Lloyd, he acquired a 1905, 9 horsepower single cylinder Adams-Hewitt motorcar, he covered it in placards and drove it around the streets of Lowestoft. The same car, with different placards attached, was used to promote the film "Verdun" a reenactment of the famous battle. In 1929 he hired a motor boat fitted with four loudspeakers during Lowestoft Regatta week to promote "You Know What Sailors Are" a British comedy directed by Maurice Elvey.

When Douglas Attree took over the Coliseum in 1931 talking pictures had arrived and the first talkie with a silent supporting film was shown there in 1930. According to AW Ecclestone's "Gorleston" the daily running of the cinema "was very much a family affair" with Douglas as the manager, his son Douglas as the projectionist, his daughter Joyce was in the pay box and his younger daughter Gloria was the accountant.

In 1937 the Coliseum was advertised as having "1,000 Seats at Popular Prices," it was equipped with an "All British NM Sound System" with "Pyrene Automatic Projector Safety Equipment" and that "This Cinema has been thoroughly Renovated, Remodelled and Modernised" complete with free car parking. Around this time Ralph Cockrill's original exterior facade had been replaced with an Art Deco style exterior. In the 1930s Douglas Attree, Ernest Barr and George Allen embarked on their greatest project, the building of the Regal Theatre at Great Yarmouth that opened in 1934.

We will return to the topic of the Coliseum in the following months.

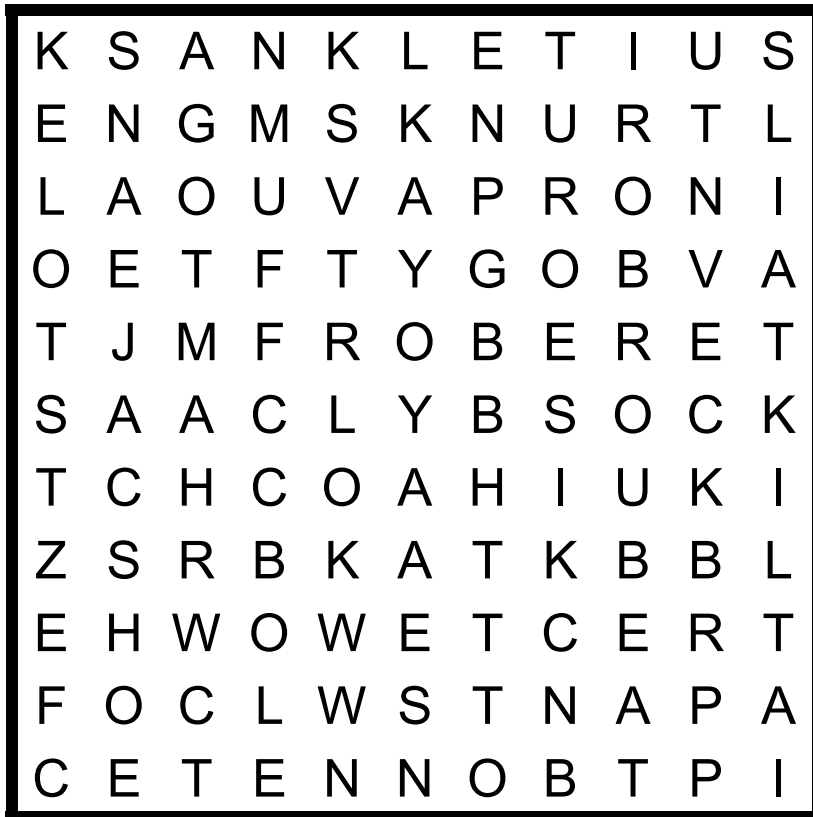
Gorleston-on-Sea Heritage Group is not currently meeting because of the Coronavirus outbreak. Please visit our website for further updates. <https://gorleston-on-sea-heritage-group.webnode.com/>

More Coffee Time!

Wordsearch

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

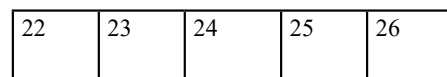
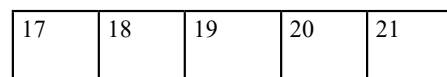
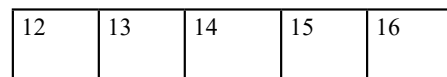
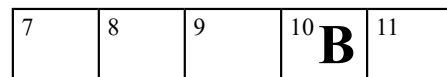
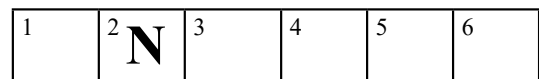
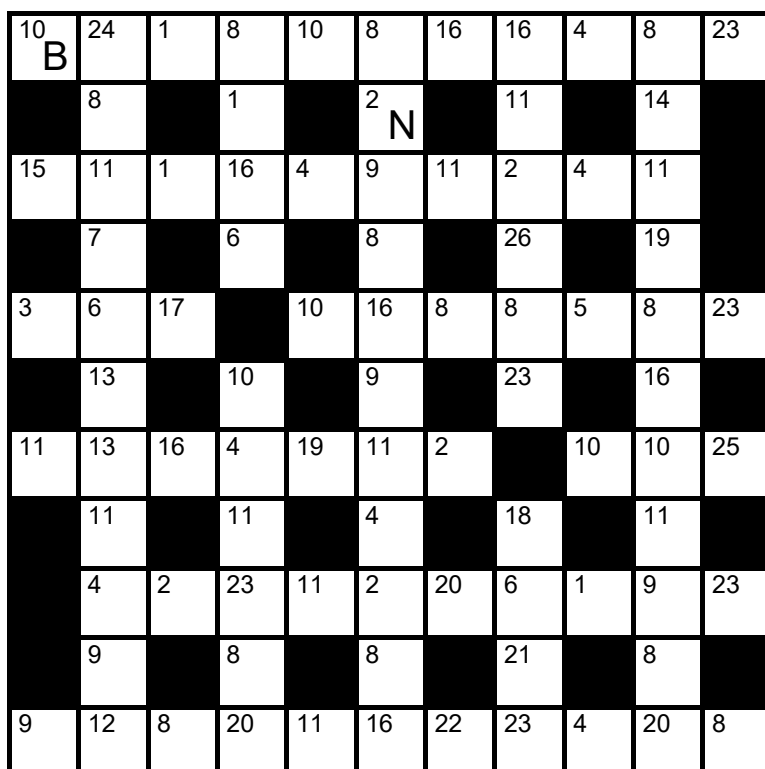
Clothes



- | | | |
|--------------|----------|--------|
| Anklet | Crown | Robe |
| Apron | Fez | Shawl |
| Beret | Flat cap | Shoe |
| Bib | Hat | Sock |
| Bonnet | Jacket | Stole |
| Bra | Jeans | Suit |
| Busby | Kepi | Tails |
| Caftan | Kilt | Tam |
| Clog | Muff | Toga |
| Coat | Pants | Trunks |
| Cowboy boots | | |

Codeword

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.



ABCDEFGHIJKLM
NOPQRSTUVWXYZ

Vets and Pets



Covid-19 and early socialisation



The early experiences a puppy or kitten has of people and their surroundings has a huge impact on their behaviour and personality for the rest of their life.

When considering a new pet, it's really important to make sure the breeder or rescue centre has fully socialised them – it could save you a lot of problems in the future.

Unfortunately the current Covid pandemic has made it much harder to socialise young pets, but it is important breeders and owners do what they can within the current rules to give young pets the best chance of becoming well-adjusted adults.

It is vital puppies and kittens stay with the litter and mother until at least eight weeks old, to learn good dog or cat manners and behaviour. After their first few weeks, the aim should be for puppies and kittens to have regular contact with all kinds of people – adults, children and the elderly. They should ideally be reared in a home environment, so

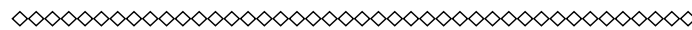
they get used to the sights, sounds and smells of family life.

Once puppies are fully vaccinated it's a good idea to get them out and about - introducing them to a range of sounds and experiences, in a controlled and gradual manner. As mentioned above - the current Covid pandemic has made all this much harder, however as restrictions hopefully ease, this should get easier.

Please get in touch for further information on socialising your young pet.

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

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



A MEN'S SHED FOR GORLESTON?



Are you wanting
to learn something new,
to share your talents with others,
or just a place to socialise?
All in an understanding and
supportive environment.

Men's Sheds are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.



If you would like to be involved please contact
Lynn Arnold, Development Worker - Norfolk County Council
lynn.arnold@norfolk.gov.uk or 07901517720

The ‘up’ side to lock‘down’

Covid-19 and lockdown has affected everyone, and negatively impacted so many lives. While acknowledging the many negative effects of lockdown over the last year, there have been some positives, whether it be in the service and sacrifice of frontline workers, community spirit and generosity, neighbourliness, individual good deeds and projects, business start-ups, new hobbies, or personal achievements etc. Here we have taken the opportunity to highlight some positive lockdown stories.

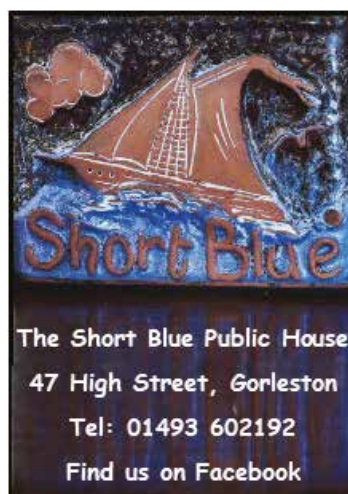
Even when his own business has been struggling, Kevin Duffield of The Short Blue Pub has continued to “serve” his community. Here is Maxine Williams’ Facebook tribute...

“Credit where credit’s due. Way back in lockdown #1, when this covid pandemic threw us all into turmoil with pubs and other business shutting their doors, this guy here decided to try a little experiment by setting up a Facebook live quiz night - The Covid Quiz - from his pub, just for a few months until he could open the doors to customers again. It started off quite low key with a few dodgy sound problems but gradually word spread so a new mic and Ethernet cable were added and more and more people joined... over 160 people at its peak! Even when the pub opened for a few months late last year, he kept the ‘virtual’ quiz going, as well as having customers in the pub playing along too! Obviously, pubs had to close again but the quiz continued! Yesterday was the 46th Covid Quiz... 46 weeks it has been going and it has grown a proper little community of people from all over the world!! Lots have never even met each other... but one thing we all have in common is how grateful we are to Kevin for giving us a laugh, a friendly face, something to look forward to, some contact (albeit virtual) with other people and above all, a chance to have some lighthearted fun!

That one small ‘experiment’ has become so important to so many people, I believe it has helped lots of people through this difficult period and even more so during the long dark winter evenings.

So I personally want to say a massive THANK YOU to my lovely friend Kevin.... you have done this for everyone else despite going through troubling times yourself, what with your business having to remain closed for a hell of a lot longer than the few months first anticipated. Saying that, I know it’s as important to you as it is to us and you love it!!

Keep The Short Blue flag flying, Kev! You have done an amazing job! #itsthetakingpart”



In our May 2020 issue, we told the story of Ros Sones who was fundraising for PPE for the JPUH, with an initial target of £500...



“It was an amazing achievement to be able to do our bit to help the Nurses at this difficult time, and I’m proud to have been a part of it. Overall, we raised the magnificent sum of £6330 on the GoFundMe and over £3000 in private donations which is amazing!

Thanks again to Robert Price, Carl Ross, Ray Clarke, and Grainne Mc who all played such a big part, and of course, most importantly thank you to all the donors who made it possible, we really couldn’t have done it without you. I am very proud to have been a part of it. Thank you all again!”

Many people have looked to new hobbies and interests to keep themselves occupied in lockdown. In doing so, Mary Howden and Susan Ward have made a lockdown impact on Gorleston seafront on Thursdays...

“It all began while being furloughed from work and looking for ways to keep occupied. We share a love for recycling and I bought some secondhand hats and coats. Mary and I love dressing up, so I suggested we dress up and walk the dog



down the promenade. The first time was a Patsy and Eddie day, then I began sewing items, and we did a 50s day. We then dressed as victorian ladies, but we did



look a lot like Hinge and Bracket! Next time we will aim for a more flattering look. It makes us smile, gives us something to look forward to, definitely stimulates our creative side, but, more importantly, it makes people smile in these difficult times. Some people do a double take, but mainly everyone smiles and says how lovely we look. We plan to do a different theme every Thursday until we are back to work!”

The “up”side to lock“down”

Hospitals have been at the frontline in this pandemic and we are so grateful to all those in our own James Paget University Hospital, one of whom was awarded an MBE...



A dedicated senior nurse was celebrating after becoming an MBE in the New Year’s Honours List for her services to nursing during the pandemic. Jacky Copping, who is the James Paget University Hospital’s Deputy Director of Nursing, started training as an enrolled nurse at the hospital more than 35 years ago, undertaking a conversion course and becoming a

registered nurse in 1987.

The COVID-19 pandemic has presented the biggest healthcare challenge to date, but Jacky said she was so proud of the teamwork displayed by the staff at the Paget.

“We’re one big team – and the way staff have responded during the year has been amazing. The pandemic has really tested people’s resilience but throughout, staff have given 110 per cent to keep the quality of patient care at a high level, while looking after each other too.”

Mental health and suicide has been a major issue during lockdown, and Shani Platten felt inspired to try to help...



“I came up with the idea that I would love to scatter some beautiful, positive quotes around the pier in Gorleston, as it seems this place is somewhere people are wanting to go when feeling so low.”

Read more about Shani and her mission to give people hope in the next issue.



The circle of life. Meet Lenny, new son of Clare and Perry Scott...



“This little bundle of joy is our positive, he’s kept us going in this lockdown, the only downfall is family and friends not yet being able to meet him in person. He’s brought us nothing but pure joy through this lockdown, and certainly keeps us occupied, his older sisters and brother can’t get enough of him!”

Local businesses have been hit hard throughout the pandemic, but here’s how one High Street business has coped...



“What a strange time we are having with covid, its been nearly a year now. So here is how What Is Hip is getting by. On the first lockdown we closed on the Saturday night and I felt “what a shame, all that hard work for nothing”.

My son Mark had other ideas, he wanted to try online because I’d not done that before thinking I was too old.

Within a few days he had set up the shop to do online with paypal and put some small adverts on Facebook, to certain groups that could be attracted to the shop. I could not believe it, within a few days the phone started to ring from different parts of the country. I was amazed it worked, but it did. The orders were doing well, even coming from the USA!

The house was starting to look like a warehouse and it was fantastic to open up again in the June. Mind you, due to the nice weather, I found this bit of land at the back of the house, my wife Christine calls it the garden. I also found I could slow my life down which was nice.

It was lovely to see real customers again with the added bonus of online as well. Then November came and four more weeks off, but we were ready this time.

A good push towards Christmas was good for us, but we knew that another lockdown was due, but again we were prepared. This lockdown has been tougher, but we have traded with online and click and collect. I can’t thank our customers enough for keeping us going. We have learned a lot during this odd year, and let’s not forget the clubs and pubs, hairdressers, tattoo parlours, nail bars etc who have it really tough.

For us at What Is Hip, we now trade differently and have found out it’s not a race all the time.”

Calling all photographers!
 Have you taken a picture of Gorleston that you would like to share or to be considered for the front page? It can be normal, creative or photoshopped, but must be in Gorleston. If so, email it to gorleston.community.magazine@gmail.com



Would you like to advertise in, or send an article, poem or picture to, **Gorleston Community Magazine?**
 If so, email: gorleston.community.magazine@gmail.com
 or call Derek: 07874 713 815

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Coffee Time Answers

Across: 7 Line of sight, 8 Scat, 9 Leech, 11 Fad, 12 TVs, 13 Nil, 14 Ivana, 16 Gnat, 18 Nuclear wars.
Down: 1 Close friend, 2 On hand, 3 Rob, 4 Useless, 5 Ogre, 6 At the latest, 10 St James, 13 Non-fat, 15 Arch, 17 Fry.

Fallen Phrase
 A Clockwork Orange by Anthony Burgess

Word Ladder
 corps, coops, crops, crows, crown

Caught in the middle
 finger, navy, pan, coffee, side

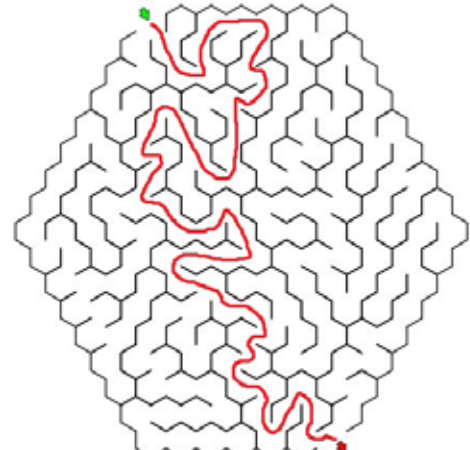
Crunch 'em
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Monthly Recipe

from

Fleetwoods Butchers

Beef and Vegetable Casserole

Preparation time - 20 mins, cooking time - 3 hours, serves 5



Ingredients

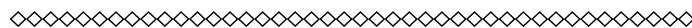
- 2 celery sticks, thickly sliced
- 1 onion, chopped
- 2 really big carrots, halved lengthways then very chunkily sliced
- 5 bay leaves
- 2 thyme sprigs, 1 whole and 1 leaves picked
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbled
- 850g stewing beef (featherblade brisket or chuck steak works nicely), cut into nice large chunks

purée, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.

4. Gradually stir in 600ml hot water, then tip in 850g stewing beef and bring to a gentle simmer.
5. Cover and put in the oven for 2hrs 30 mins, then uncover and cook for 30mins – 1hr more until the meat is really tender and the sauce is thickened
6. Garnish with the picked leaves of the remaining thyme sprig.

Method

1. Heat oven to 160C/140C fan/gas 3 and put the kettle on.
2. Put 2 thickly sliced celery sticks, 1 chopped onion, 2 chunkily sliced carrots, 5 bay leaves and 1 whole thyme sprig in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.
3. Soften for 10 mins, then stir in 2 tbsp plain flour until it doesn't look dusty anymore, followed by 2 tbsp tomato



GIGGLE BOX

An elderly man living alone in Milton Keynes wanted to plant his annual tomato garden, but it was very difficult work, since the ground was hard. His only son, Paul, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

Dear Paul, I am feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days. Love, Dad.

A few days later he received a letter from his son:

Dear Dad, Please don't dig up the garden, that's where the bodies are buried. Love, Paul.

At 4 a.m. the next morning, CID officers and local police arrived and dug up the entire area without finding any bodies. They apologised to the old man and left. That same day the old man received another letter from his son.

Dear Dad, You can go ahead and plant the tomatoes now. That's the best I could do under the circumstances. Love, Paul.

Ormiston Herman Academy

Despite the current lockdown, Ormiston Herman Academy remains a busy centre of learning; open to the children of key workers and our most vulnerable pupils.

It would be easy to talk about how difficult these times are and of course, our staff and pupils dream of the days when we can all get back to normal, but in the meantime, nothing has stopped the children celebrating all the great learning we do at Herman.

Everyday, our staff meet online with the pupils who are learning at home, to deliver high quality lessons and check in to ensure that we are all adapting to this way of working. It is a chance for the children to meet virtually with their friends and teachers and prepare for a day's learning.

Last week was very busy, whether we were learning from home or school. Pupils enjoyed taking part in 'National Storytelling Week' and sent lots of photographs into the Academy, of them curled up with their favourite books.



We are very keen mathematicians at Herman and on Friday, staff and pupils dressed up for the 'NSPCC Number Day.' Lots of our online and class based learning was focused around our knowledge of numbers, including times tables and problem solving, made even more fun than usual!

Every year at OHA, we participate in 'Children's Mental Health Week,' and last week was no different. The theme this year was 'Express Yourself,' and lots of us enjoyed expressing ourselves through the different mediums of art, music and dance. As always, pupils produced some outstanding work and even our smallest pupils enjoyed learning about how to stay positive and what they can do if they are feeling sad.

It would be wrong to say that these times are not challenging and our incredibly hardworking staff have adapted quickly to supporting pupils online. They have acquired new skills and a confidence that they did not have this time last year. We are very proud of their efforts, but without the engagement and support of our pupils and their parents, it would all be for nothing.

We would like to say a very big thank you to everyone who works at, learns and supports Ormiston Herman Academy and we hope you enjoy looking at our photographs of our lockdown learning!



Gorleston Grapevine



One of the most positive things to come out of this pandemic is that most people do show kindness. Some of the most amazing heroic acts of kindness shown will never be forgotten. Like 100 year old Captain Sir Tom Moore, raising millions for the NHS before he very sadly passed away recently.

Here, at the E.E. Green Group, we would like to carry out more acts of kindness throughout our community. It really does continue to be such a tough time for many, from the young to the elderly, those in lockdown at home and those who still have to go out to work. Recently, we've been working our magic in our local community with the help of our three companies, E.E Green and L.G. Perfect MOT, Service and Repair Centre based on Harfrey's Industrial Estate and Folkes Aggregates, Welcome Pit, Burgh Castle.

Just before Christmas, L.G. Perfect's Office Manager, Paul Hobbs organised a COVID safe Tombola to help raise much needed funds for Centre 81 in Great Yarmouth. Many local businesses and suppliers very kindly donated superb prizes; like tool sets, sweet hampers, motoring merchandise packs and loads more. We'd like to thank businesses who generously donated prizes, like Ford & Slater, IMEX, Motofacts, BOSCH, Waveney Trucks, Panks of Norwich, Margo's Lounge, Herbert Woods, Eurocarparts and many more. A massive £450 was raised, well done Team Perfect.



With schools remaining closed to non-keyworker children, many families have struggled to get online or have access to any media devices for their children to do schoolwork. E.E Green donated 3 new Amazon HD 7 Fire Tablets to



Ormiston Venture Academy. Three lovely Year 7 Pupils very kindly posed for our photograph. Thanks to Mr McNally, Assistant Principal, for his help and his photographic skills.

Another fantastic donation was made to the Children's Ward at James Paget Hospital. More Amazon Fire HD 7 Fire Tablets were delivered to Kirsty and Ali from the wonderful Play Team. They said that the children would love these because they can use them while recovering in their beds.



YMCA Norfolk St Paul's Lodge has seven units for young males to provide support, learning and care to help them flourish. The guys are creating a new garden and were looking to buy some top soil. Folkes Aggregates and E.E. Green decided to deliver three tonnes of our finest top soil free of charge. We're also collecting donations of pictures, artwork, towels, linens, bedding and male toiletries. If



we can help you or your organisation, please drop us an email to ctodd@eegreen.co.uk



Did you know that L.G.Perfect MOT, Service and Repair Centre and Folkes Aggregates are shirt sponsors of Gorleston FC? We're absolutely delighted about the new 3G Pitch being built at East Norfolk Sixth Form College site. C'mon the #GREENARMY!!

If you think we can help in your community from Gorleston, Great Yarmouth, Lowestoft, or Oulton Broad areas, then please do get in touch with ctodd@eegreen.co.uk

Follow our businesses on Facebook for our latest information, offers and services.

Ormiston Cliff Park Infant & Junior Academies



The Accelerated Reader Race Is On!

Pupils at Ormiston Cliff Park Infant and Junior Academies won't let the lockdown get in the way of becoming word millionaires! The love of daily reading is something that the pupils are missing during lockdown due to the restrictions around quarantining books, meaning that there has not been the same level of access to as many books as previously. Therefore, the Academies have bought Accelerated Reader online subscriptions enabling all pupils to have the same access to the wide range of texts as they have in the school libraries. The battle to be the next word millionaire has begun!



National Storytelling Week 2021



The week of 30th January – 6th February was National Storytelling Week, and our school community again rose to the challenge and got involved. Families were asked to share stories together in whatever ways they could, whether it be bedtime stories in pyjamas with teddies and cuddles, story picnics in the garden, reading to pets, virtual stories with grandparents and friends via digital technology or with their class friends and teachers during special Google Meet sessions, and to submit photos of themselves. Here are just a few of the photos we received.



Numbers, Numbers Everywhere!

We celebrated a special 'number' day on Friday 5th February. The daily Google Meet class session exposed pupils to lots of fun with numbers – patterns were explored and investigated, number hunts and challenges were shared and there were even sessions of dancing with numbers where pupils were invited to create their own dance and action routines with a number theme. Great fun was had by all!

Children's Mental Health Day

On Friday 5th February we also participated in 'Children's Mental Health Week'. The theme this year was 'Express Yourself,' and lots of us enjoyed expressing ourselves by dressing up in bright, cheerful colours and patterns. All of our pupils enjoyed learning about how to stay positive and resilient, and what they can do if they are feeling sad or anxious.



[OAT] Consultation on the proposed merger of Cliff Park Infant and Junior Academies

The Academies are currently in the process of consulting with parents, stakeholders and the community regarding a proposal to merge. The proposal of OAT is to merge both schools and operate as one primary school from 1 September 2021. The consultation to consider the merger opened on 12 January 2021 and will close midday 26 March 2021.

For more details and your opportunity to share your thoughts, please visit: <http://www.proposedacademy.co.uk/ocp-primary-merger/consultation-proposal/>

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