

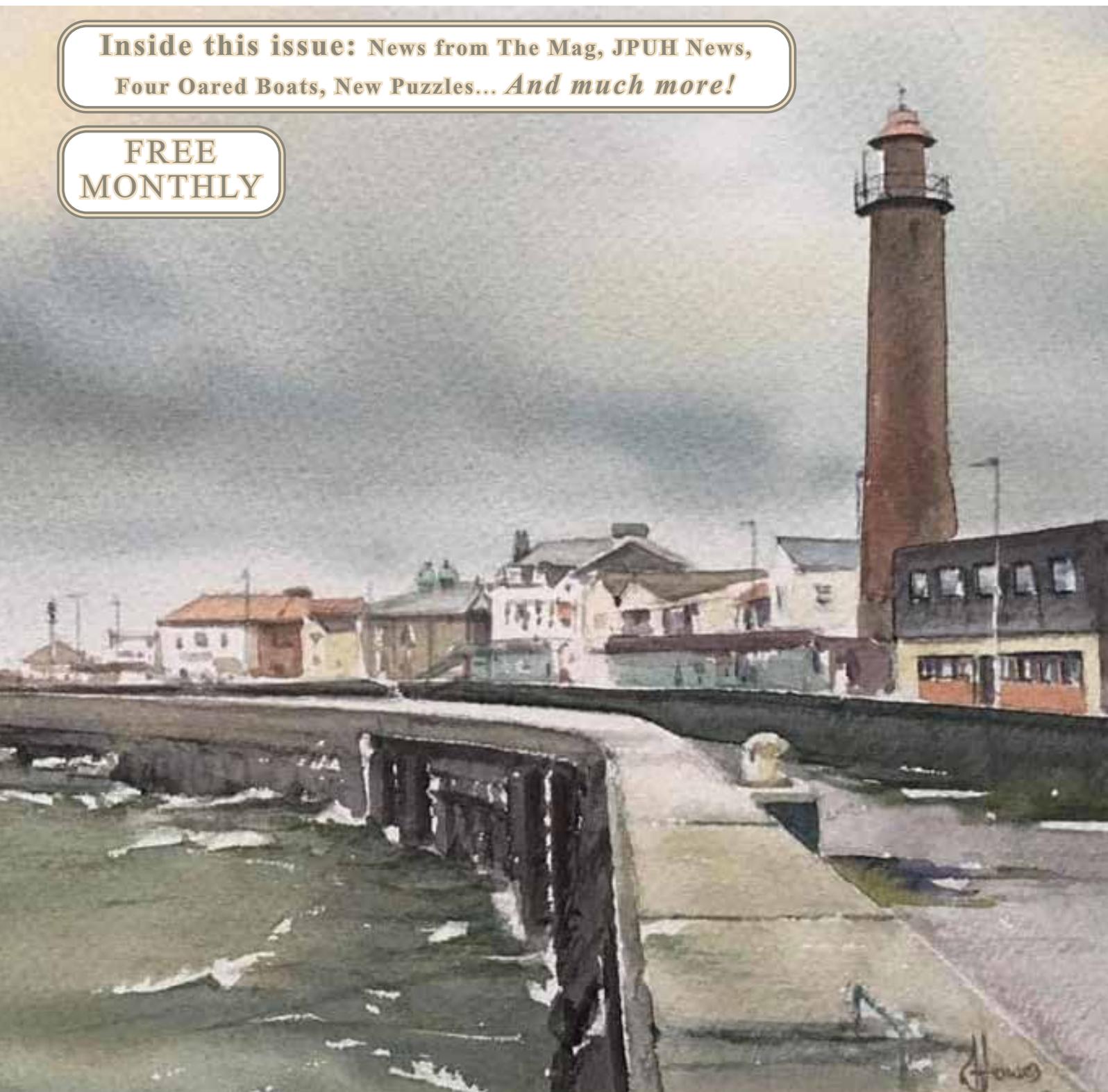
St Andrew's Church

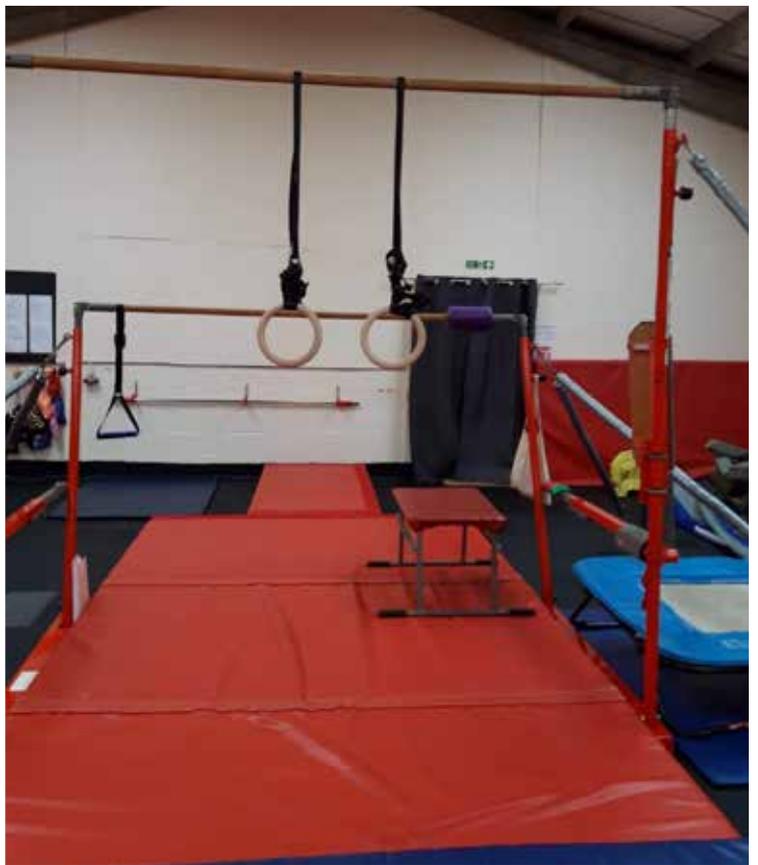
ISSUE 33, February 2021

GORLESTON Community Magazine

Inside this issue: News from The Mag, JPUH News,
Four Oared Boats, New Puzzles... *And much more!*

FREE
MONTHLY





SPLIT LEAPS GYMNASTICS CLUB

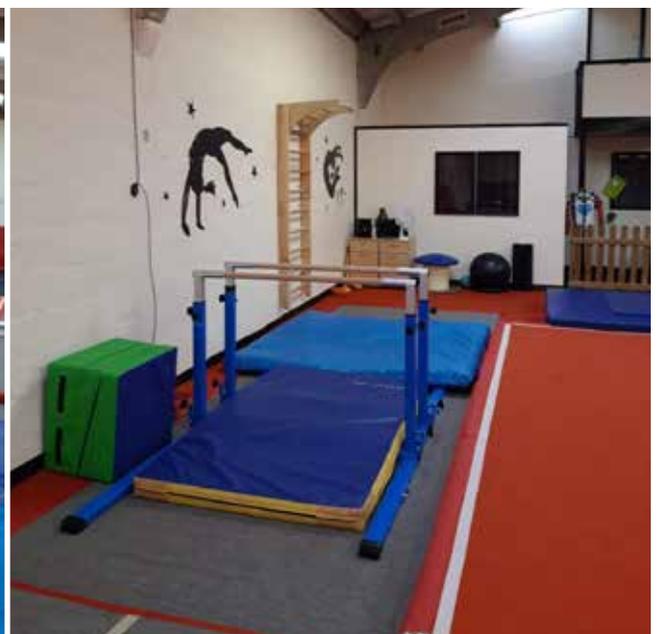
We are a full-time facility located at unit 4 Bessemer way, Harfreys Industrial Estate, Great Yarmouth, NR31 0LX.

We offer gymnastics to both boys and girls from pre-school age upwards, at all levels from beginner to elite, in a fun and positive environment.

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Hello Gorleston!



Welcome to Issue 33 of YOUR free community magazine.

After writing last month "Out with the old and in with the new", it now seems more like "Here we go again"! These continue to be unprecedented times with little light at the end of the tunnel and it is easy to fall into a mindset with negativity as the norm. I frequently have to give myself a kick up the backside to avoid succumbing, but, as someone who was once housebound for four and a half years, I know trying to keep a positive mindset can help you get through very difficult times. Quite often having a simple quote or bible verse that strengthens or inspires you can make a real difference. Here are a couple of my favourites:

"Life isn't about waiting for the storm to pass, it's about learning how to dance in the rain." - Vivian Greene

"Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose." - Wayne Dyer

"...I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength." - Philippians 4:11-13

And don't forget, every day is a day closer to the end of lockdown!

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



Ed.....

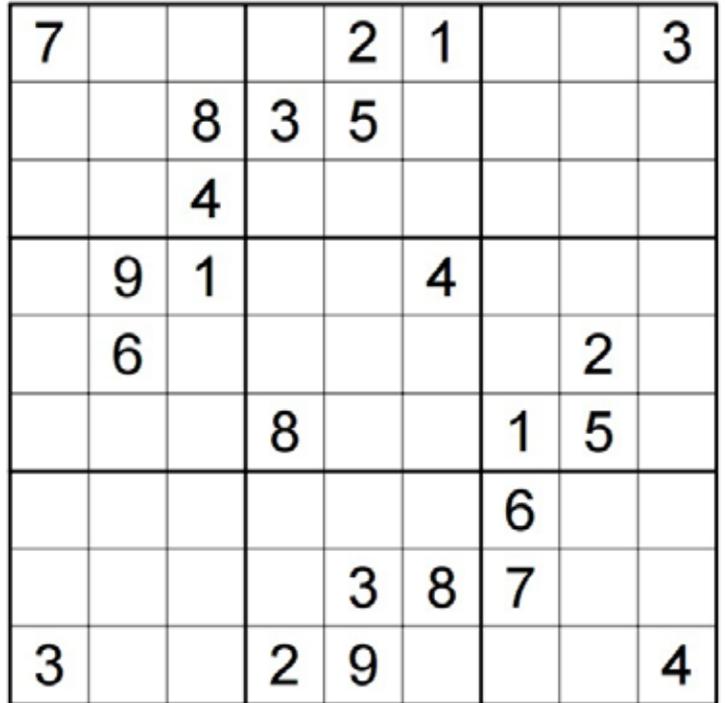
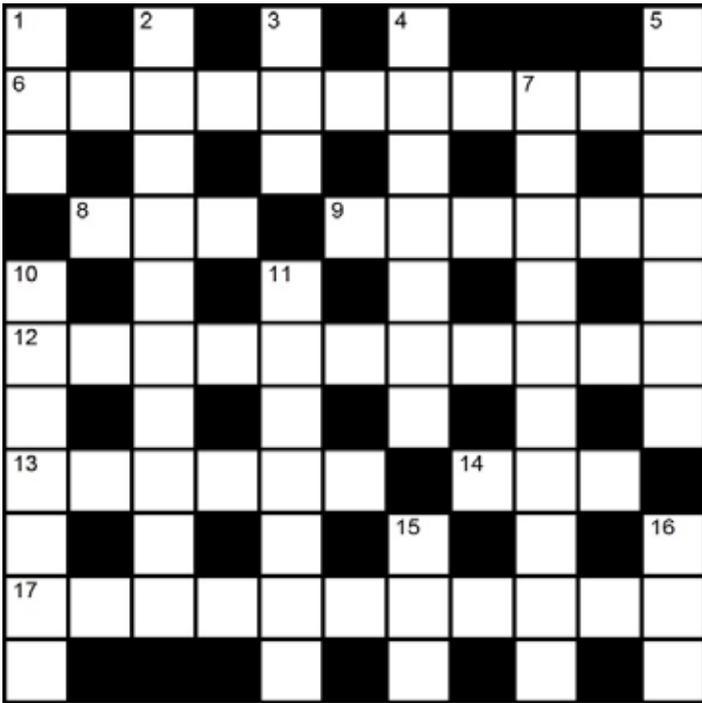
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Deadline for the March Issue is
Wednesday 10th February

Thanks to Simon Wainwright
and artist Davie Howes for this
month's front page picture

Coffee Time 1

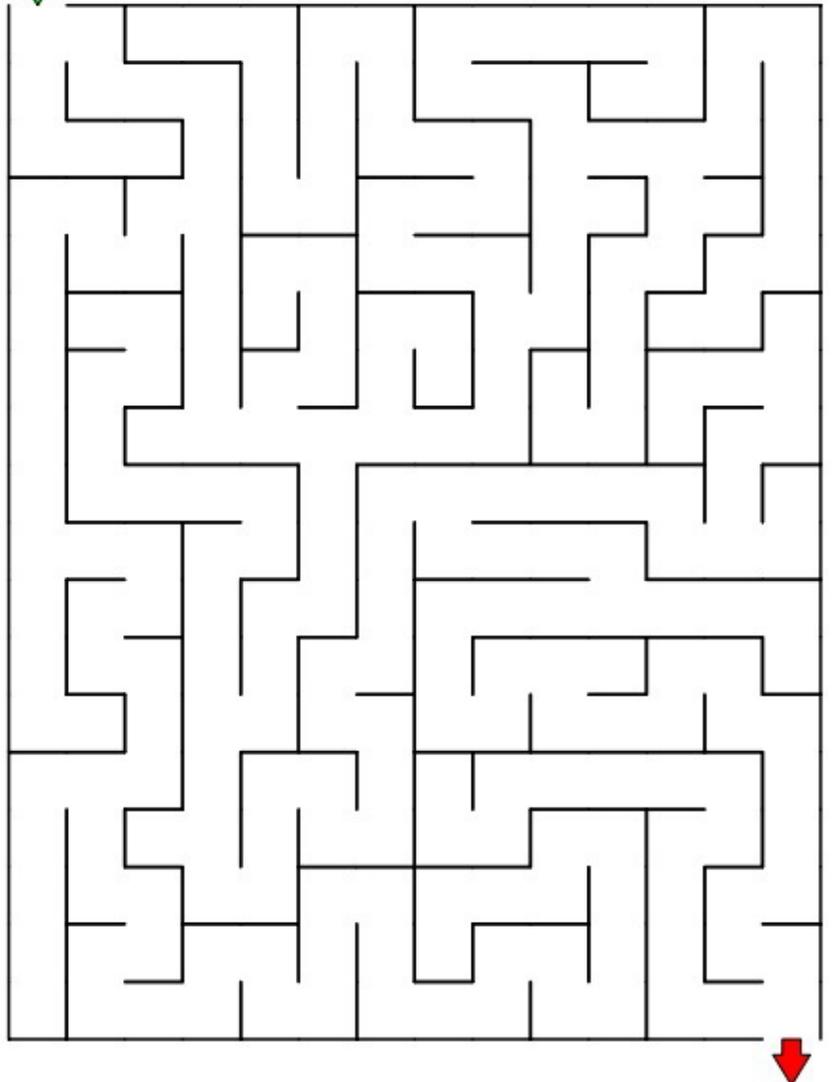


Across

- 6 Pupil transport (6,5)
- 8 Computer document type (1,1,1)
- 9 Mind (6)
- 12 From afar (2,1,8)
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Down

- 1 Powdery residue (3)
- 2 Filled by the Jordan (3,4,3)
- 3 Container used for cooking (3)
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- 10 Wanton slaughter (7)
- 11 Scolding speeches (7)
- 15 Travel forecast (1,1,1)
- 16 Company connecting you to the web (1,1,1)



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

The Rockin' Rev



The season of Lent is a 40-day period beginning on Ash Wednesday, which in 2021 falls on the 17th February. Many churches have special services on Ash Wednesday at which people are marked with the sign of the cross in ash upon their foreheads.



Traditionally, Ash Wednesday marks the beginning of a 40-day journey of self-examination and renewal. Self-examination concerns matters of the heart about which the Bible has much to say. For example, in Proverbs 4:23 we read,

**Above all else, guard your heart,
for everything you do flows from it.**

We are all very security conscious and we guard a lot of things in life. We guard our home by locking the door, setting an alarm system and installing CCTV cameras. We guard our money by putting it in a bank. We guard important documents by storing them away securely. We guard the information on our devices by using passwords. We guard our health by eating a good diet and taking exercise.

It's important that we guard all the things that are valuable to us. But in doing so we must never overlook our most valuable asset which is our heart.

The ancients understood the heart to be more than just a physical organ of the human body that pumps blood. They regarded the heart as the centre of our emotional, intellectual and moral activities. The teaching of Jesus reflected this understanding of the heart. He said,

Good people do good things because of the good in their hearts. Bad people do bad things because of the evil in their hearts. Your words show what is in your heart.

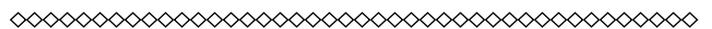
If everything you do, and everything you say, flows from

your heart, it's not surprising that the writer of Proverbs 4:23 implores his readers with the words,

Above all things, guard your hearts.

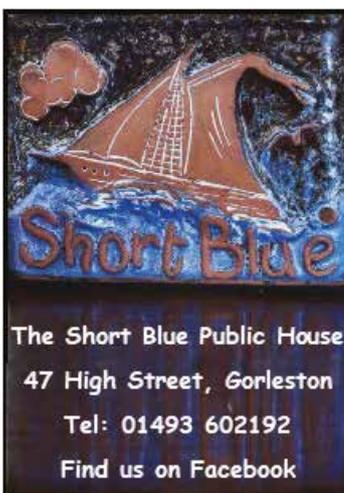
The two most obvious ways to "guard your heart" is to guard the two "doorways" into your heart, that is your eyes and your ears. What are you allowing into your eyes that's impacting your heart? What do you watch on TV or on social media? What are you allowing into your ears that's impacting your heart? What kind of music are you listening to? What kind of conversations do you tune into?

It's important that we guard our heart because by doing so we guard our life. What fills our heart will inevitably direct our life and influence the way we behave and the way we speak. Be mindful then, of what you allow into your eyes and into your ears.



"Don't worry, I'm not getting Covid - I didn't realise the sign meant a low door..."

Rev Brian Hall
Vicar of St Andrew's Church



James Paget Expands Emergency Department

NHS
James Paget
University Hospitals
NHS Foundation Trust



The JPUH has recently completed a major project to expand its Emergency Department.

The development has seen part of the hospital's front façade extended towards the main car park and re-built, providing more space to assess patients and for those waiting to be seen.

The new building includes:

- an expansion in the number of cubicles for the assessment and treatment of patients attending with more serious conditions
- a larger waiting room, giving patients a more comfortable environment with space for social distancing
- more space for patient 'triage'
- a separate children's waiting room
- an ambulance 'cohort' area to support ambulance turnarounds.



It opened on schedule, receiving its first patients on 30 December, and is now providing additional space and capacity for the winter.

The new building provides a far more modern, spacious, comfortable and safe environment for our patients - and has opened at a time of year when the hospital is always at its busiest and is seeing increasing numbers of COVID-19 patients.

It marks the completion of the first phase of the hospital's Emergency Department expansion plans, with more work scheduled in 2021/22. This will include enhancing areas where children are assessed and treated.

£2.2 million from the Department of Health and Social Care helped finance the building, following a successful bid by JPUH for central funds.

Building work was led by constructors Morgan Sindall, working with Eco Modular Buildings and the JPUH's Estates Department.

New Urology Unit Opens

A new Urology Unit has opened in the James Paget's Day Care Unit.

The Urology Unit has been funded by the Cancer Alliance, and provides a bespoke space for Urology patients requiring cystoscopy initially, but will soon be expanded to provide treatment space

for a wealth of urological conditions. Primarily, it will help patients undergoing cancer diagnostics. The unit expects to see approximately 50 patients per week initially, with scope to increase further.



The Prostate Support Group have also kindly donated a biopsy chair for the unit.



HM Government

NHS

CORONAVIRUS

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Monthly Recipe

from

Fleetwoods Butchers

Boeuf Bourguignon

Preparation time - 30 mins, cooking time - 2 hours, serves 5/6



Ingredients

- 1.6kg/3lb 8oz good-quality braising steak (chuck steak)
- 4–5 tbsp sunflower oil
- 200g/7oz smoked bacon lardons or smoked streaky bacon, cut into 2cm³/₄in pieces
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 75cl bottle red wine
- 2 tbsp tomato purée
- 1 beef stock cube
- 2 large bay leaves
- 3 bushy sprigs fresh thyme
- 25g/1oz butter
- 450g/1lb pearl onions, or 24 baby onions
- 300g/10¹/₂oz chestnut mushrooms, wiped and halved or quartered if large
- 2 heaped tbsp cornflour
- 2 tbsp cold water
- flaked sea salt and freshly ground black pepper
- chopped fresh parsley, to garnish

Method

1. Cut the braising steak into chunky pieces, each around 4–5cm/1¹/₂–2in. Trim off any really hard fat or sinew. Season the beef really well with salt and pepper.
2. Heat two tablespoons of the oil in a large frying pan. Fry the beef in three batches over a medium–high heat until nicely browned on all sides, turning every now and then and adding more oil if necessary. As soon as the beef is browned, transfer to a large flameproof casserole. Preheat the oven to 170C/150C Fan/Gas 3.
3. Pour a little more oil into the pan in which the beef was browned and fry the bacon for 2–3 minutes, or until the fat crisps and browns. Scatter the bacon over the meat. Add a touch more oil to the frying pan and fry the chopped onion over a low heat for 5–6 minutes, stirring often until softened. Stir the garlic into the pan and cook for 1 minute more.
4. Add the onion and garlic to the pan with the meat and pour over the wine. Stir in the tomato purée and 150ml/5fl oz water. Crumble over the stock cube, add the herbs and bring to a simmer. Stir well, cover with a lid and transfer to the oven. Cook for 1¹/₂–1³/₄ hours, or until the beef is almost completely tender.

5. While the beef is cooking, peel the button onions. Put the onions in a heatproof bowl and cover with just-boiled water. Leave to stand for five minutes and then drain. When the onions are cool enough to handle, trim off the root close to the end so they don't fall apart and peel off the skin.
6. A few minutes before the beef is ready, melt half of the butter in a large non-stick frying pan with a touch of oil and fry the onions over a medium heat for about 5 minutes, or until golden brown on all sides. Tip into a bowl. Add the remaining butter and mushrooms to the pan and cook for 2–3 minutes over a fairly high heat until golden brown, turning often.
7. Mix the cornflour with the water in a small bowl until smooth.
8. Remove the casserole from the oven and stir in the cornflour mixture, followed by the onions and mushrooms. Return to the oven and cook for 45 minutes more, or until the beef is meltingly tender and the sauce is thick. The sauce should coat the back of a spoon – if it remains fairly thin, simply add a little more cornflour, blended with a little cold water and simmer for a couple of minutes on the hob.
9. To serve, remove the thyme stalks. Sprinkle the casserole with parsley and serve.



GoSH

Gorleston-on-Sea Heritage Group

Festive Display Awards

By now Christmas 2020 will seem like a distant memory, but in early December the Gorleston-on-Sea Heritage Group had just completed the judging of their Annual Festive Display Awards. The designated GoSH members who judged the displays around the Magdalen Estate, Bells Road and High Street areas were delighted with the effort and imagination put into them. It made the final decisions extremely hard.

The Overall Winner, for the third year running, was the High Street fabric and soft furnishings shop Home Stylz. The Festive Display Trophy and a framed certificate were presented to the Home Stylz team by GoSH member Connie Aldous.



In second place was the East Coast Hospice Charity Shop. GoSH member Stephen Rampling presented a framed certificate to the East Coast Hospice team.



Coming in third was the Baker Street optician TWA Schoenherr. GoSH member Violet Bell presented a framed certificate to Mr Schoenherr's team.

Thank you to everyone for brightening up the town, especially during this time of uncertainty.

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



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Vets and Pets



Can you pinch an inch?

With the onset of winter weather, it's very tempting for pets to snuggle up at home, go on less walks, and in the process gain some extra weight – which can lead to a variety of health issues.

How can I tell if my pet is gaining excess weight?

In dogs a simple test is to run your hands over their chest – you should be able to easily feel (but not see) their ribs without pressing too hard. They should also have a “waist”, when viewed from both above and the side. By contrast, if you can pinch an inch or more, and if your pet's stomach sags down and bulges out, then a diet may be in order. It's also important to keep an eye on your cat's waistline as well!



So – why is it a problem?

Unfortunately, excess weight places extra demands on many organs of the body. Carrying extra weight can lead to, or worsen, many conditions including:

- arthritic joint problems, •heart disease (putting the heart under increased strain), •raised blood pressure, •diabetes (a particular risk factor in cats), •decreased stamina and

heat intolerance – to name just a few!

How can you try to ensure your pet remains the right weight?

Losing weight can be challenging for all of us, and our pets are no exception; so the most important thing is to try to ensure your pet is on the most suitable diet in the first place. Additionally, your pet's dietary requirements change throughout their lives and our knowledgeable team are happy to advise you on the most appropriate diet for your pet.

We are here to help!

The good news is that if your pet has piled on some extra pounds, either during lockdown, or going into the winter months, please get in touch.

We can weigh your pet and can advise you on their ideal weight. To achieve weight loss, pets need a combination of specially formulated calorie controlled diets and more exercise. There are many health benefits to keeping your pet a healthy weight, so if your pet has added a few pounds or seemed to slow down, please give us a call and we can help your pet slim down and benefit from a huge range of health benefits associated with weight loss.

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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Coffee Time 2

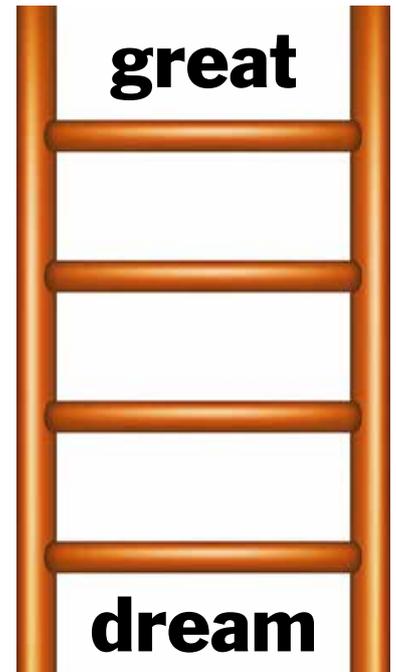
Fallen Phrase

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?
(Keep the letters in the same column.)

s		o		c	h		i	e	
a	b	y	i	c	k	e	n	f	
t	w	d	a	l	e	t	r	s	e

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?

printing release

split green

oven money

sea line

over walk

Crunch 'em

What is “?”

$$\text{burger} + \text{burger} + \text{pie} = 26$$

$$\text{pie} - \text{grapes} - \text{burger} = 12$$

$$\text{pie} - \text{burger} + \text{grapes} = 22$$

$$\text{grapes} + \text{pie} + \text{burger} = ?$$

Gorleston Funeral Home

Appreciating someone special is the key message that will be emanating from the team at Central England Funeralcare this month.

Ahead of Valentine's Day, we will be working closely with local schools on a special project to bring a bit of love to people across the area.

Pupils will be asked to design a special heart and then finish it off with a message of appreciation to someone special, which can range from a parent, grandparent or anyone who means something to them.

This will not only help spread some goodwill to all, but will also allow youngsters the chance to showcase their creative skills from home as we live through another lockdown.

With it being February, it could not go without a mention that we will also be marking Shrove Tuesday during the month.

What actually is Shrove Tuesday you may have found you asking yourself? Shrove Tuesday comes from the old English custom of using up all the leftover fattening ingredients in the house before Lent, so that people were ready to fast. The ingredients people tended to have in their houses were eggs and milk. By mixing these with flour, the Pancake was born, and is traditionally made and eaten each Shrove Tuesday.

With more people than ever now learning and working from home, there is no better time to head online and find the perfect pancake recipe for you. You could give your pancakes a savoury feel or go full on indulgent with cream and chocolate!

All of us here on Church Lane are more than aware that times continue to be tougher than ever for our community but if we pull together as a community we will get through this stronger than ever.

Quick & Simple Pancake Recipe

Ingredients:

- 120g Plain White Flour
- Pinch of Salt
- 2 Eggs
- 300ml Milk (Whole)

Method:

1. Mix the flour, salt, eggs and milk to form a batter. Ideally leave to stand for 30 minutes.
2. Grease an 18cm/7 inch pan with butter lightly. Spoon 2 tablespoons of batter in a heated pan for each pancake and swirl the pan so that the batter covers the pan. Cook for 1 minute each side.
3. Transfer to a plate and keep warm while you cook the remaining pancakes.
4. Serve warm sprinkled with your choice of butter, sugar and a squeeze of fresh lemon juice or anything else that takes your fancy. A favourite of mine is streaky bacon & maple syrup!

Enjoy!



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www.redrocketrepairs.co.uk Red Rocket Accident Repair Centre Ltd, Morton Peto Road, Great Yarmouth, NR31 0LT

Ormiston Cliff Park Infant & Junior Academies



Many of our families and staff members have become newly appointed 'experts' in remote home learning over the last year, and children are currently enjoying video lessons with their teachers as well as worksheets and slideshows. Education technology has come on leaps and bounds, and we continue to strive to give our pupils the best learning environments that we possibly can.

Math-tastic news!



Ormiston Academies Trust held their very first Matholympics Christmas Challenge at the end of last year, and had over 600 submissions from across the trust! A total of 8 winners were chosen, and one of our students, Warren in Year 5 was one of them. He received a £20 Amazon voucher as a prize. A huge "well done" to Warren, that's a really brilliant accomplishment!



Word Millionaires

We are extremely proud to announce our Accelerated Reader UK Word Millionaires for the first full term of the academic year (September - December 2020).

Reading over 1 million words is a great achievement, so we really love to celebrate these milestones!

Our Word Millionaires are:

- Nithana N (Year 6) - 2,170,000 words
- Areeba Z (Year 5) - 2,039,311 words
- Nicholas U (Year 4) - 1,810,116 words
- Elizabeth U (Year 6) - 1,801,472 words
- Levi M (Year 5) - 1,691,036 words
- Farhan A (Year 4) - 1,627,376 words
- Joey H (Year 4) - 1,297,246 words
- Mia O (Year 4) - 1,168,142 words
- Ava T (Year 5) - 1,040,841 words

Well done to all of you, and congratulations!

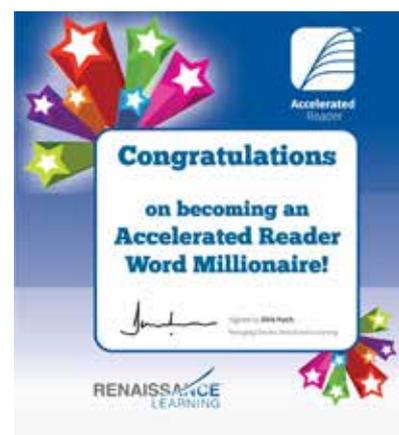
Charity Fundraising



We raised a grand total of £228.40 on our Christmas Jumper Day! £114.20 for Save the children and £114.20 for EACH.

We would like to say a huge thank you to everyone who donated! The

children (and staff!) all looked fantastically festive raising money for these great causes.



Kids' Corner

Can you help this Romeo find his Juliet?



Bible thoughts:

1 John 4:7,19 Let us love one another, for love comes from God...We love because God first loved us.

Mark 12:30-31 Love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' The second most important command is this: 'Love your neighbour the same as you love yourself.' These two commands are the most important."

Who do you love? And who loves you? Your Family? Friends? Girlfriend? Boyfriend? Your neighbour (everyone around you)?

Also have you ever wondered where our ability to love comes from? It comes from the fact that God is love, love is from God, He first loved us and that we are made in His image. And He showed His love most by sending His one and only son Jesus for us. Think about what kind of world we could live in if we all loved one another! Now that we have the ability to love, let's love one another and God, who first loved us.

Can you spot the 9 differences?



Valentine's Day
Colouring Fun



Gorleston Then & Now

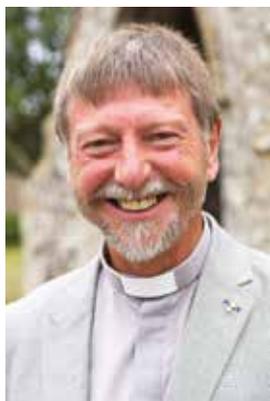
by John McBride



This sixty acre site at Shrublands Farm was acquired in 1944 to build temporary homes for those displaced during wartime bombing. 711 prefabs were built, the first tenants moved in on the 15th April 1946. German Prisoners of War did some of the assembly of the prefabricated homes under the contractors W. Ames Ltd. Prefabs began to be demolished and replaced with conventional buildings in the 1960's.



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Opening THE Book

with
**Reverend
John Kinchin-Smith**

“The End of the World” might not seem to be altogether encouraging as an idea! How will the world end? The world is beautiful. Why should it end? Will the end bring fear, pain and suffering? The Bible does address all these and other questions. At its heart, however, the Bible teaches that what will follow the end of this world will be indescribably more beautiful and wonderful even than this world. However, because the Bible is describing something beyond our imagining and beyond what the human mind can conceive or understand, many of the descriptions use pictures and metaphors. And so the final chapters of the Book of Revelation speak of “a new heaven and a new earth” over which Jesus will reign as king. Isaiah (chapter 11) uses a beautiful picture of perfect harmony between human beings and all of creation ruled over by the perfect King:

“The Spirit of the LORD will rest on him (Jesus) – the Spirit of wisdom and of understanding, the Spirit of counsel and of power, the Spirit of knowledge and of the fear of the LORD – and he will delight in the fear of the LORD. He will not judge by what he sees with his eyes, or decide by what he hears with his ears; but with righteousness he will judge the needy, with justice he will give decisions for the poor of the earth. He will strike the earth with the rod of his mouth; with the breath of his lips he will slay the wicked. Righteousness will be his belt and faithfulness the sash round his waist. The wolf will live with the lamb, the leopard will lie down with the goat, the calf and the lion and the yearling together; and a little child will lead them. The cow will feed with the bear, their young will lie down together, and the lion will eat straw like the ox. The infant will play near the hole of the cobra, and the young child put his hand into the viper’s nest. They will neither harm nor destroy on all my holy mountain, for the earth will be full of the knowledge of the LORD as the waters cover the sea.”

Next month we will consider what the Bible teaches will be the signs of the return of Jesus and the end of the world.



News from The Mag

with
Reverend Matthew Price



It seems to me that one of the most heart-warming things that has come out of the COVID-19 pandemic has been the way in which it has brought communities together.

As we enter lockdown 3.0, at St Mary Magdalene, with COVID-secure measures in place, our food and fuel banks continue to operate between 9.30am and 11.30am each Monday, Wednesday and Friday. There are also free, take-away hot meals to collect between 12.30pm and 1pm each Tuesday and Friday. If you plan to attend one of these sessions, please wear a face covering and observe strict social distancing.

If for any reason you are unable to attend, but in need of support, then you can get in contact via our community helpline 0800 246 5571 (which is free to call).

Looking back at the last few weeks, there has been so much to celebrate and much of what has happened would not have been possible without the amazing support and generosity of our community. On Christmas Day a wonderful group of people gave up their Christmas Day in order to provide a safe, COVID-secure space, and delicious three course Christmas lunch, for many from our community who had no-one to form a Christmas bubble with. We were also grateful to Peterhouse Church of England Primary Academy, for allowing us to host this lunch in their building.

In the run to Christmas we put out a call to our community (and an Amazon wish list) to help us make up Christmas hampers and gifts for families and individuals that were finding things a little tough this year. The response was amazing - Gorleston really is a great place to live and work - and hampers and gifts were sent out to over 160 households, as well as to the residents and staff of Lydia Eva Care Home. One recipient said, “we have just received our delivery and my goodness I never expected that. Thank you so so much”.

As for the future, we are delighted to be part of a partnership of local churches working together on a new project called Two’s Company. This project will offer a weekly befriending call to any residents who are feeling isolated, whether because of the pandemic or for other reasons. If you would like to explore receiving support or know someone who might appreciate such support, please do get in contact with the local coordinator, Anna Heydon, for an initial chat on 0800 999 1848 (lines open, Mon-Thurs, 9-11am).

I was recently reminded by the Bishop of Norwich about Aelred, Abbot of Rievaulx, who died in 1167, but who said, “The best medicine in life is a friend.” Hopefully, as we seek to support one another in our community we can shine a light into the darkness of our current experience of this pandemic.

Hair We Are



May I take this opportunity to wish you and your families a fantastic and better 2021, than what 2020 was. Having said that 2021 has not really got off to the best of starts, although I have to say with the new Vaccines becoming available there is hopefully light at the end of the tunnel.

As far as running a business goes it has been a completely new experience for all of us, there is no training in the world that can prepare you for your business to be closed and unable to trade. After starting the year in a normal fashion for us, slow in January, busy for Valentines and February, and starting to book up for Mothers day. March 2020 started as any normal March would, reasonably busy and gradually building up for Easter. Bookings looked good and we were filling up the stylists columns nicely. In week commencing the 16th March 2020, news was filling up more and more with a story about a disease that was increasingly spreading around the world from China and that there was going to be a lockdown pending, something that was going to be a new experience for us all.

As the week progressed we heard of shops closing down on the Friday and Saturday. Fusion had the Hairdressing Academy open on the Monday 23rd. On that evening came the news from the Prime Minister that the country was in Lockdown and like everyone else we had to close our doors to the public and the staff had to be put on something called "Furlough", I have to say I had never heard of that before.

Having never been in that position before and not knowing how long we were going to be closed, we decided to take all stock out of the salon and completely shut everything down.

As far as operations with the salon that was it for the foreseeable future, however education was still running, we had apprentices that needed training, so this was completed by Tanya right through Lockdown, over Zoom meetings.

I have to say it was frustrating to be shut down for the next 14 weeks and yet some of the shops that were classed to be essential were allowed to stay open with people walking around them as if there was nothing wrong.

July 3rd came and we were allowed to re-open the salon. The phone line to the salon, which was diverted to home, had not stopped ringing in the preceding couple of weeks, we received over 200 telephone calls for appointments. All these appointments had to be arranged and booked in with the stylists. Thank God for our amazing reception staff, as appointments just couldn't physically be booked in with our normal opening hours, so to fit all the clients in we had

to extend opening hours till 9:00pm at night and open on Sundays. It stayed like this for the next 5 weeks, but the organisation that was needed in the salon to comply with the Covid safety rules was immense.

Not only did we have to supply PPE equipment to every stylist, which included face masks, face shields, as well as disposable gowns and gloves, we also had to supply our guests with the masks, disposable gowns, disposable towels and also hand gel. We had to take the temperature of every client and member of staff that entered the salon on that day and keep a record of it. As beauty was not yet allowed to open, we opened all our beauty rooms and our training academy, so that we could have isolated rooms to use for vulnerable clients and those that requested not to have their service on the salon floor. We also had a pickup service available to bring in clients that did not want to travel on public services or had difficulty in getting to the salon. We had to work the staff in different shifts, so if there was an outbreak in the salon we did not have to completely shut down, and, of course, we had to allow another 15 minutes on every client's service to be able to do a deep clean of the area used before allowing the next client to sit in the service area.

Once again it was annoying for us to have to go through all these measures to comply with Covid regulations only to see other regulations out on the High St allowed to be abused. The environmental officers from the council made regular visits to all businesses to make sure they were complying, yet on the High St, which had a one way system in place, people were just walking about where ever they wanted without masks or PPE and nothing was able to be done about it.

After the initial 6 weeks of returning to work, things started to slow down in the salon, and in fact, business in general slowed down for everyone, it wasn't just Gorleston either, being part of the Hairdressing Federation, salons from all over the country were reporting a fall in business. People were scared to come out and shop because Covid rules were just not being obeyed. In the end the inevitable happened and we realised that there was a second wave of the virus imminent.

November 3rd we got the call again, Lockdown, and once again the same procedure started all over again. So, from Thursday November 5th till Wednesday 2nd December, once again we were closed to trade.

Re-opening this time was going to be even more manic, not only did we have people wanting to book their normal appointments, with only 3 weeks to go to Christmas, we also had the Christmas trade to contend with.

For the next 3 weeks we were working flat out to contend with clients, Covid would just not go away and then we got the news of a new strain out there. Different parts of

the country were put into different tier levels. Our area was at a level where we could still operate and open, then in Christmas week we got the news that our area was to move into the highest tier, tier 4, it meant when we closed on Christmas eve we were going to have to furlough our staff and once again close our doors to trading.

Complete lockdown was announced on January 4th, although we had been closed since Christmas eve, with no concrete date of when we can open up again.

Doesn't really matter how experienced you are or have been in business etiquette, this year has been a massive learning curve for us all, but through all the pain and heartache we are still alive to pick ourselves up, dust ourselves down and go again, there are many poor souls that are not and that's why we all must obey the rules and play our part in helping to get rid of this pandemic once and for all.

Once we return back to work this time it needs to be for good!!



Unfortunately the High Street in 2020 has taken a big hit with a number of shops closing down, currently we have 5 shops that have closed and I suspect others on the brink. As Chairman of the Gorleston Traders Association, can I make a plea to the local general public; we need to get

our High Street back to where it was, please use your local businesses, not just in the High Street, but all over Gorleston, and remember "use it or lose it"!



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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



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More Coffee Time!

Wordsearch

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

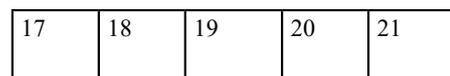
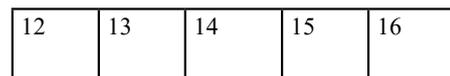
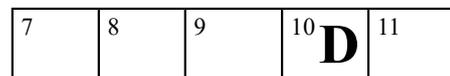
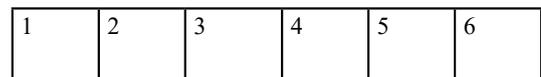
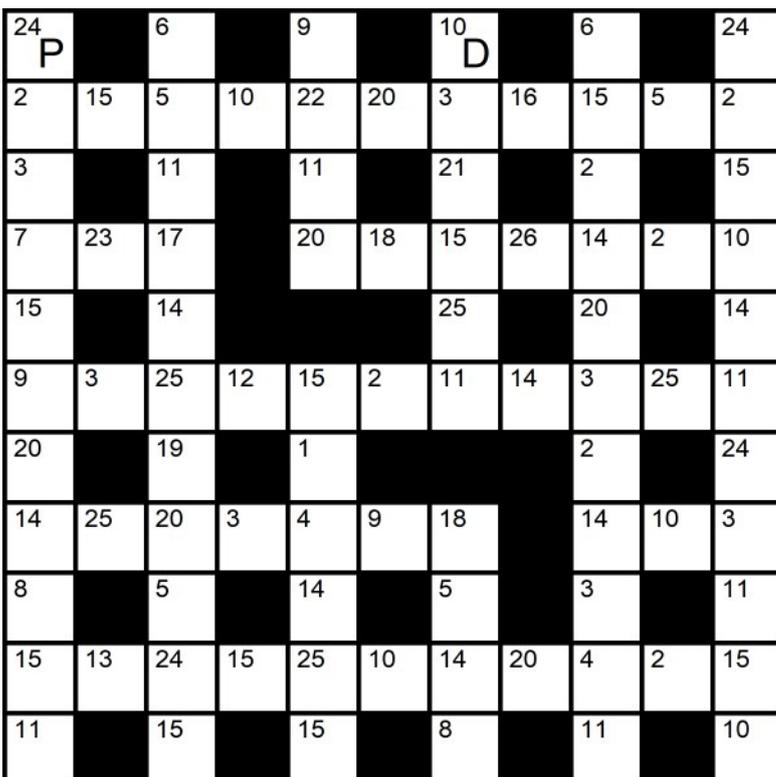
Flowers



- | | | |
|--------|---------|--------|
| Acacia | Flag | Poppy |
| Agave | Geum | Reseda |
| Arnica | Iris | Rose |
| Arum | Ixia | Sesame |
| Aster | Jasmine | Stock |
| Balm | Lily | Thrift |
| Briar | May | Tulip |
| Canna | Musk | Whin |
| Cosmos | Pink | Yucca |
| Daisy | Poker | Yulan |

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.

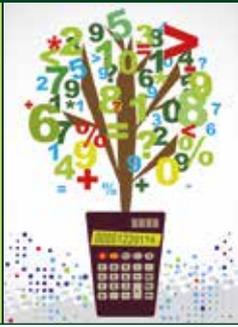


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Richard Routledge

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Ramblings of a Displaced Cockney

Time Keeping

When we are younger our lives often revolve around keeping time. The discipline of getting to school on time; the rigour of clocking in at the factory during holiday jobs (a minute late and you

lost 15 minutes pay!); the need to be at school or college punctually when teaching

I learned to “cut it fine” with my time keeping when I was at secondary school. The morning journey involved a walk, two buses and another walk. As the years progressed I seemed to make the vital interchange between the two buses by jumping off at the traffic lights, running over station hill and hopping onto the rear platform of the second bus as it stopped to turn the first corner from the terminus! It was a similar close call on the homeward journey. If I could run down the school hill in six minutes, I could catch the first bus. If not, there was never any room on the second one and I would have to wait for the third: what a waste of time! All this had two effects upon me, I developed an innate sense of the passage of time and I also became a bit of a sprinter!

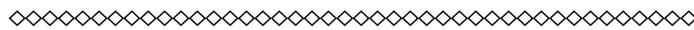
When I was doing a year of teacher training at the Institute of Education in London I was commuting in each day for lectures. The Institute had all the current big names in educational theory delivering the lectures (Hurst, Peters and Lee sounded like a great team in 1969). We had our own 500 students attending but also those from King’s College. This meant that the main lecture theatre was always full and was backed up by an overflow hall with a video link. I always seemed to arrive at the very last possible minute and had to make do with the overflow room of the overflow hall and just get by with an audio link. These days that would have worked better just as on-line Zoom sessions and done away with the need to commute!

As an experiment during my first year in teaching, I determined to try to make it through a school year without wearing a watch. It teaches you a great deal about pacing the lesson and picking up the “subtle” signals from the students that it’s time to finish.

Jenny was a real stickler for punctuality and could never understand why I might be so busy with things that I might just keep her waiting for a few minutes when we met up. I remember being invited back to Nottingham University for her 21st birthday party one Saturday evening. We were just good friends in those days rather than a “couple”. I was involved in a cricket match in Essex that afternoon and I remember that my mate Pete and I were involved in this long last-wicket stand in an eventually vain attempt to avoid defeat. This meant that I was a bit behind schedule when I got to Nottingham and I remember Jenny’s defiant “See! I told you he was coming!” to her friends (I believe there was a bet involved!).

Anyway, the plus of a life of interesting time-keeping, is that I still have an innate feel for the passage of time and can generally accurately estimate time without the need to resort to a watch, something that is hard to explain.

Not everyone has it of course. I remember taking a group of students on a visit to Oxford University as prospective applicants. We had agreed that the minibus would be waiting in the street outside Christ Church College at exactly 4 o’clock. All but one student was there and waiting. Where was the other? This was in the days before they all had mobile phones. The traffic warden came past and accepted my reason for stopping where I shouldn’t really be. The minutes ticked by. The traffic warden was coming round again when the student finally appeared, strolling up the road. “You were meant to be here at 4 o’clock!” He looked startled, stared at his (non-digital) watch, tapped it vigorously and replied with the immortal line: “That’s funny, it’s been just before 4 o’clock for ages!” He got into Oxford by the way!



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Gorleston FC



Once again COVID has caused football at Gorleston's level to be suspended until further notice.

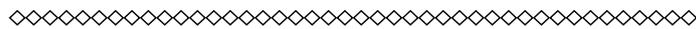
The Greens did manage one game since the last issue.

In the FA Vase, they travelled to Leighton Town where only home supporters were allowed. Gorleston fell two goals behind before clawing their way back into the game thanks to goals from Christy Finch and an own goal. They then had two 'goals' disallowed; one for offside, the other for a push, and eventually were beaten 4-2.

There might not be any football at the moment but the monthly GoLD Draw is still running. Entry is just £5 per month and it pays out cash prizes, as well as raising

funds for the Greens. For more information on the draw, and how to enter, visit the website, speak to Dave Hardy or email gorlestonfootballclub@hotmail.co.uk

Because of the pandemic, and uncertainty over if and when the season may restart, please check the club website for the latest news and fixtures at www.gorlestonfc.com. You can also follow the Greens on Twitter @gorlestonfc and like our page on Facebook.



Coffee Time Answers

Across: 6 School buses, 8 PDF, 9 Psyche, 12 At a distance, 13 Nissan, 14 MHz, 17 Gravestones.

Down: 1 Ash, 2 The Dead Sea, 3 Pot, 4 Obesity, 5 Ushered, 7 Secondhand, 10 Carnage, 11 Tirades, 15 E T A, 16 I S P.

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

Fallen Phrase

A Tale of Two Cities by Charles Dickens

Word Ladder

dream, dread, tread, treat, great

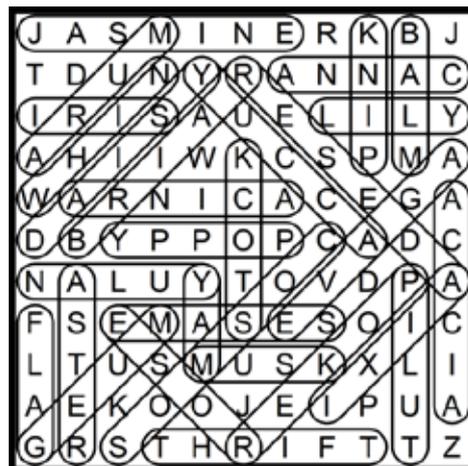
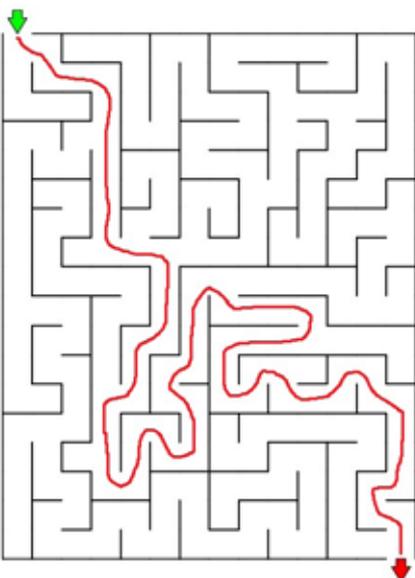
Caught in the middle

press, pea, ready, shore, board

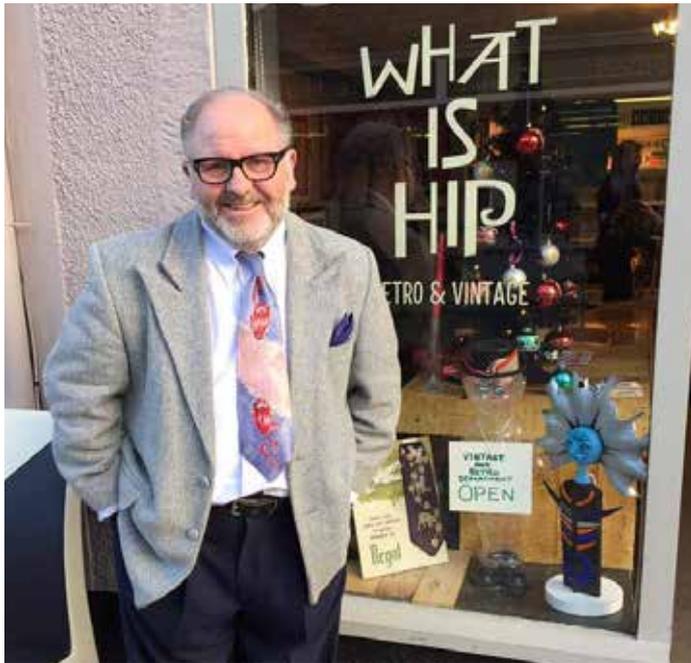
Crunch 'em

28

1	Q	2	R	3	O	4	U	5	A	6	M	7	J	8	L	9	C	10	D	11	S	12	V	13	X
14	I	15	E	16	W	17	K	18	H	19	G	20	T	21	Z	22	Y	23	F	24	P	25	N	26	B



Richard Routledge



Like I said, in the last issue, times were changing not only in music but in fashion as well, and as it turned out my own life would be changing.

I had been at Thomas Traddles for 13 happy years, I had a great boss and friend in Mick Davidson, he had taught me a lot about the ins and outs of the fashion trade, and I owe a lot to Mick for all the knowledge he gave me.

But I was getting older, things were changing quickly, and I felt I needed to fly the nest. For a while I had noticed the fashion I was seeing in the clubs we were not touching in Traddles, I felt that we were missing out on a new generation of trade.

After a lot of soul searching, I decided now was the time to move on and do it for myself. It was hard leaving Traddles because of my regard for Mick and it was a great job.

I went into partnership with one of my best friends, Ray, who already had his own fruit and veg shops in Norwich, so I felt this would help with the other side of the business such as banks, accountants etc.

We found a shop on the corner of Broad Row, Great Yarmouth (ironically the old Traddles shop which had been knocked down and rebuilt). I felt right going in there, the only thing was that it was not finished, so it meant a few months wait.

What to do in the meantime? I popped into my local record shop, Prism Leisure and was talking to owner Robin about my problem, when he suggested I could use a chunk of his top floor where he had all his computer games.

Brilliant, so we did a deal for some rent, and a couple of weeks later I was ready to move in. But hang on, I have no stock. So a lot of research was needed as the stock I wanted was so new and I had no Mick to help.

Through magazines and several contacts I already knew, I

Email: gorleston.community.magazine@gmail.com

was on my way to London to some very odd warehouses or private addresses, to buy some very hip and funky clobber. I have to say a lot of it I would not have been seen dead in, but I was not going to wear it. Within two weeks we had set up and I had Richie coming in and playing on his decks every Saturday.

We called the shop Bass Clothing and we were off. Word soon got round and the kids were coming in from all over the place. As I soon discovered we were ahead of the game on this type of shop.

At the same time of the rave scene, the Manchester sound was coming out (Madchester). I found some great clothing wholesalers up there too with the baggy tops and jeans, and flares were back in. We had Christmas there, and the new shop would not be ready until the April. We settled into the unit at Prism Leisure well and trade was nice and brisk, but by the April I was getting restless and wanted to be on our own.

At last April came and the move was on, it was wonderful to have our own premises. The shop had two floors and all the fittings were done in dark wood, a bit like a gentleman's club. On the clothing side, we mixed it up a bit with out and out clubber gear to the more mainstream fashion garments. The first Saturday went off like a rocket, and we had landed!

Find Richard and What Is Hip on Facebook at:
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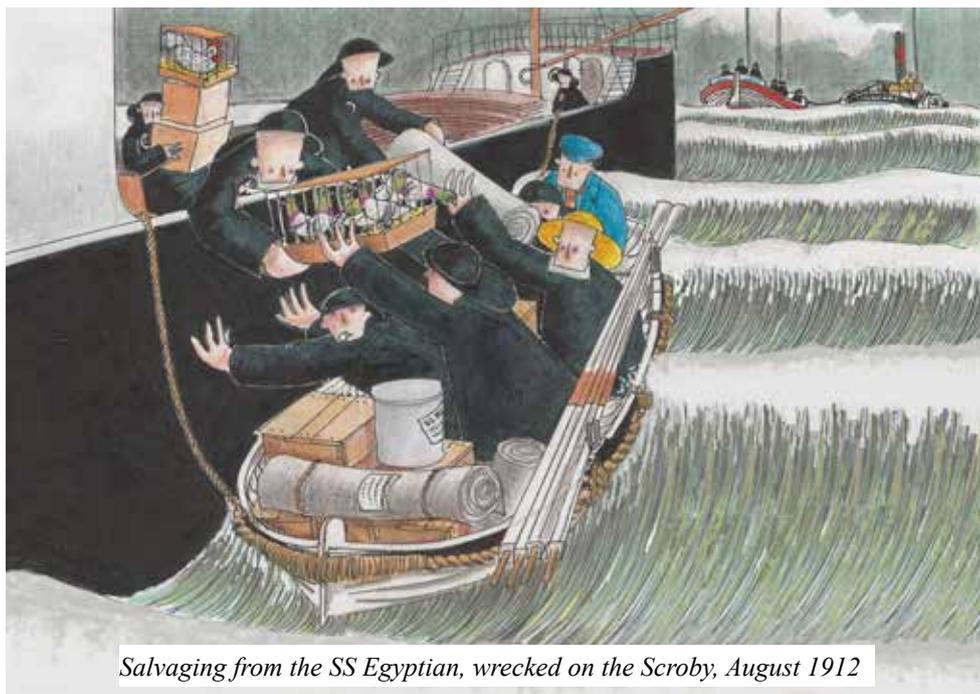


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Four Oared Boat Salvage

To the men of the Storm and Ranger Companies of boatmen there was nothing that they sought after so much and no better paying job than “salvage!” The very fact that the Gorleston Four Oared Salvage Boats had the word in their name implies their intended main use and perhaps more than anything a derelict found cast adrift at sea with no crew aboard was the ideal. It is though extremely unlikely that the Four Oared Boats, not straying too far from the shore unattended would come across such a rare and valuable find. In most cases, the Four Oared Boats would be assisting a tug or maybe a lifeboat (in earlier times a yawl) and would in all probability get a “pluck” or tow to the wreck site on a towing line astern, the men standing aft to raise the boats bows to keep her on a straighter course and to stop some of the spray from coming inboard.



Salvaging from the SS Egyptian, wrecked on the Scroby, August 1912

The Four Oared Boats were too small to risk big seas and in only the most desperate of cases did they carry out life saving which was of course left to the lifeboats. Most of

their work is unrecorded but late in August 1912, during hurricane force winds, the SS EGYPTIAN laden with general goods and livestock was wrecked on the treacherous Scroby Sands and thirty three members of the crew were rescued by coxswain Sidney Harris and his crew of mostly Storm Company men in the institute lifeboat. What is interesting though is that once the weather and seas had abated, the Gorleston boatmens thoughts turned to salvaging some of the cargo and it appears that the Volunteer lifeboat ELIZABETH SIMPSON (pre motorisation) was towed out to the wreck by tug, herself towing a Storm Company Four Oared Salvage Boat manned by mixed Storm and Ranger men, which was not unusual. Presumably they used the Four Oared Boat to

work in alongside the wreck transferring the salvaged goods to the lifeboat standing off in deeper and safer water still attached to the tug.

The EGYPTIAN was quite a famous wreck and during the salvage operations one of the Bensleys saved a crate of racing pigeons that he put in a loft at a new property he had just had built on Pavilion Road. In 1913 he rented the property, along with the pigeons to German tenants who at the outbreak of the First Great War were interned and the poor pigeons, having managed to survive a shipwreck, were disposed of as spies. Amongst other items recovered from



Storm Company Four Oared Boat getting a pluck

If a vessel found itself running onto a shelving shore line in a “roke” or fog and wanted getting afloat again the tug master might very well think his side paddles too valuable to run close inshore whilst connecting a towing warp or putting the Lloyds agent aboard, especially on a bottom ebb tide. So most likely the tug would tow a Four Oared Boat out to the casualty and then stand off whilst the smaller boat worked in toward the stranded crew passing a light line attached to the heavier towing warp and as the tide rose on the flood the tug would take the strain and with thrashing paddles ease the vessel afloat again.



William "Billy" Fleming coxing the Four Oared Boat STAR during 1919 and 1920

the EGYPTIAN were several bales of grey cloth which some of the boatmen had made up into suits by Durrants the outfitters and when people used to see someone wearing one of these suits they would say, "Tha's th' GYPTION clorth."

It might also be the case that a fishing boat or vessel might have been sunk on the bar or beached either side of the entrance or be in trouble off the coast, perhaps a small yacht, and again a tug might tow out a Four Oared Boat and it's crew to help or salvage the vessel if all else failed. In 1919 the SS EZARDIAN seems to have got herself into a bit of bother though the full details are unknown. In any case the Gorleston boatmen and tug masters amassed a small salvage fleet that included the tugs YARE and UNITED SERVICE, the lifeboat ELIZABETH SIMPSON with Charles "Sappy" Chilvers in charge and the famous lifeboat coxswain William Fleming coxing the Four Oared Salvage Boat STAR manned by men of the Storm Company. They seem, as in the case of the earlier EGYPTIAN wreck, to have been after the cargo, once again probably using the smaller boat to creep in alongside.

William or Billy as he was known was salvaging in STAR again in 1920 along with "Sappy" Chilvers of the Gorleston Salvage Company with their Four Oared Boat PIONEER. This was rather an unusual salvage as on the 15th December 1919 the concrete barge CRETESTILE was wrecked off the North Pier entrance to Gorleston harbour causing a terrific amount of trouble by almost blocking it. She had been built earlier that year and carried just over 650 tons of mostly coal freights, the wreck not being removed until just before May 1922. However, between times, on the 2nd January 1920, almost unbelievably, her



Four Oared Boat transferring the towing warp

sister ship CRETESHORE very nearly ended up sitting on top of her. CRETESHORE had lain coal laden near the BRITANNIA Pier with damaged steering and a little water in her. The Lloyds agent was quoted £40 for the GEORGE JEWSON and UNITED SERVICE to tow her in and it was probably during this operation that the two Four Oared Boats passed cables and towing warps and transferred crew members, however, the anchor could not be got up and was slipped.

As the procession neared the South Pier a pilot came out (probably also in a Four Oared Boat) and two craft were seen exiting the harbour so a signal was hoisted against the tugs towing CRETESHORE causing much confusion as it was by then a little too late. Following a couple of slight collisions the GEORGE JEWSON cut her warps and backed away leaving UNITED SERVICE to tow the concrete barge stern first away from trouble and only just avoided her ending up on top of the previous wreck which she actually touched. By now the tide was falling and CRETESHORE was grounded on the North Bank and the crew taken off, probably involving further Four Oared Boat work and later that day the tugs GEORGE JEWSON and ESTOY eventually managed to safely bring CRETESHORE into harbour.

Certain facts with regard to Four Oared Boats salvaging are hard to come by but there was an incident concerning an overturned lighter which the ELIZABETH SIMPSON and a Four Oared Boat definitely attended. The proceeds from any salvaging would be put into the company pots and shared out at the rather boisterous annual meetings.

N. Royall. with thanks to P. Allard and R. Scarff.

Ormiston Venture Academy

Christmas Fayre at Ormiston Venture Academy 2020

To finish what can only be described as a bizarre year for schools, the Union of Venture Students (UVS) at Ormiston Venture Academy brightened up proceedings as they donned elf, reindeer and even a Santa costume in aid of the annual Ormiston Venture Academy Christmas Fayre. Students had been busy selling raffle tickets with top prizes including a Nintendo Switch (kindly donated by CEX – Complete Entertainment Exchange) and a fantastic food hamper donated by Morrisons. They decorated stalls, made festive treats and prepped hot chocolates ready for the rest of the Academy and the community.



The fayre was jointly organized by the UVS with some help from the Parents and Friends Association (a special mention of thanks extends to Mrs Green and Mrs Bennington for their support) and the fabulous Mrs Smith in reprographics, whose vision and creativity really helped to give it a festive feel.

To really embrace this time of year, students were encouraged to wear their Christmas themed tops for a small donation of tinned and packaged foods. These were delivered to local food banks, and this year the students chose St Mary Magdalene Church, Belton Church and Mandalay Well-being CIC, just another example of the students at Venture supporting those less fortunate than themselves.



The sweet treats, mock tails and Christmas themed games went down a storm as (socially distanced) students bopped along to their Christmas favourites belted out by the student led radio station – Venture Vibe. Vinny unsurprisingly, was the most popular person for festive photographs once again!



Some members of the Music Gurus group performed astounding live tracks and Miss Smith's year 9 dancers amazed the audiences with their Christmas themed performances.



Assistant Principal Mr McInally commented that:

"The fayre represented an opportunity to celebrate the festive time of year and close 2020! The students had an amazing time, and it was so great to see so many get involved with their Christmas jumpers and the donations for the food bank filled us with hope for 2021."



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