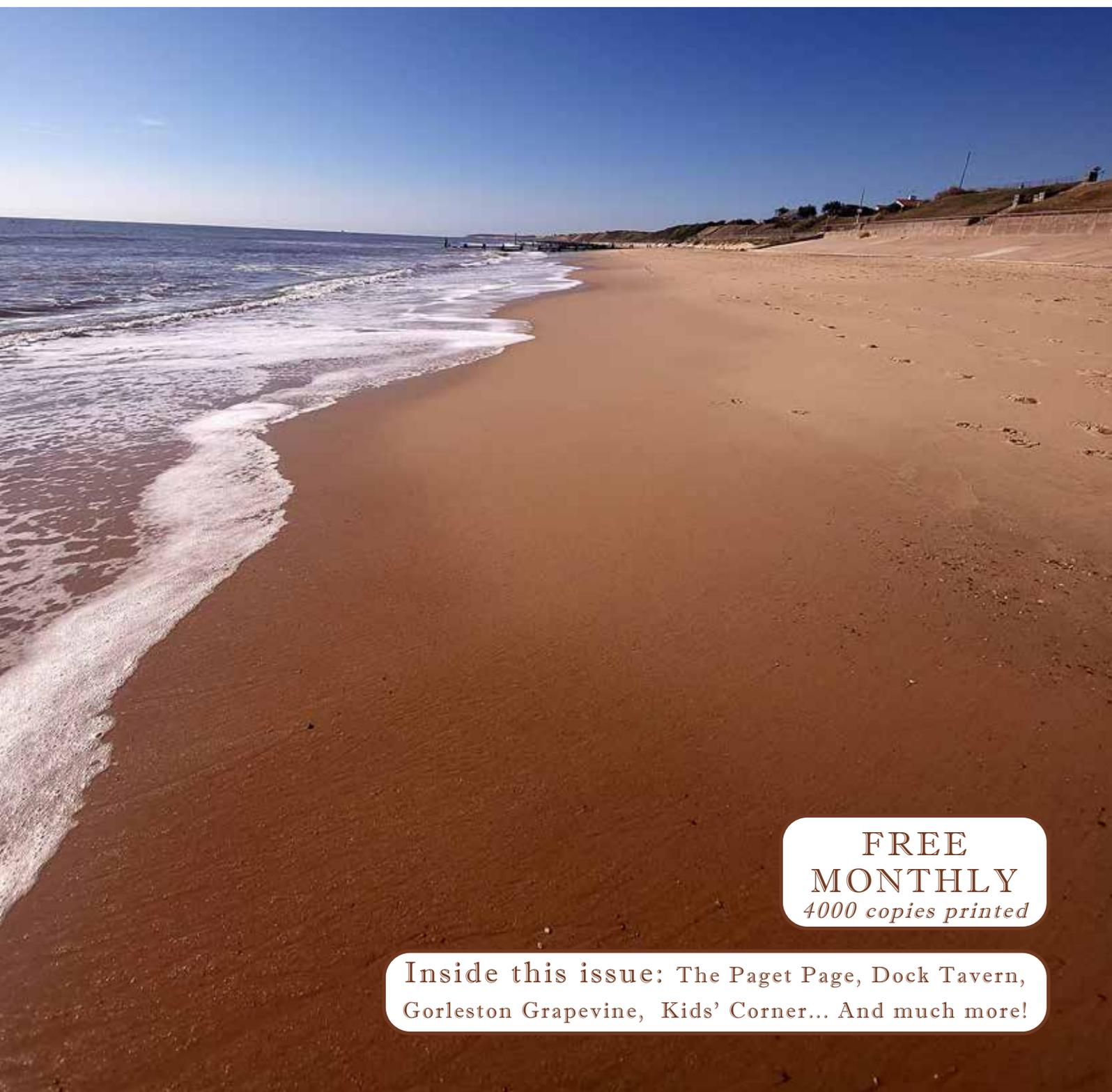


St Andrew's Church

ISSUE 51, August 2022

GORLESTON Community Magazine



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Inside this issue: The Paget Page, Dock Tavern,
Gorleston Grapevine, Kids' Corner... And much more!

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Model shown is the All-New Tourneo Connect Active 2.0L EcoBlue 122PS Automatic SWB in Boundless Blue, with optional Panorama Roof and Roof rails. Weighted Fuel Economy mpg (l/100km) (Combined): 54.3 (5.2). CO₂ Emissions: 136g/km. Figures shown are for comparability purposes. Only compare fuel consumption and CO₂ figures with other cars tested to the same technical procedures. These figures may not reflect real life driving results which will depend upon a number of factors including the accessories fitted, variations in weather, driving styles and vehicle load.

Hello Gorleston!



Welcome to Issue 51 of YOUR award-winning, free community magazine.

Do you do puzzles? I do, I love puzzles, all sorts of puzzles, and see them as a great way to keep the mind active, exercised and challenged, as well as developing logic skills, having fun, at times being educated, and getting a sense of achievement.

Newspapers are now full of a wide variety of puzzles, with a wide range of challenges with different levels of difficulty to suit all abilities. Of course we have plenty of puzzles in this magazine. And, if you are online, there is what appears to be an infinite number of puzzles to choose from.

But, I also love to learn through puzzles, as I have done over the years since my dad first taught me how to do cryptic crosswords and I discovered words I would never otherwise have come across. As someone who is fairly hopeless at geography, one of my favourite puzzles is online, Globle, where the aim is simple - guess the mystery country. You have a globe and every country guessed is coloured and put in order, so you know when you are getting closer - a bit like the cool, warm, HOT game played as a child. I am learning lots about the whereabouts of countries of the world through this puzzle (and with the help of Google!), and am having fun doing so, proof that you don't have to be good at puzzles or a particular subject before you can get stuck in, have a go and have fun!

What challenge are you taking on this month?



**2021
2nd place
and Best Editor Award**

Have a great month and we'll meet again in September!



Ed.....

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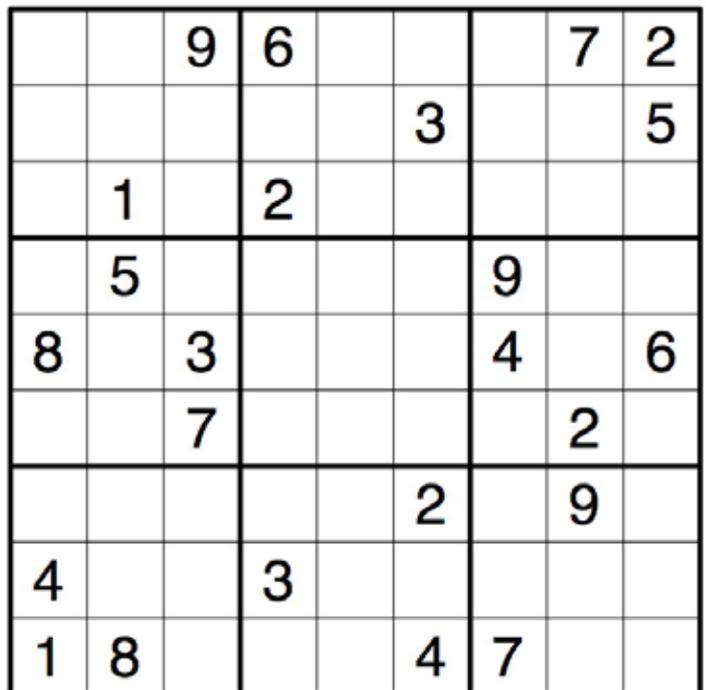
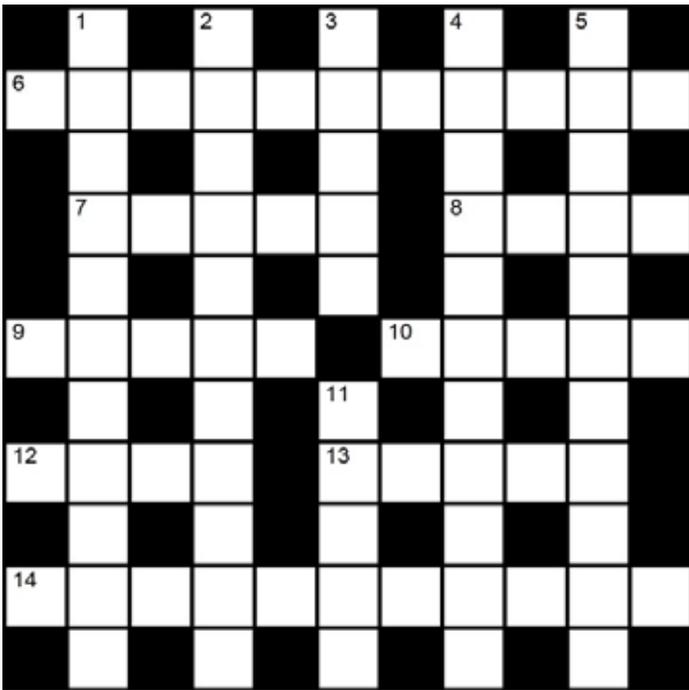
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**Deadline for the September Issue is
Wednesday 10th August**

**Thanks to Joanne Dampc for this
month's front page picture**

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

Coffee Time 1



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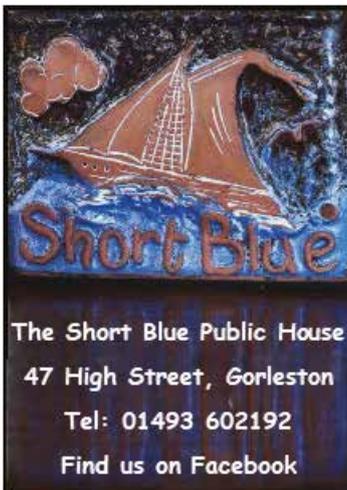
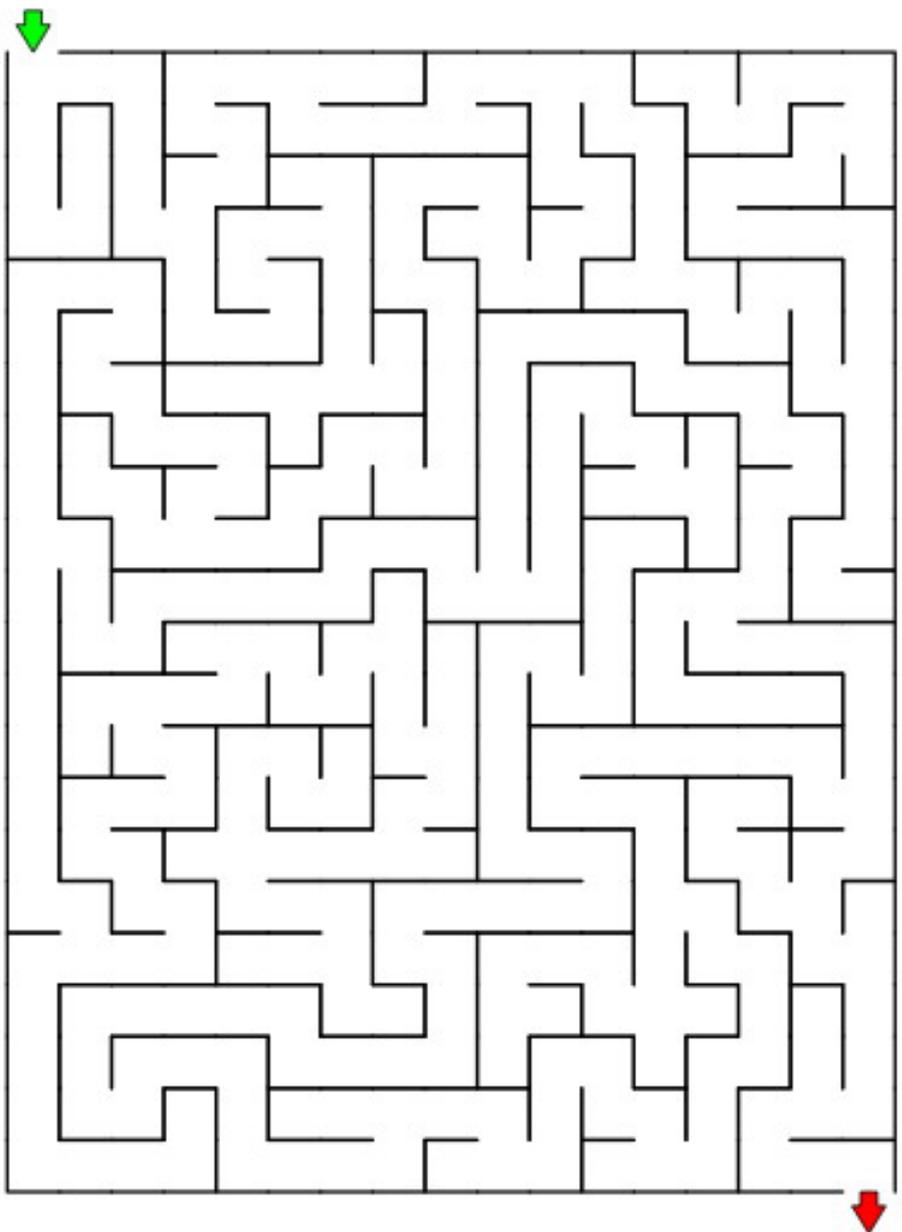
Across

- 6 One above the basement? (6,5)
- 7 Sum (5)
- 8 Small, thick carpets (4)
- 9 Foe (5)
- 10 Musical set in Argentina (5)
- 12 Monarch (4)
- 13 Like simple switches (2-3)
- 14 Facing a more numerous enemy (11)

Down

- 1 Kitschy (11)
- 2 Dreamer's words (4,7)
- 3 Charming romantic episode (5)
- 4 Beyond the visible spectrum (11)
- 5 Much in demand (6-5)
- 11 Common bait (5)

.....



In The Interregnum

Whilst St Andrew's Church is in interregnum, this page will see a variety of authors from St Andrew's Church and the Diocese.

This month we hear from the Rev Suzie Ellis, member of the ministry team at St Andrew's



Here's a story:

A young man in an already tense family situation did something very wrong: by lies and trickery he gained something promised to his elder brother. But it quickly came to light, fracturing the family amid anger and threats of violence from the victim! So the young man quickly left home .. setting off to track down some faraway distant relatives,

where he hoped he could stay till the heat had died down. Shaken and alone he set off, sleeping rough along the way. It certainly wasn't the best way to start out, for like many others across our world, he became just one more homeless person.

But then one night, lying asleep in a lonely spot, he had an amazing dream. He dreamed that God was by his side, pointing him through the mess he'd made of things, and towards a brand new start. And more, he also promised to remain with him. It was a support he didn't expect, or deserve; but it would keep him going through all the ups and downs that lay ahead for him and offered him a real chance to begin again and to treat life and other people differently. (1)

It's a fascinating story for it tells us all something that perhaps we've never really realised. Even if we get things horribly wrong; even if we totally mess up our own lives, (and possibly others' lives as well), God still loves us and will not give up on us .. ever! But it also reveals something else: God is truly **kind!** He always wants the best for all of us; and like the most loving and protective father we could ever want or imagine, he stays beside us in every circumstance: standing alongside the broken, and offering all of us a new chance every day to begin again and do things a bit better.

"*Know I am with you*", was God's promise to Jacob. And he also says this to all of us, especially in the harder bits of our own lives. It's certainly been my help and anchor. But not by waving some magic wand to sweep all difficulties out of the way. Far better than that God offers us his presence beside us; and gives us all the space and opportunity to respond to his kindness by beginning to look at our own lives a little bit differently. We all have a little bit of Jacob within us! So we can see others as being in competition, and fight to come out on top. Or instead, we can start again to look at

those around us with a bit more care and compassion. We too can begin to grow towards becoming better, kinder people.

Just imagine a world in which we all tried to be kind and generous to everyone around us!

(1) *The young man's name was Jacob and his full story is found in the Bible, in Genesis (this part of his life is in chapter 28)*

Prayer Corner

Prayer is simply having a conversation with God. It can be out loud or in your head and heart, it can be about whatever you want it to be and you can pray whenever and wherever you want to, God is always listening.

If you are not sure what to pray, why not start by joining us in praying this month's prayer:

Lord, our lives are given to us so we may find you:
in the love and kindness of others,
in the beauty of the natural world around us,
in quiet trust... as you hold us when life hurts,
and in our chance to be kind,
...to bring a smile to someone else's face.

So lead me on, step by step,
and help me to know you better.



"Due to our failure to secure a holiday-relief organist, the next hymn will also be sung to the tune, *Chopsticks*."



Pavilion Theatre

SUMMER ENTERTAINMENT

The Pavilion's Summer programme of shows performing at the theatre and the bandstand is in FULL swing and we hope you've been enjoying everything so far.

It's been fantastic to see so many people supporting our Summer Bandstand concerts on Sunday afternoons and to see the Bandstand thriving again. Huge thanks to our funding partners Visit Great Yarmouth and to all of you for supporting the fantastic local businesses here in Gorleston.

SUMMER BANDSTAND CONCERTS

Our free season concerts continue every Sunday afternoon with a fantastic lineup for August:

- 7th August: Norwich Ukulele Society
- 14th August: Act TBC - see our website for details!
- 21st August: The Joe Ringer Band
- 28th August: KEMS Macclesfield Concert band

SUMMER SHOWTIME 2022

Our 2022 Summer Showtime production continues every Tuesday. Come along to enjoy a full night of live traditional but modern and fast paced LIVE seaside entertainment.

What's On Stage in August

This month we have the following performances on stage:

- Steemy Dan - Live in Concert
- Pure Queen
- Tina Turner - Live Tribute Show
- PIE Comedy Club
- Joe Longthorne Tribute

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GoSH

Gorleston-on-Sea Heritage Group

The 1953 Floods

In a few months it will be the 70th Anniversary of the Floods of 1953, that destroyed property and claimed the lives of nine people in the Great Yarmouth area. There were many heroic acts by many people to rescue those trapped by the waters and these events will be covered on the GoSH pages of the January and February 2023 editions of the Gorleston Community Magazine.

However, GoSH would also like to feature other more ordinary Gorleston focussed stories about this dreadful event and are grateful to James and Jane Fisk for allowing us to share a letter written on Tuesday 3rd February 1953 by their paternal grand mother. Mrs Florence Fisk of Suffield Road, Gorleston, wrote to her son William Fisk, who was working away and living in Leeds at that time. She usually wrote to him on Sundays, but the dramatic events of that weekend had got in the way of any letter writing. Mrs Fisk started her letter by saying “what a weekend it’s been for everyone but as you know we stand high here, so we are all OK.” The weather had been quite stormy during the Saturday afternoon and evening (31st January) and her son Stanley and daughter Lillian had stayed in, “if they had gone to Yarmouth they would not have got home until Sunday or perhaps Monday.”

The letter goes on to say that “Stella (her daughter) and Pat (her grand daughter) were home too, they came on Friday, they are alright, Stella has been indoors all the time, so has not seen any of it.” Mrs Fisk had ventured out (on Sunday 1st February) with Patricia. They could see from Cliff Hill that “it was a sorry sight to see people being taken out from bedroom windows into boats that were rowing around like

they were in the sea”. She continued by saying that the water was subsiding slowly in Gorleston but in the Cobholm and Lichfield areas they were expecting epidemics.

Mrs Fisk went on to say that the roads were like rivers and that the water was “running through a number of roads, including Beach Road, and right up to the Suffolk Tavern.” She told William about the garage he had previously had on Bells Marsh Road, “the water was up to the roof of it.”

At Mr Pitcher’s house (one half of the partnership of Beckett and Pitcher, the Gorleston High Street grocers) the occupants had been taken out of the upstairs windows, late Sunday afternoon, and “all around that part right up to Baker Street, it’s still like a river. Southtown Road, the whole length of it is still flooded, and the buses have only started going through tonight. The timber from the Quay was afloat in all directions, you just wouldn’t realise what it was like.”

The letter finishes by saying that she hoped William could read her scribble and she gave her “Fond Love from Mum and all of us.”

If you have any Gorleston focussed stories about the floods of 1953, or photographs, do please contact GoSH through our website, we cannot guarantee to publish these but they will be added to the GoSH Archive.

GoSH continues to meet on the second Tuesday of each month, except August and January, from 10.00am until 12.00 noon in the Brackley Room of the Shrublands Youth and Adult Centre, Magdalen Way, Gorleston, NR31 7BP, please do check our website <https://gorleston-on-sea-heritage-group.webnode.com> in case of any last minute changes.



Gorleston tobacconist/photographer Gordon Stone, was out with his camera on the Sunday morning when the water had started to recede. He took this photograph of the prefabs on Pier Plain.

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Life Afloat

by Patricia West, who continues her reminiscences...



It was well into early evening when we finally came into moor on a very busy quay. Despite the pontoon being crowded we were optimistic at finding a berth, but no luck – it had been a long day and we were weary, surely there would be one empty space. It was at this point that le barge

Emillion came to our rescue.

I had already marked out this particular craft – a handsome dutch barge of approximately 55 feet painted a shiny navy blue with a scarlet trim. The boat appeared to be entirely given over to living quarters, the sight of which had pierced me with a twinge of envy.

As we passed for the second time a figure appeared on Emillion's deck calling for us to "hook on." This permits the crew of a second boat to drop anchor and tie up side on, allowing access to dry land by crossing the deck of the first boat.

After helping us with ropes and tenders, the bargee introduced himself, except he wasn't a bargee, but Francis Tilet, a school teacher, as was his wife Marie-Laure who promptly invited us on board for drinks. We were told they lived on Emillion full time and had a permanent mooring near the school in Paris where they taught. It was currently school holidays and they were heading north to explore their native country taking their home with them. A bit like human snails I suppose. We were given a tour - the dining area was in the large wheel house, showing an all round view as they ate, and the two bedrooms had doors that actually shut complete, with en suite including a bidet. The saloon was fully furnished, with a wood burning stove and a wall entirely devoted to books, the galley was all blue gingham, and the aroma of food cooking made my mouth water. Everything looked so cosy I felt homesick. To our delight we were invited back on board for supper at 7.00pm.

Scrambling onto Pillage we dug out our glad rags and at 7.01pm were happily ensconced on board the glamorous Emillion. We dined French style – small portions and several courses – salad and a delicious dressing, mackerel in white wine sauce and baby shallots, followed by ham and cheese quiche topped with buttered mushrooms and garlic (although in England at that time we called quiche a flan) all rounded off with various cheeses, excellent coffee and brought over from Pillage, a bottle of liqueur. Marie-Laure was impressive, originally planning "un diner pour deux", yet at very short notice three hungry guests descended and there was food enough to spare. A modern day version of The Five Loaves and Two Fishes.

During the evening a warm friendship developed to the extent when our hosts heard of Adrian's deadline to reach Paris, they insisted on turning Emillion southwards to

travel in the same direction as us. This meant Adrian's travel schedule could stay on track and the five of us would be able to spend some time together. We talked it through – it would work.

Thus... our little band of three became five. We took turns eating on our respective floating homes although we did have to hunch up a bit when Pillage did the hosting. There was also lots of dining out as we threw caution to the winds with our carefully compiled budget. We were having too much fun to care – that worry came later.

We spent hours exchanging stories of our amusing, sometimes scary adventures and to improve our language there was an embargo on speaking anything other than French for an hour each day. Richard and Adrian did well, I hung on to the proverb "slow but sure wins the race".

Francis and Marie-Laure knew so much about their country and we benefitted hugely when visiting museums, gazing at wonderful churches and so many other things around us.

Leaving behind Noyon, Ribecourt, Janville we were now on the canal l'Oise and finally dropped anchor in historic Compiègne.

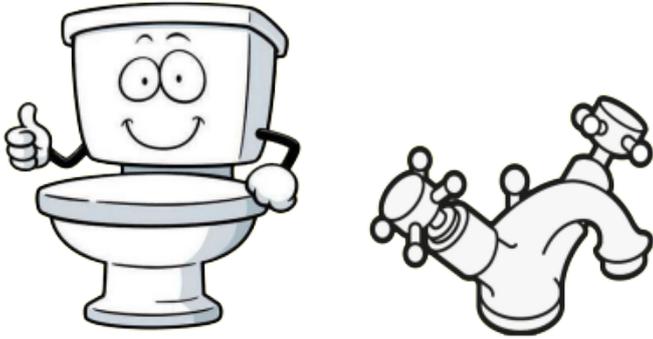
History is my thing so it was good to linger in such a beautiful city. Compiègne had been besieged in the 15th century during the hundred years war. It was near here Joan of Arc was captured by the Bulgarians, ransomed to the English who treated her roughly and with disrespect. She was accused and found guilty. On May 30th 1431 Joan was sentenced to death and at just nineteen years old she was horribly burned at the stake.

Throughout the centuries the world has learned nothing and man's inhumanity to man continues. But there are good things at least for a while. In 1918 on the eleventh hour, the eleventh day of the eleventh month the Armistice to end the First World War was signed in Compiègne. It took just twenty one years for the horror of a Second World War to be declared. As I said - "only for a while"

On our last morning together we visited the local food market where I noticed again people were handling and examining the produce before buying – a procedure not yet practised in England. Finally, we really did have to say goodbye and, after hugs and a few tears, their boat turned north again and they were gone. So many wonderful memories of the amazing, funny, unforgettable crew of Emillion.

Next month – Reflections.





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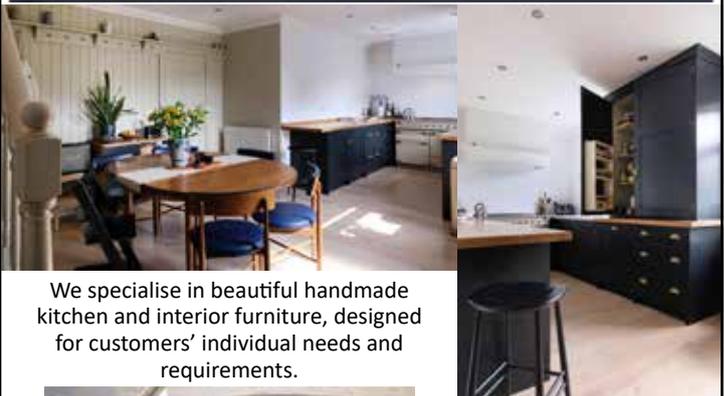
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Ormiston Venture Academy

Prom 2022



Incredible is one word to describe Ormiston Venture Academy Prom 2022!

The evening of 23rd June couldn't have been any more perfect, from the weather to the array of incredible transport delivering the students, everything was just right.

Prom 2022 was the biggest Prom we have ever hosted with over 140 students in attendance and this year students pulled out all the stops. Arrivals varied from an open-top double-decker bus, a Delorean, Gold Maserati to motorbikes. It was such an impressive affair that the hotel guests at Park Hill Hotel started their own ranking system for the stylish entrances and we awarded prizes for the top 3. The students were dressed beautifully and so many family members turned up to see the students arrive it was a real family affair. Staff and guests at the hotel alike commented on how polite and well-behaved the students were and how they set such a good example for our community even at a time of celebration.



Once the students had arrived they were welcomed into the beautiful marquee at Park Hill Hotel which had been beautifully decorated by Kacey's Crew, a welcome drink and a look around the various areas found a Cash Grabber (think Crystal Maze), caricature artist offering up personal portraits for the students, a doughnut wall, sweetie bar and a huge dancefloor which was full all night apart from a quick break for a BBQ dinner and a few photos in the VW Campervan photo booth!



Best dressed boy and girl were chosen by the students on the night and were awarded to Alfie and Romy.

Prom King and Queen were chosen by the staff in the lead-up to the prom and were awarded to Harvey Smith and Lily Hamilton (Harvey had left just before the announcement so Head Boy Alex Doggett acted as a stand-in and also made sure Harvey received his crown and sash). The students did themselves proud and it was lovely to celebrate a wonderful (despite Covid disruptions) five years at Venture. We look



forward to celebrating with the class of 2022 further on results day and at their graduation in January, and cannot wait to hear about their next steps in life.

Thank you must go to the Raising Achievement team and Miss Parker for the set up during the day, Kaceys Crew for decorations, DJ Hunter, Vintage car and camper Hire, Coleys Caricatures and Park Hill Hotel for the beautiful venue.





Wroughton Infant Academy is excited to announce the opening of our new nursery for 3-4 year olds, led by a qualified teacher.

For more information please contact Amy Lane via the school office on 01493 806780 or email nursery@wroughtonacademies.org.uk



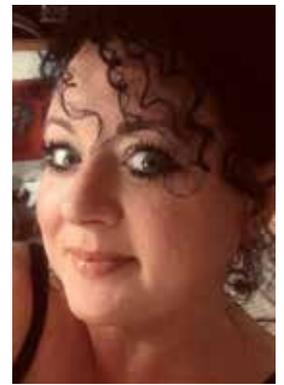
'Through the highest expectations, we ensure that children have the knowledge, understanding and skills to be confident and successful.'





Gorleston Grapevine

with Carol Todd



As I sit and write this month's article, my office fan is on full blast, the sun is shining bright and not a cloud in the sky folks. Not everyone enjoys this fine weather, especially menopausal me ha! Fine weather brings the holidaymakers and hopefully a chance for all our local businesses to recoup money that was lost over the Pandemic. Speaking of making money, remember last month I told you about my gorgeous friend, Rebecca, holding a bag sale at Oddfellows to raise money for Yarmouth Greyhound Homefinders? Well, what a turn out she had. Thank You Gorleston! Totally smashed her £1000 target. She did have a little cry and felt very overwhelmed by such joyous community spirit. Lots of happy Gorleston folk with new handbags to show off, and some more happy greyhounds being rehomed. Photo courtesy of Rebecca, pictured in the middle with her friends, Tracey and Anna either side.



Just delivered some vouchers again to sponsor the students at Ormiston Venture Academy Venture Star Awards 2022. I'll be attending the Oscar style event and handing out some fabulous awards to some well-deserving students. Will report back in next month's edition with photos.



Bells Road was the scene of a recent small house fire that will remind us all to check our smoke alarms and switch off unattended appliances when not indoors. Fortunately, the residents were out, so nobody was hurt and thankfully their dog was

rescued by our fantastic fire service. Three fire engines attended and breathing apparatus was used, along with the hot spot checking equipment. Thank you so much to our observant neighbours for calling the emergency services, and to our fire crews for their swift action. One officer said that it was lucky

they caught it in time as it could've been much worse. So another shout out for caring community spirit.

Enjoyed a week off recently to spend time with one of my oldest friends of 30+ years, Mary, who stayed with us for a week. She's now based in Malawi, but is lucky enough to travel around the world six months of the year. So she's just spent an awesome



week with us in Gorleston, then she's heading out to South America, starting in Colombia, then Ecuador and seeing how far she gets around the continent. Did lots of days out like boating on The Broads, a visit to Holt and most importantly long chatty walks along Gorleston Beach. We had a lovely visit to Palace Cinema to see Elvis the Movie, brilliant, if you haven't seen it! Enjoyed some lovely meals out – special shout out to The Pier, their Steak Pie really is so tasty. Mary and I, above, alfresco dining, and I may have had some wine!

Our Green Team held a lovely Baby/Leaving Shower for Steph, who has worked in our office for six years. Lots of happy tears, hugs, flowers, cards, and presents to wish Steph and her partner Ben, all the best on becoming new parents. A baby girl arrived safely, but no name or photos yet. Thanks again to Margo's Lounge for scrumptious cakes and I thought I did an excellent job on the old buffet! A very enjoyable day.

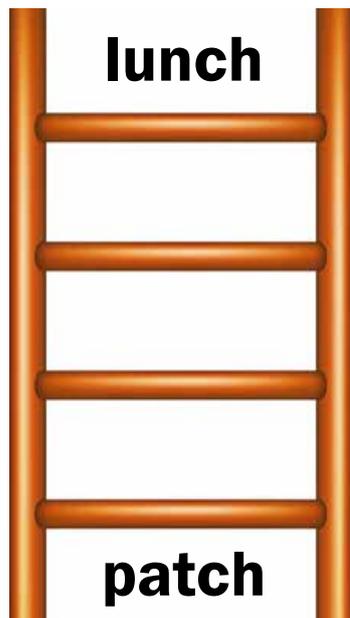


A much overdue Birthday Burger lunch was enjoyed by our staff in Perfect's Café area to celebrate Mechanic Mark turning the big 6-0 (we do work extremely hard you know and not eat all the time!) Ordered a lovely lunch from NOVO Kitchen in Gorleston's High Street and it was very delicious indeed. We do love to support local businesses in our area as much as we can. Let's just say that most staff are NOT bikini ready for Gorleston Beach this Summer!

If there's anything you'd like us to try and help with, then please do contact me ctodd@eegreen.co.uk. Keep up to date with all our latest info on our Facebook pages for E.E. Green, L.G. Perfect MOT, Service & Repair Centre, and Folkes Plant & Aggregates. Make great August memories my friends.

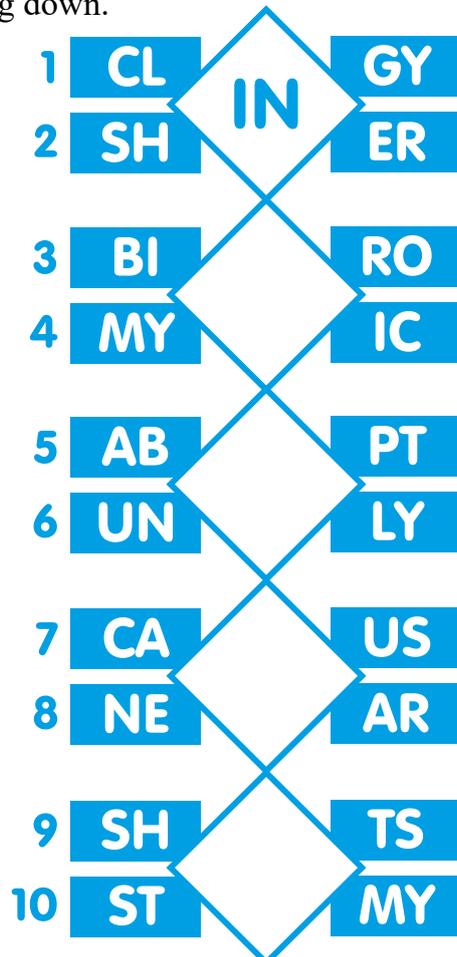
Word Ladder

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



Seeing Double

Each pair of words share two middle letters. The first has been filled in as an example. Complete the remaining words to find the mystery keyword reading down.



© Lovatts Puzzles

Coffee Time 2

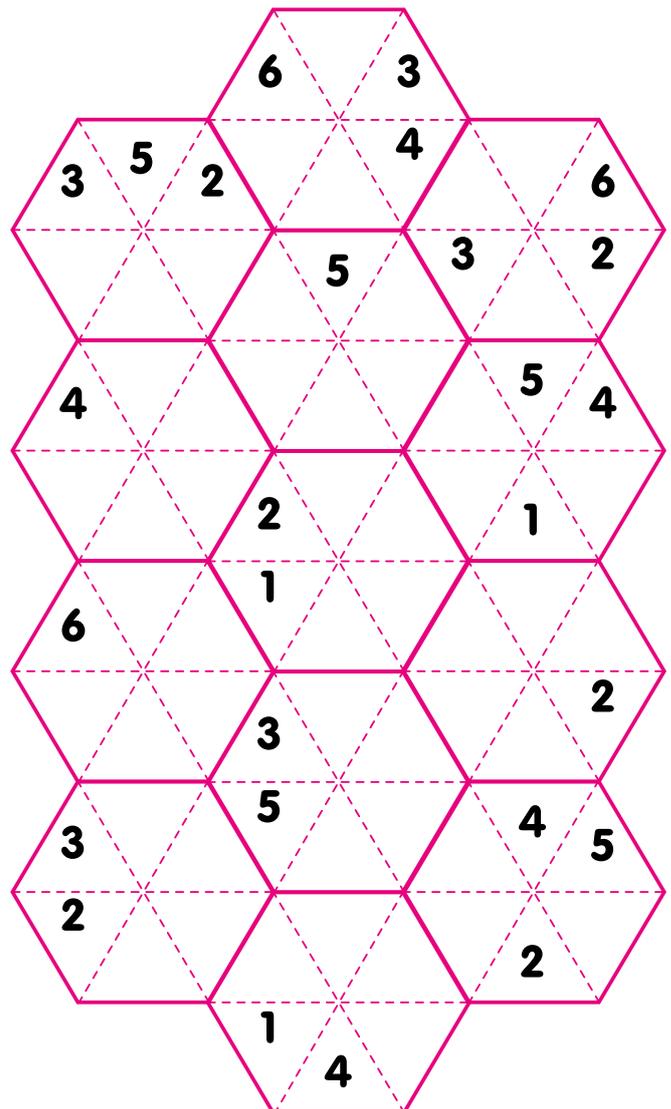
Caught in the middle

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

under bed
 under away
 under chair
 under class
 under arm

Hexoku

Fit the numbers 1 to 6 into each hexagon so that where the hexagons touch, the numbers are the same. No number is repeated in any hexagon.



Cherry Road Community Gardens

Tucked away on the Shrublands estate, in the middle of Cherry Road, is sheltered housing in which the retired residents take great pride in their own and community gardens.

"It was almost twenty-five years ago when we first started our community gardens. Helped by our nice warden, we started by putting brackets on each property, with hanging baskets and bedding plants. We also made some nice gardens round the dwellings and used some concrete edging to make them finished off. Now we have a greenhouse to grow our plants from seeds. This year we have some beautiful flowers and roses grown by the residents, and the site looks quite beautiful, helped by a small council grant from Great Yarmouth for some concrete edging round three small beds, which made them a lot neater. We have also won several awards in "Great Yarmouth and Gorleston in Bloom" and we received our awards at a nice night out at the Town Hall. My friend and I do the big gardens and many residents do their own gardens. For us all, the gardens are a way of keeping fit."

With thanks to Basil, Ray, Valerie, Billy and the Residents of Cherry Road sheltered housing.

Thanks to Basil Field for the photos



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Ormiston Herman Academy

OAT East Showcase

On Friday 1st July, Ormiston Herman Academy's choir performed in the OAT East Showcase held at Ormiston Venture Academy, Norwich. The children excelled and being the only Primary School at the event, they stole the show with their heart-warming rendition of: Oh I just can't wait to be king from Disney's the Lion King. Not only did the children showcase their singing talents but they danced and played African drums too. The children were a credit to the Academy, both parents and teachers left the showcase feeling incredibly proud of how hard they had worked and how brilliantly they behaved. Well done Ormiston Herman Academy choir!



Dinosaur painting!

At Ormiston Herman we were lucky enough to take part in designing a 'Breakasaurus' sculpture ready for the Norfolk GoGo Discover trail! They chose a theme based upon a book called 'The Dinosaur that Pooped a Planet'. It is now part of a fun, family trail that takes place in Norwich. The children worked hard painting and drawing illustrations and were really happy with the outcome. It was a great way for our Year 6 children to show their creativity!



#WeWill

A new project, launched by the Ormiston Academies Trust, is creating valuable opportunities to get young people outdoors and exploring the local area in nature whilst making it fun, and to increase the amount of time spent outdoors by young people, improving daily exercise and mental well-being.

#WeWill Explore has explicit links to personal development within the Ofsted Framework by developing pupils' confidence, resilience and knowledge.

Children can keep themselves physically and mentally healthy. Furthermore, through the project's elements of social action and

active citizenship, pupils will develop their character which gives them the qualities they need to flourish in society.

We are very happy to announce our #WeWill Leaders who will help develop and guide our project in the right direction: Tyler, Marley, Ellie-Mai, Ava, Sami, Tillie, Harry and Daniele are our new #WeWill Leaders!

#WeWill OAA course

Year 4 have been busy working on their #WeWill project at Ormiston Herman. As part of their #WeWillExplore project the academy has been turned into a Geocaching site. The children have been working together as a team to complete as many different courses in their Physical Education lessons. It looks like loads of fun!



Year 6 Entrepreneurs

Virgin Money loaned the pupils of Year 6 £5 each, with the challenge of 'Make Your £5 Grow.' The children explored the term Enterprise and thought about what this entails: leadership, communication and teamwork. In teams, children then thought about innovative ideas that would ensure they made a profit, which would then help towards the cost of their Leavers' Hoodies. Over the week, the children delegated tasks based on their individual skills and then planned and designed their business idea. Children had to calculate costs of outgoings to ensure they made a profit. On Wednesday 29th June, pupils of Year 6 set up their stalls and brought their ideas to life: raffles, tombola, games and the sale of drinks and snacks. The event was fantastic and thanks to the generous support from our parents and pupils, the children managed to exceed their target. We are very proud of their accomplishments.



Year 3 – Africa Alive

On Thursday 23rd June, Year 3 had an amazing day out at Africa Alive! As vertebrates and invertebrates are part of their Science topic, Year 3 had a discovery session where they could learn about and hold many different animals. After spending the whole day walking around the zoo, there were a few tired legs! What a fantastic day!





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LETTINGS



Ramblings of a Displaced Cockney

"Well known in Gorleston as the former Principal of the East Norfolk Sixth Form College, our Displaced Cockney is Laurie Poulson whose travels in life have taken him from birth in the East End of London, all around England, until he came to Gorleston in 1999, where he has been ever since."

The Joy of Marathon Walks

When I was young, I was a member of a Boys' Brigade Company in London. One year the BB London District arranged a big charity fundraising event for all the BB Companies across the city. It was a monumental undertaking for them, as the idea was for participants to walk the 50 miles from Streatham Odeon to the Aquarium in Brighton, starting from London at midnight.

It really caught the imagination of boys from all over London, there were hundreds of us at the start, thousands maybe. The lads in our Company were always up for something different, crazy even, so this was right up their street. Of course, we had all done good long walks with heavy rucksacks as part of our Duke of Edinburgh's Award expedition work, but not so far in one go and not at night!

To be fair, the backup and support was terrific, as it needed to be for such a major event. There were loads of marshals and lots of drink and feeding stations. The walk was done in the summer, so it got light surprisingly early, but starting from London meant that there were street lamps and good paths all the time until it got light. We all found it tough but strangely enjoyable, arriving in Brighton soon after noon, averaging over 4 miles per hour all through the walk!

The sad thing was that London District must have felt that the whole organisation of such a big event was too much for them or perhaps too risky in terms of health and safety, and they never repeated the walk.

However, that did not stop us and we all thought that it was a great challenge and so for the next few years we did it ourselves with support teams from some of the dads. We used the same route, ending up at the Brighton Aquarium. One year our walk coincided with the day of the official London to Brighton Run. That started much later than us of course and when we arrived at the promenade approaching the Aquarium, we were surprised to see a huge crowd waiting for us (or so we thought!). Nobody stopped us from walking up the finish of the run, a bunch of tired and scruffy lads, waving to the crowd!

The whole walking thing became almost a standard part of our activities. To keep in trim, we used to walk on odd summer holiday days from home to Southend, a distance of 32 miles (or 50 kilometres which sounds further!). This was always done along the old cycle track which ran alongside the Southend Arterial Road (now the A127) all the way to Southend. The finish was always to walk out along Southend Pier (the World's longest) to our ceremony of "ringing the bell at the end of Southend Pier"!

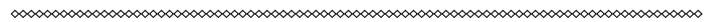
A bit of research shows that the bell is still there. It was made at the famous Whitechapel Bell Foundry in 1929 and probably once played a part in fog warnings until it was superseded

by a fog horn. Now it just hangs there forlornly, waiting for that bunch of scruffy youngsters, boys and girls, to come along for the ceremony. I was amazed to find an on-line site called "Essex Sounds" which features a rather spooky audio recording of the wind at the end of the pier interspersed with the random clanging of the bell from an improvised clapper that someone had rigged up.

I still have fond memories of a knock at the front door and one of the lads standing there and saying: "You doing anything tomorrow? Fancy ringing the bell at the end of Southend Pier?" How could I refuse?

Things even got to the point of the lads deciding that 50 miles was not tough enough and so the walk was 100 kilometres (62 miles), still finishing at the Aquarium but starting closer to home in East London!

Since then, I have recaptured a bit of the old magic by joining one of my daughters-in-law on a charity London Marathon walk, a mere 26 miles along the river and around many of the well-known sights around the Capital. I did seem to be a bit older than the average walker but age seemed to be no handicap and the camaraderie was uplifting! So much so, that I am scheduled for another one next Autumn. Wish me luck!



The Bookshelf

The Black Dress

by Deborah Moggach

reviewed by

Gorleston Library

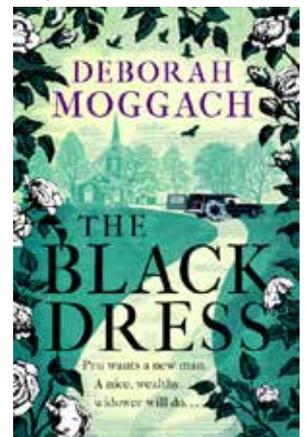
How does it feel when your decades old marriage is over?

Pru doesn't miss her husband but the old days of laughter and friendship.

Then she goes to a funeral. Nothing seems familiar, neither the eulogy nor the people.

She has gone the wrong place. Everyone is friendly, so she decides to attend another. After all, it's been fun and what harm can it do?

A dark funny novel about betrayal, loneliness, and the surprising pleasure of being single again.



Kids' Corner

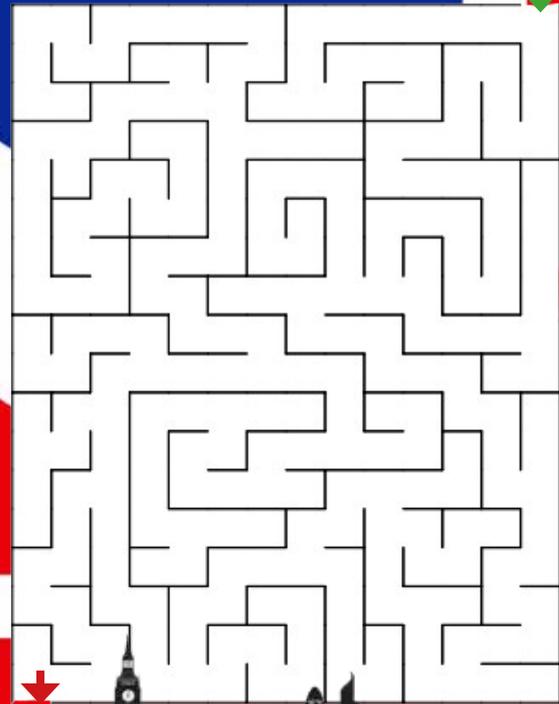
Can you help the taxi get to London?



John and the Son of God (Mark Chapter 1)

John was Jesus' cousin. He was also a preacher. He had a message for the people: Love God and love one another. John baptized people in the river Jordan. To his surprise, Jesus asked John to baptize him. John couldn't understand it. Jesus was without sin, He loved God and He loved others. But he did what Jesus asked. As Jesus came up from the water, the Holy Spirit descended upon Him like a dove and God His Father said, 'You are my Son and I am so pleased with you!'

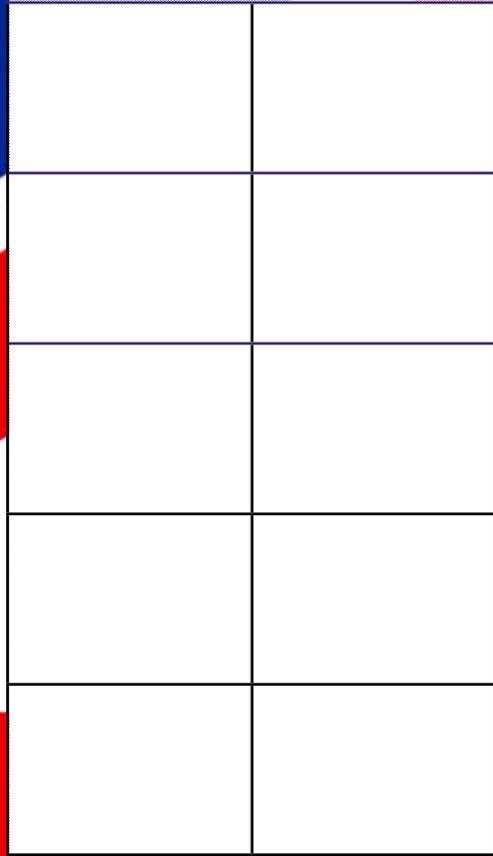
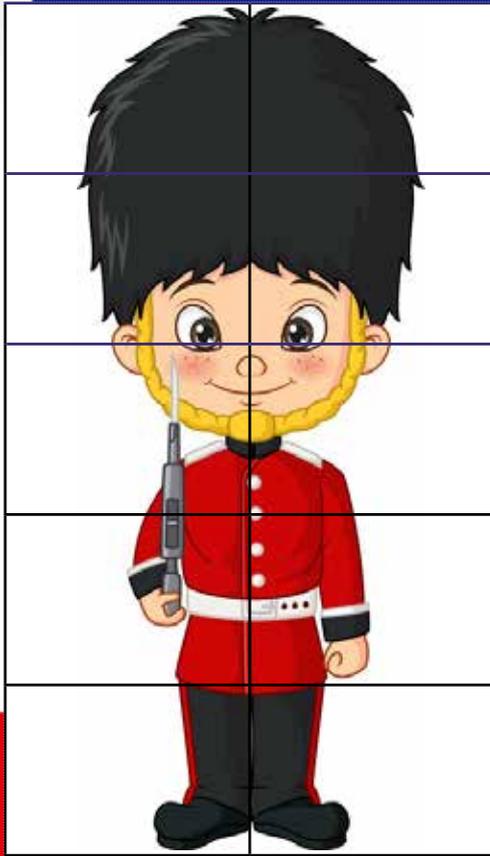
John's message is still relevant and good today: 'Love God and love one another.'



London Colouring Fun

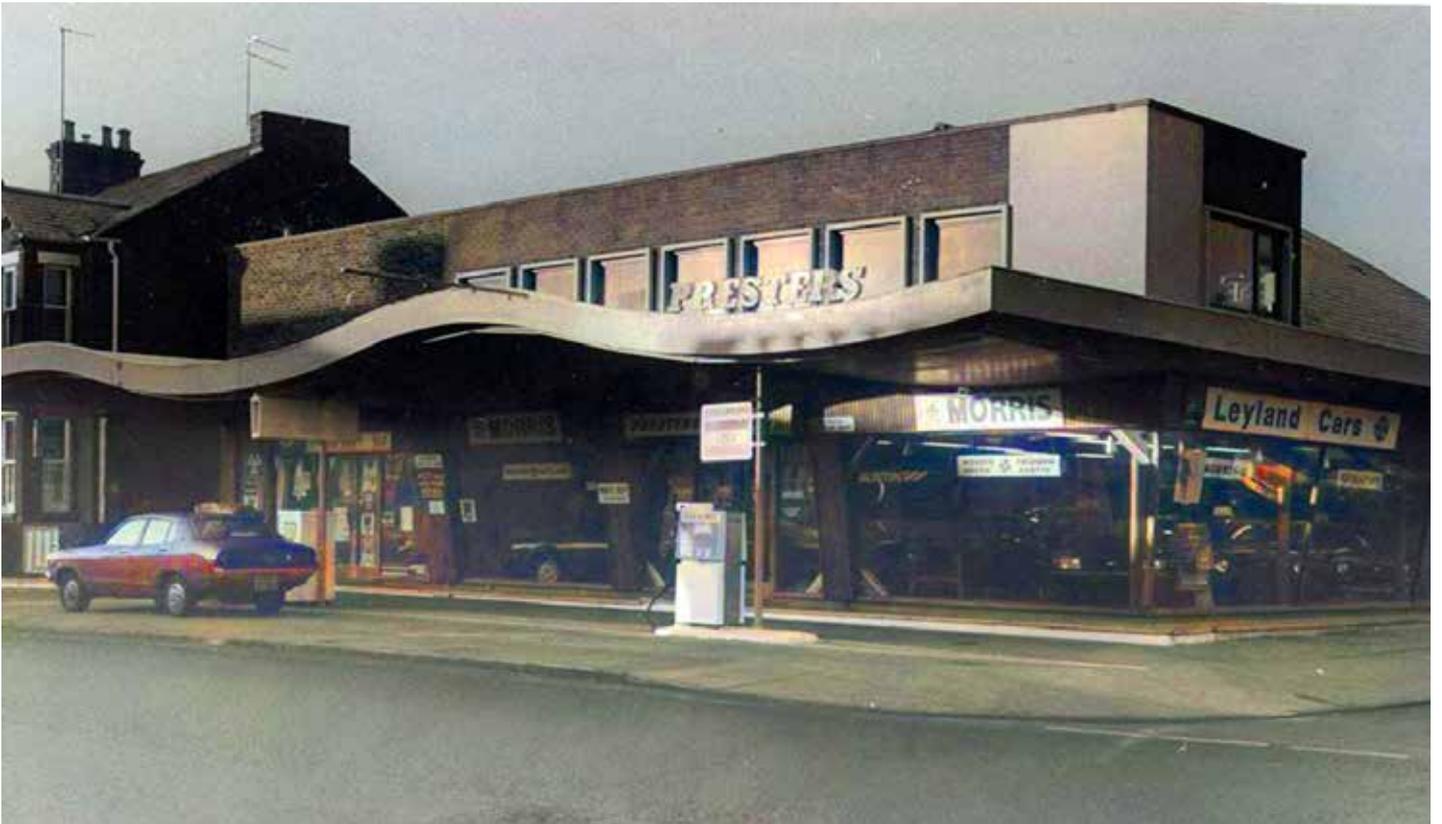


Copy and Colour



Gorleston Then & Now

by John McBride



This picture is of Presters Garage on Lowestoft Road at the junction with Albemarle Road. The first mention I can find of the garage is in the 1936 Kelly's Directory, where it is being run by George Hayman (Motor Engineer). The garage closed in April 1982 and in October of the same year Gorleston Garden Centre opened in the garage building. The building was later demolished on 11th February 1997, to make way for the new housing development which occupies the site.





Opening THE Book

with
Reverend
John Kinchin-Smith

Last month we began to think about “The Book of Proverbs”, a book of wise sayings and advice attributed to King Solomon. This Book of the Old Testament contains a wonderful collection of wise teaching including about 800 proverbs. There is a difference between “knowledge” and “wisdom”. A person may have a great deal of knowledge but remain very unwise if they do not understand how to apply or use that knowledge for life. James, the brother of Jesus, in a short letter in the New Testament wrote: “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you”. In “The Book of Proverbs” we find Godly wisdom.

The Book of Proverbs, like all the books of the Bible, contains words from which we can draw new life and wisdom at any point in our life. In our current time, there’s an even deeper need for this. Infidelity, materialism, laziness, and self-sufficiency run rampant. We have reality TV shows that promote having different partners, social media campaigns disseminating false information and conspiracy theories, and efforts to remove God from our lives entirely. Even if we don’t absorb such things, it’s wise for all of us to continually renew ourselves in God’s wisdom and love found in Proverbs. Here are some examples (chapter and verse in brackets):

“The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding.” (9:10)

“Pride goes before destruction, a haughty spirit before a fall.” (16:18)

“Those who are kind benefit themselves, but the cruel bring ruin on themselves.” (11:17)

“Hatred stirs up conflict, but love covers over all wrongs.” (10:22)

“One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.” (18:24)

“Start children off on the way they should go, and even when they are old they will not turn from it.” (22:6)

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” (17:22)

“Those who guard their mouths and their tongues keep themselves from calamity.” (21:23)

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him and he will make your paths straight.” (3:5-6)



News from The Mag

with
Reverend Matthew Price



There has been lots in the news recently about the cost of living crisis. Perhaps you have even noticed an increase to the cost of the food you buy in the supermarket. Almost certainly the cost of your utility bills will have risen and, if you drive, perhaps, like me, you have been shocked at how much it now costs to fill your car.

Some of us may have had to tighten our belts, but for others in our society things have become critical. We hear in the news of families having to choose between heating their houses or feeding their children, but sadly this has become the reality for some in our community.

Since March we have seen the usage of our foodbank increase by 85%. And as we look forward to the winter with further increased costs, as the energy cap rises again, we are concerned that the demand on foodbanks will only rise further.

So, together with our partners in the Yarmouth & Magdalen Foodbank, which operates out of St Mary Magdalene Church in Gorleston and Pathway Café on Admiralty Road in Great Yarmouth, we are launching an appeal for donations now to get ready for the winter.

Donations of food can be made at St Mary Magdalene Church Hall (access off Fastolff Avenue through the black gates) on Monday, Wednesday and Friday mornings between 9am and 12 noon. Keep a look out too for the collection points that will be popping up in our community over the coming weeks where donations can be made.

You can keep up to date with the particular needs at any given time by following us on our Facebook at facebook.com/yarmouthmagdalenfoodbank; go to our website at <https://yarmouthmagdalen.foodbank.org.uk> or give me a call on 01493 494248.

We are so grateful for all the support we receive as a foodbank – together we can ensure that no family in our community goes hungry this winter!





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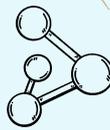
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ENSFC

Former EN student graduates from Dutch Design Academy

A former art and design student at EN who secured a once in a lifetime opportunity at a Dutch Design Academy has now graduated.

Back in 2018, Brogen Berwick was one of 2000 students from across the World interviewed for just 100 places at the prestigious Eindhoven Design Academy. Brogen was invited to Eindhoven to present a showcase of her work to two assessors and ten other interviewees and was then offered an unconditional place to study there.

Now four years on, Brogen has graduated and has been reflecting upon what an amazing time she has had.

Brogen said: "I have learnt so much and progressed in both my professional practice as well as my own personal development. It is such an honour to graduate with two projects that critically reflect on the politics and realities of the fishing industry! An industry that holds such heritage within our town! I am so proud that I have been able to give a voice to those in the community through my work."

Brogen spent 3 years at EN studying A level Textiles and 3D Design before undertaking a Level 4 Foundation in Art and Design. Looking ahead to what the future holds, Brogen is keen to collaborate and further her research around the fishing industry, producing more work that is



Photo by Boudewijn Bollmann / Design Academy Eindhoven

able to spark the much-needed dialogue around the realities of the industry.

Brogen has been well supported throughout her 4 years at the Academy and has expressed her gratitude to all the fishermen who helped her through the different stages of her research. Without this, she would not have been able to realise the works that she created.

Brogen added: "I would also like to say a thank you to the scientists at CEFAS for helping to support me with information I was searching for, the Time and Tide Museum for the repeated access to information and the Lowestoft Maritime Museum for giving me access to photograph the historical Prunier trophy so that I could create a 3D version of the artefact. Also to the Great Yarmouth Grammar School Foundation for their sponsorship support for my projects."

The support from her family has also been incredible and although it wasn't

always easy for Brogen to be away from them for four years, she knew that they were behind her 100% and that meant a great deal to her.

If you would like to find out more about Brogen's projects / collaborations / commissions / exhibitions, she can be reached at brogenberwick1@gmail.com and instagram@brogenberwick. You can also see other examples of her work on her website www.brogenberwick.com



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Gorleston FC



There may have been no competitive games since April but it has been an eventful period in the Gorleston FC history.

Following their departure from Emerald Park and with not yet being able to use the college ground, the big news is that Gorleston will be ground sharing with Lowestoft Town FC next season.

Gorleston chairman Jamie Humphries said: "The deal is for 12 months, and the agreement is now in place. I think it benefits both parties and the one-year agreement strengthens our great relationship."

When Gorleston play their 'home' fixtures, club volunteers, officials and stewards from The Greens will run the Crown Meadow facility. However, the social club, bar and food and refreshments stalls will continue to be run by Lowestoft at all home games.

Ticket prices to watch matches involving both teams at Crown Meadow in the season ahead will be priced the same.

Mr Humphries added: "I think it's going to be a great 12 months. It is really exciting, and I am really looking forward to it."

Lowestoft Chairman, Gary Keyzor, added: "It is historic - without doubt. A new ground share in a new league for both clubs."

The other piece of major news from the summer is that joint manager, Ricci Butler, has stood down to concentrate on his own professional career. That leaves Scott Butler in sole charge. The Under 18s also have a new gaffer with Andrew Lawn taking over.

Scott's first game in charge was a pre-season friendly at the Wellesley against Gt Yarmouth Town where Gorleston won 2-0 to lift the Lifeboat Cup, previously known as the Beevor Cup. Robbie Sweeney and Mitch McKay were the scorers.

There has also been a new signing added to the squad with Jamie North joining from Norwich CBS.

However, through the exit doors were Joel Watts, who has joined Norwich Utd, and Harrison Bacon, who has moved away from the area. Coach, Lewi Plowman, has also departed to take up a similar role at Wroxham.

Gorleston held their end of season Presentation Night at the Queens Head, Burgh Castle in June:

The awards for the first team went to Sam Knock as Manager's player of the season. Players' player was Connor Deeks; Young player - Harrison Bacon; Supporters' player - Christy Finch; Top scorer - Christy Finch.

Reserves' winners were: Manager's player - Maxwell Ibenne; Players' player - Vytautas Lasevicius; Young player - Declan Allan; Top scorer - Sam Wooldridge.

Under 18s awards went to: Manager's player - Harry Hall; Players' player - Josh Whittington; Top scorer - Joe Corby.

The Women's team winners were: Manager's player - Rebecca Waters; Players' player - Kelsey Adams; Top scorer - Kelsey Adams.

At the time of writing, the league fixtures have yet to be released. However, the Greens do know their opponents in the FA competitions:

In the FA Cup Extra Preliminary Round, Gorleston will be at home to Biggleswade Town on 6th August.

In the FA Trophy, they will be at home to Coggeshall Town, to be played on 10th September.

The Under 18s have been given an away tie at Hadleigh in the FA Youth Cup.

To be in with a chance of winning some cash, and show your support for Gorleston at the same time, join the monthly GoLD draw. The draw paid out £75 prize money in June. Full details of the draw and how to enter are on the website, contact me (Dave Hardy), or email gorlestonfootballclub@hotmail.co.uk

For all the latest news, results and fixtures visit www.gorlestonfc.com, follow @gorlestonfc on Twitter and Instagram, and Like us on Facebook.



Kyle Ingram lifts the Lifeboat Cup

What sporting club do you belong to? Would you like to send us an article about your club, its members and its competition results? If so, please contact us via email at gorleston.community.magazine@gmail.com or via the website contact form at www.gorlestoncommunitymagazine.co.uk

More Coffee Time!

Codeword

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

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

Wordsearch

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

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

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| ABANDONMENT | FITS | PAN |
| ALL | FRAY | PROCLAIM |
| ASH | HEN | PUT |
| BOAT | IBM | ROME |
| CAL | LYCRA | SLY |
| DEPP | MEIR | SORES |
| DIG | MEMO | THORNS |
| DOOM | MOOD | TO START WITH |
| ERA | NAT | TODAY |
| EYED | NODE | TOLL |
| FED | OAK | TOP |
| FISHES | OPEN | |

Dock Tavern Charity Music Day

Sunday August 7th will see Gorleston pub The Dock Tavern hold their 12th 'Charity Music Day' raising money for local good causes. This year the chosen charities are the Norfolk and Suffolk Animal Trust and Great Yarmouth Community First Responders.



Customers at this historical Gorleston local, which is down by the river on Dock Tavern Lane next to Morrisons car park, have now raised the amazing total of over £42,000 since the very first music day in 2010.

Many other events at the pub including bike rides, beard shaves and quiz nights have also added to the yearly totals which have raised much needed funds for local causes including Gorleston Lifeboat, Great Yarmouth Alzheimers, Headway, East Anglian Air Ambulance, Shine, Louise Hamilton Centre, Sunbeams Play, Great Yarmouth Stroke Association, Norfolk and Waveney Prostate Cancer Support Group, GY and Gorleston Memory Club, The



Sandra Chapman Centre and Heart 2 Heart, Norfolk.

Every year the pub community is supported by the amazing array of talented Gorleston and surrounding area musicians who give up their time and talent to play at this now well established annual music event.

Music in the beer garden kicks off at around 12.30pm and continues inside the pub in the evening.

You can support this event by purchasing a wristband from the pub for a minimum suggested donation of only £2.



For more info on who is playing at this years 'Music Day' please visit the pub's Facebook page or visit www.thedocktavern.com

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Menopause Mayhem

with Tina Cleveland

(pictured right, enjoying a VIP experience at the National Television Awards)



Lockdown was traumatic enough without the dreaded Menopause thrown in. I had reached a really low point, my self confidence had bottomed out, my hair felt like someone had run 1000 volts through it and I felt like I could power the whole of Gorleston with one hot flush. At this point I knew I had to do something, so after my husband had thoroughly researched HRT, I decided to contact my GP, who duly put me on a low dose and I feel a lot better. At the same time, it occurred to me that if I was suffering so were other people, so I made the decision to start up a group for ladies to talk about their menopause journey.

When my Mum went through the menopause she never really talked about it, so I feel my generation are approaching this phase in their lives blind, and although Davina McCall has highlighted this, I think society still has a long way to go. My daughter sometimes attends my meetings, as I want her to know what to expect and know how to deal with it when the time comes.

We cover a range of subjects at the meetings from menopause supplements to how to stop weight gain, and from menopause in the workplace to herbs that help symptoms. No subject is out of bounds as long as it is menopause related. Basically, we have a laugh, I'd like to think of the group as being 'A problem shared is a problem halved'. Although we don't hold all the answers, to be with other women going through a similar experience can empower us to make changes, and you never know you may just find the answer to a problem.

I hold two meetings a month one 5-7pm in the library on a Thursday and then one 7-9pm at Mariners Compass on a Monday in the hope that people who are working and find it hard to get to the library meeting can attend. The pub is quiet on a Monday so for those ladies who worry about walking into a pub, I sit in front of the door so I will be the first person you see when you walk through the entrance on Middleton Road.

For meeting dates and times see <https://www.facebook.com/Gorleston-Menopause-Mayhem> or phone Tina on 07704318231 for more information or to be added to the WhatsApp group.

Hey Gorgeous ladies,
Let's talk menopause!

New Group

Come and join my Gorleston Menopause Mayhem group on

Monday 15th August
5-7pm in Mariners Compass, Middleton Road, Gorleston

Thursday 18th August
7-9pm in Gorleston Library

Pop in for a chat.
Check us out on Facebook Gorleston Menopause Mayhem. For more details phone Tina on 07704318231

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Gorleston Links Bowls Club

We have had a happily busy time recently. We held a very successful Jubilee themed coffee morning held at the Conservative club who we are very grateful to for all of their help and support.

for marking books and keeping score cards marked, very much appreciated.



We had a break at the halfway point for welcome shelter in the pavillion with a drink. After the match we had a raffle with our scones, tea and biscuits. Joint team photos were taken (one is pictured above), and there were speeches of thanks from both sides with an invitation to visit them in Harlow in the near future, which was lovely, I'm sure we will do this.

On a visit to play Caister Bowls Club we had added surprises. The recreation ground next door was holding a Jubilee 'Party in the Park' event, lots of stalls and events, and a DJ, so at one point we were all playing and dancing round to Tina Turner's 'Simply the Best' which was blasting out, just brilliant!

There have been games recently where, if you were to write a book on it, no one would believe it. Close matches where, at times, it is literally one bowl comes in, only to be knocked out by the next one played, and again, and again. Some ends look like we are pinpointing major cities on a UK map. The next one, they are all hugging the jack in a 'tight head' as it's known. No two ends are played the same.

When you have doubles or triples matches there can be many different sized bowls in play, from palm held triple zeros to the larger heavier size five, all with different grip hole patterns. There is a wide range of coloured bowls these days, not just the traditional black ones. You get blues, burgundys, shale spots, pinks, greens, and half and half colours which are very effective looking as they roll along, standing out on the fresh short cut grass.

It's a lovely game, and Gorleston Links is a great team to be part of. This year, so far, our results are not looking too bad either.



We had teas, coffees, a cake stall, crafts, how long is a piece of string competition, how many balloons in a car, plants, a very well attended raffle, and a 'pin the tail on the corgi' with an added prize of a Paddington's marmalade sandwich. Sophie (pictured left)

kept people amused with 'William' the dog puppet, we also had a laughing dog toy rolling round on the floor, and a dog eating the coins collection box, putting a smile on people's faces.

In all, we raised £430 for the County Ladies' Bowls Association, with an additional £75.10 going to President Pat's nominated charity The Thin Blue Paw.

A great time was had by all who attended.

We recently hosted the lovely Griffin Bowls Club from Harlow (top right) who were on tour in the area and came to play us. It was quite a windy day which can catch some teams out who visit from more sheltered or secluded grounds. They were really friendly, great fun, and we were laughing from the start. They exchanged gifts with us, a pen for each of us, a great asset



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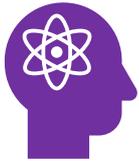
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Gorleston Library

The Summer reading challenge for ages 4 - 11



We have lots of fun activities on this month!

All events must be booked in advance on:

www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/whats-on

check Facebook for event details.



- | | |
|------------------------------------|--------------------------------------|
| 2/8+23/8 11-12pm – Teddy Zip Wire | 12/8 1:30-2:30pm – storm in a cup |
| 3/8+24/8 2-3pm – Make Music | 15/8 11:30-12:30pm – Spaghetti Tower |
| 4/8 1:30-2:30pm – Mad Science | 17/8 2:30-3:30pm – Volcano |
| 6/8 12:30-1:30pm – Lego Marble Run | 18/8 11-1pm- ICT VR activity |
| 10/8 2:30-3:30pm – Volcano | 25/8+1/9 3-4pm Stop Motion |



Remember, to complete the summer reading challenge you need to read at least 6 books during the summer holidays!

You can read stories, poetry, fact books, graphic novels or listen to audiobooks. As you finish your books, come see us at the counter to get your stickers. Once you've finished collect your medal and certificate!!!

Regular Activities and Events:

- Mondays Library Bounce and Rhyme** 1-1.30pm (drop in)
- Spanish Chat** none in August, coming back in September
- Tuesdays Library Mini Movers** 10.30 – 11.30am (pre-school music and play) (drop in)
- CHANCES** – Help to get into work 2-4pm (drop in)
- Library Writing Group** 4-530pm quiet writing time/530-7pm meeting (last Tues every month)
- Wednesdays Library Just a Cuppa** 10am - 12 all welcome
- Futures Project** – Employment Support, 11am-1pm (drop in)
- Bounce and Rhyme** 10.30-11 & 1-1.30pm
- Library Craft Group** 2-4pm Carnegie Room (bring your own crafts - all welcome)
- Fridays DIAL** - Employment Support, 9am - 1pm (drop in)
- Library Homework Club** 3.30-5pm drop in. Year 7 upwards
- Library Learn My Way** Digital online learning for beginners: 4-6pm (drop in)
- Saturdays Library Children's Crafts** 10.30-12pm (all ages) - (book in advance)
- Learn My Way** Digital online learning for beginners: 11am - 1 (drop in)
- SEND Storytime** - See library/Facebook for info (once a month)
- Sundays Library Adults drawing and art group** 12-1pm (first Sunday of every month)



Norfolk County Council

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Don't forget to check out our 'What's On In Norfolk Libraries' pages at www.norfolk.gov.uk/libraries and follow us on: Twitter: @NorfolkLibs Facebook: @NorfolkLibrariesUK Instagram: @Norfolklibraries



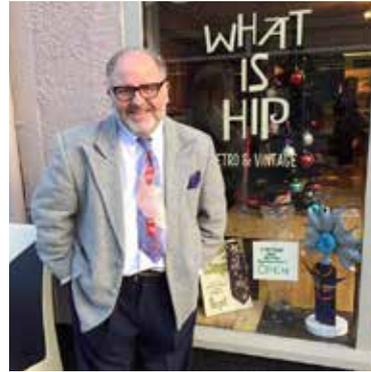
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Richard Routledge

"The life and times of"



In the last issue I told you how we opened up Little Joes Icecream Shack on Lowtoft seafront with the adventure golf.

So we were up and running and I loved it, my office window was the sea and I looked forward to going into work every day. I had my routine,

open and switch on everything, then get my lovely 50s garden table and chairs out, onto the golf course to brush and clean. After all that, put the kettle on for a cuppa.

The only thing spoiling it was the dreaded work going on in front of me with sea defences. I had been told it would be finished by the time we opened, but it soon became apparent that would be a long way off. In a good British way we carried on, and as the weeks went by I was getting used to how it all worked and was getting pretty good at serving whippy ice creams.

Some of the other traders would come and see me to give advice, and even help with supplies if I got my orders wrong. I loved the whole family vibe. As the weeks rolled on I was very settled with what I had got, trade was good and the only days you could write off were the wet ones.

The only trouble we had was the seafront works which were only yards away in front of my shack. All day you got the pounding and the dust. Even though we got the site manager in to look at the mess, they just shrugged it off and what made it worse the council did not seem to care either.

What made up for all the carnage in front of me was the joy of young kids and their families playing on the mini golf and all being the same standard (that is rubbish). In the early evenings we used to get special needs, or girl guides etc coming to play, and we sorted out cheap deals for them, it was brilliant to hear them screaming and laughing.

Then on certain days we would get the very serious mini golf people who used to bring their own clubs and even wear golf gloves and bring their own golf balls. The sea front was a great place to be, we got loads of nice families and lovely coach trips (I used to drop the drivers a few pounds to drop them near me first, the lovely oldies loved their tootie fruitie).

The first summer went well despite the works in front of me, but I did feel it could be a lot better. In the next issue I'll tell you how it got better.



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Coffee Time Answers

Word Ladder:

patch, pitch, pinch, punch, lunch

Caught in the middle:

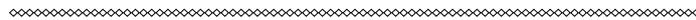
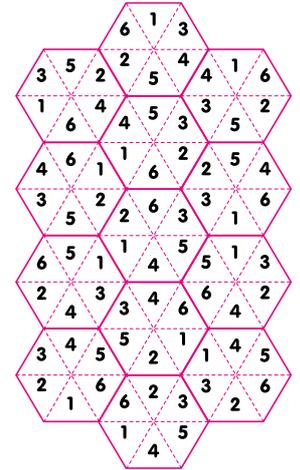
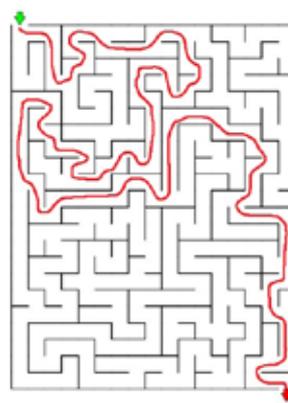
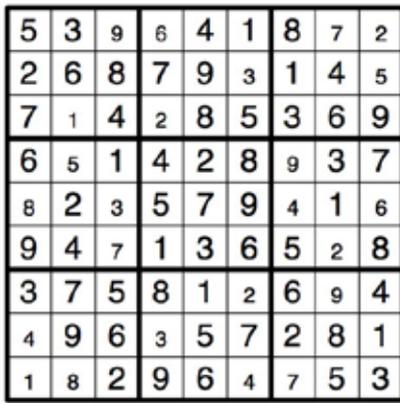
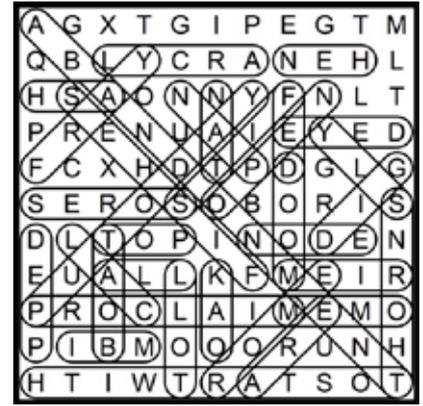
water, take, arm, world, side

Seeing Double:

clingy, shiner, bistro, mystic, abrupt, unruly, cactus, nectar, shorts, stormy

Mystery keyword:

instructor



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Alternatively a pack of our new 75 litre garden waste bags could be just the job for a smaller garden, call **01493 742200** to purchase a pack of bags.



Hair We Are



with Kevin Huggins
Owner of Fusion Hair
Consultants and
Chairman of the

Gorleston Traders Association

Happy August, these months seem to be sailing by, and although Covid now seems to be in our history and past as far as lockdown is concerned, it still seems to be as rife as ever with more and more people coming down with the virus. As I mentioned last month, we hold a monthly football dinner for players through the 60's, 70's and 80's. After we met in June at least 6 of them went down with the virus, which OK, if you are normally fit and healthy it is not a problem, but there are many who are not, and these are the people that we need to worry about.

Changing subjects altogether I thought I would mention one of my other loves in my life, apart from my family of course, which is my pet dogs. If you know me you know I love my dogs, I currently have four, 3 Rottweilers and a little Blue Staff. On this occasion I want to talk about my Rotts, Tank, Elsie and Luther. Luther is now coming up to twelve years of age, a real good age for a Rotty, yet he never ceases to amaze us, as although he suffers with his back legs, he keeps on going and is as faithful a dog as I have ever owned. One day we know we will lose him but until that day we continue to enjoy his faithfulness and his gentle friendly manner. Tank and Elsie are both 4 years of age and can be a real handful, needing plenty of exercise and involvement. When we first had Tank as a 9 week old puppy, I could hold him in one hand and in fact I got laughed at when asked his name. "Tank" I said, he was tiny and weighed just a few pounds, now he is fully grown and eleven and a half stone, he really is a Tank. When we first had Rotties over 20 years ago they had docked tails, now though that is illegal and they have their tails, which means no ornaments about as their tails just sweep everything aside.

The Rottweiler is a breed known to be an active dog and one that needs lots of exercise, as well as mental stimulation for them to be truly happy, well-balanced characters. They are not the best choice for first time owners because they need to be handled by someone who has the right sort of experience in handling and training such an intelligent, impressive and powerful dog.

It's essential for a Rottweiler's training to start early and puppies must be well socialised from a young age for them to grow up to be more confident relaxed adult dogs. It's vital for these dogs to be treated with a lot of respect and to use positive reinforcement when training them. Rotties are known to be confident and highly intelligent which means they quickly pick up new things, but this includes the good and the bad. However, in the right hands they are obedient and extremely devoted dogs that excel at all sorts of canine sporting activities.

Although a Rottie does make a good family pet, their sheer size means taking care when they are around younger children, which we have to do when we have the grandchildren round the house. Although they are gentle dogs they are so big and cumbersome, which means they can knock the younger children over, so common sense has to prevail. They are a very good choice for people who work from home, or for families where one person usually stays at home, which is what we do, as I usually work from home and can be here with them most days, when everyone else is out of the house, because they do not like being left on their own for long periods of time which can lead to a Rottie developing a condition known as



separation anxiety. Having said that, this can affect most dogs and is not just focused on Rotties

A fully mature Rottweiler, such as ours, is an extremely strong dog and one that can be very demanding as well as arrogant at times. The instinct to "guard" is a trait that is deeply embedded in their psyche, which must be well understood when sharing a home with a Rottie. People unfamiliar with the personality of a Rottweiler often do not understand that these dogs do not need to be taught to "guard and protect" the reason being it's a Rottie's natural instinct to do so.

With this said, the Rottweiler thrives in a home environment and as previously touched upon they hate being left on their own for any length of time. A Rottie is never happier than when they can be with their owners and will follow them around just to be with them, and to check out what's going on in their environment, and hate it when they are left out of anything.

It is vital that breeders only breed from Rottweilers with sound temperaments and should spend a lot of time and effort socialising their puppies right from the word go. As such stud dogs must be "temperament assessed" which tests how a Rottie reacts and behaves in a lot of different situations and settings they are bound to encounter during their lifetime. We have always purchased our dogs from specialist Rottweiler breeders as an interbred Rottie can, like all dogs turn into a very powerful dangerous dog. When I say interbred I mean bred from the same bloodline. We always know the bloodline of the dogs we have bought and have a complete history of their background and bloodline.

I would hate to be without any of the dogs we own, they are always there with you, by your side and a friend for life, a friend you can trust to always be your friend.

As for our little Staffie Rosie, she is now 3 years old and when we lost our last Staffy to sepsis, Tanya looked for specialist breeders of Blue Staffies. When she found a breeder she phoned them and sure enough they had a litter coming up and we reserved a bitch. When Tanya told me where the breeder was situated, Glenrothes in Scotland, off I set one Friday morning and 24 hours later I was back home with a little 9 week old Blue Staff by my side and that's where she has been ever since.

Any dog can be dangerous if not treated correctly and, going back to the start of this blog, the pandemic caused a major increase in the purchase of pets across the country, and many of those purchases have been regretted. The saying is true, a dog is for life, they are expensive to keep, please think carefully about all the consequences before going in for any pet, they are part of the family and need to be loved and cared for like any other part of the family.

Until next month... take care and enjoy the summer!



Donation to Ward 3 and Neonatal Unit

The family of a patient has generously donated £5,000 to our hospital charity in her memory. The money will be split between Ward 3 and our Neonatal Unit, both departments which have helped provide care to the Annison family over the years, with a small proportion going to support our staff too.

Carl Annison said; "On behalf of my late mother Maureen Annison, I am proud to donate £5,000 in her memory to say thank you for the amazing work of the NHS in a time of need during her care with the lung cancer team. Mum would also be overwhelmed to donate money to the special care baby unit as most of her grandchildren and her most recent great grandchild had specialist care in their early days. The whole family sends their thanks to all the staff at the James Paget and the NNUH for their amazing dedication and kindness over the years. If the money donated can help others in the same situation, that will give our family great comfort. We thank you all."

Pictured from left to right: Jake Annison, Maxine Taylor (Charity Co-ordinator), Emma Schofield, Laura Spall & Gina Carter (Respiratory and Oncology lung cancer specialist nurses), Matthew Plummer, Katie Annison, Carl Annison, Betsy Plummer, Amy Plummer, Brooke Smith and Sue Moss.



The Chaplain's Challenge

Bro Ian Moir, Chaplain of Orient Lodge 4085, supported by members of the Lowestoft Volunteer Lifeguard Corps and the Orient Lodge support team, will be undertaking a 40-mile kayak paddle around Lowestoft, Gorleston and Burgh Castle in August to raise money for our Sandra Chapman Centre.

Setting off on Wednesday 24 August, the kayak will start at the Lifeguards Lowestoft beach headquarters and head up the coast to the mouth of the River Yare between Gorleston and Great Yarmouth before following the river inland to Burgh Castle and then taking the River Waveney via St Olaves back through Oulton Broad to Lowestoft, finishing on Friday 26 August.

If you would like to donate to this fundraising you can visit; <https://donate.givetap.co.uk/d/ke4i9yrg?qr-id=14085>

Gorleston Golf Club Fundraiser

Ward 2 patients will benefit from

two new comfortable recliner chairs following a fundraiser at Gorleston Golf Club last year.

More than £6,260 was raised through the charity golf day that was organised by Glen Harman. A friend and former member of the club had suggested to him that it would be good to do a fundraiser to say thank you to the hospital team for their work during the pandemic and Glen took up the challenge.

He rallied friends, family and businesses to support the event and managed to raise well over £6,000, which he handed over to the hospital in September last year.

On July 11th Glen visited the ward to see the chairs purchased with the funds – and heard more about how useful they are for patients from Ward 2 Deputy Sister Stacey McLaughlin, who is pictured with our charity co-ordinator Maxine Taylor and Glen.

The chairs provide additional comfort for patients with cardiac and other conditions and can be used to raise legs or to sleep in if patients prefer to be in a more upright position.

Maxine said; "We'd like to thank Glen, everyone at Gorleston Golf Club and everyone who supported the day, for raising this huge amount for our charity. The chairs mean patients can be more comfortable as they recover and they will make a real difference to so many people."



Nursing Cadets

Our first cohort of Nursing Cadets have successfully completed their 15-month pathway programme and have all now secured a place to train as Nursing Associates.



Ormiston Cliff Park Primary Academy

Ormiston Cliff Park
PRIMARY ACADEMY

www.ocppa.co.uk

It has been another very successful few weeks at Ormiston Cliff Park Primary Academy!

Careers Mark Award Success

We are proud to announce that Ormiston Cliff Park Primary Academy has recently been awarded the National Careers Mark Award. This is in recognition of the way that our curriculum prepares our pupils for the world of work through teaching them about the different ways in which their unique skills and talents can be used in the future as they think about possible careers. The aim of our careers curriculum is to raise children's aspirations by teaching them about the vast array of exciting careers that exist and by helping them to understand the links between their learning in school and the possibilities that it will help to create for their exciting futures.



On June 30th, we celebrated our annual Careers Day, when pupils and staff were asked to dress as someone carrying out the careers of their dreams. From Racing Drivers to YouTube,

Bakers and Surgeons to Architects, the range was incredible, and the children really enjoyed their learning.

Summer Showcase Concerts

This week, we have held our Summer Showcase Concerts, where all the children from our various music, drama and dance clubs have come together to celebrate their achievements over the year. It was a spectacular collection of songs, dances, instrumentalists and musical theatre performances. We are so proud of all the children who took part, and it was a pleasure

to see just how much talent we have here at Ormiston Cliff Park Primary Academy!

Sporting Successes!

Last week, our children and parents enjoyed a fantastic Sports Day. To celebrate the Commonwealth Games, our Sports Day activities were linked to the events that will take place at the real event in Birmingham later this year. All our children took part in their house teams and worked incredibly hard to score points for their team. The event was really well supported by parents and carers and it was a pleasure to see the children working together so positively and demonstrating sportsmanship.

Ormiston Trust Golden Mile Challenge

Over a four-week period, we have been competing in the Ormiston Trust Golden Mile Challenge event! The aim was to see which academy could secure the highest possible participation percentage of pupils, staff and parents walking as many laps of our Golden Mile track as possible. The children were also challenged to see just how far they could walk together if their miles were placed on a map and the results were incredible! Over the four-week period, together we managed to walk over 6000 miles – the equivalent of from Gorleston to Peru. We were delighted to finish in overall second place. Congratulations to one of our Year Two pupils, Yusuf, who also won a special Golden Mile Pupil Award for his fantastic individual effort!

Football Champions

Our U11 boys concluded their extremely successful season by winning the Great Yarmouth Schools' League for the first time in eight years, beating Martham Primary Academy 3:1 in the recent final. We are incredibly proud of the boys' efforts and conduct over the course of the season and wish the team every success as they move on to their respective High Schools. What a fantastic achievement!



We would like to thank all our parents and carers for their support throughout what has been a highly successful year and wish them all an enjoyable summer holiday.



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