

St Andrew's Church

ISSUE 31, December 2020

GORLESTON Community Magazine

Inside this issue: Kaley Waley's Parrots, School News,
Christmas Coffee Time... *And much more!*

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Hello Gorleston!



Welcome to Issue 31 of YOUR free community magazine.

It has been a very different and problematic 2020, and as we head towards the festive season, there are no guarantees that Christmas as we have known it will be the same in 2020. We will all be affected, but in different ways, so it begs the question "What does Christmas mean to us?"

Christmas to Me

Christmas to me is nativity
And the sound of carol-singing;
But to others it is revelry
And the sound of shop tills ringing.

Christmas to me is shepherds
On a hillside attending their sheep;
And the sound of angelic voices
Over a town bathed in sleep.

Christmas to me is the Magi
Who put all of their faith in a star,
And in search of the little Christ child
They willingly travelled so far.

Christmas to me is worship
Giving thanks for the Saviour's birth;
But to many of the folk I know
Christmas has no real worth.

So what will YOU see this Christmas?
Will you think of that baby so small?
And recognise that the love of God
Came to earth that first Christmas of all?

By Colin Hammacott

In the words of Charles Dickens' Tiny Tim,
"God bless us, every one!"

Whatever Christmas means to you, we send you the
very best wishes. Stay safe, and we'll meet again in January!



Ed.....

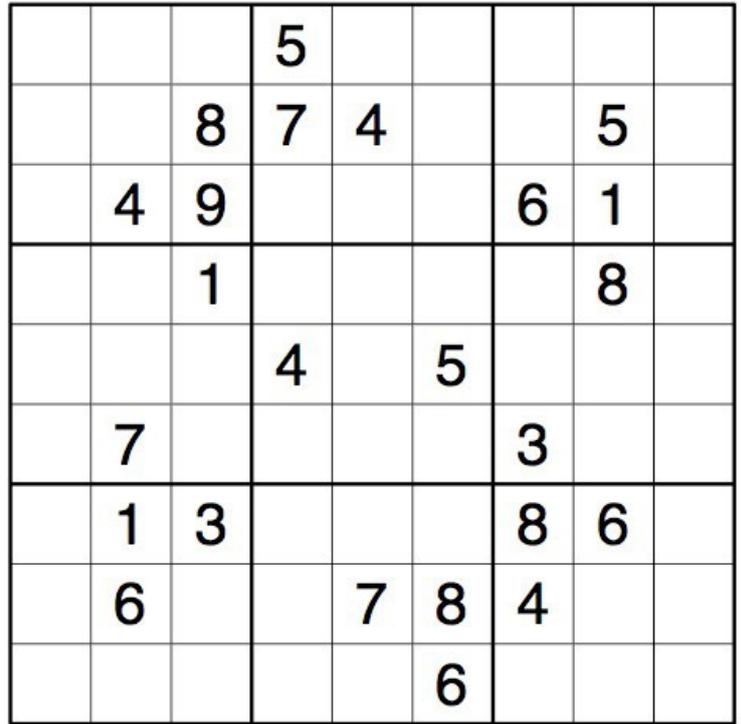
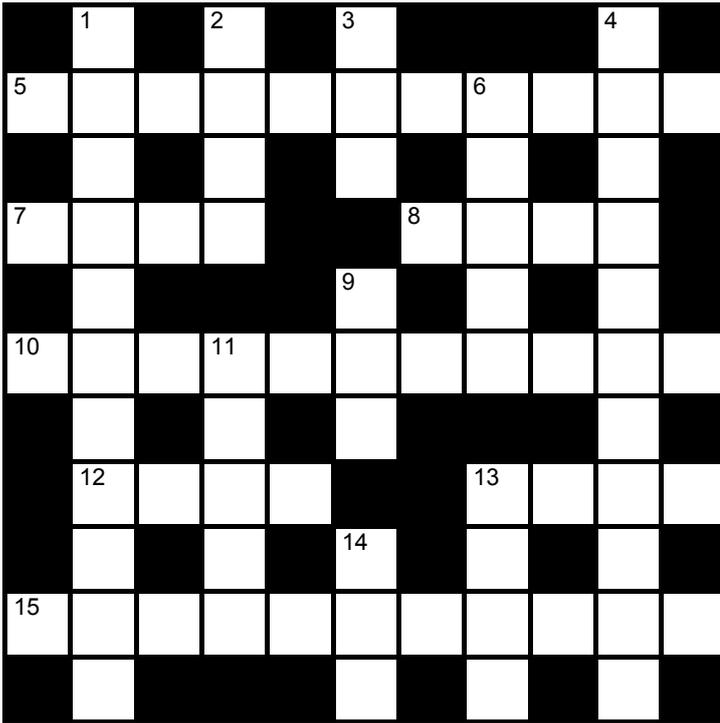
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Deadline for the January Issue is
Monday 7th December

Thanks to **Kaley Waley**
for this month's front page picture

Coffee Time 1



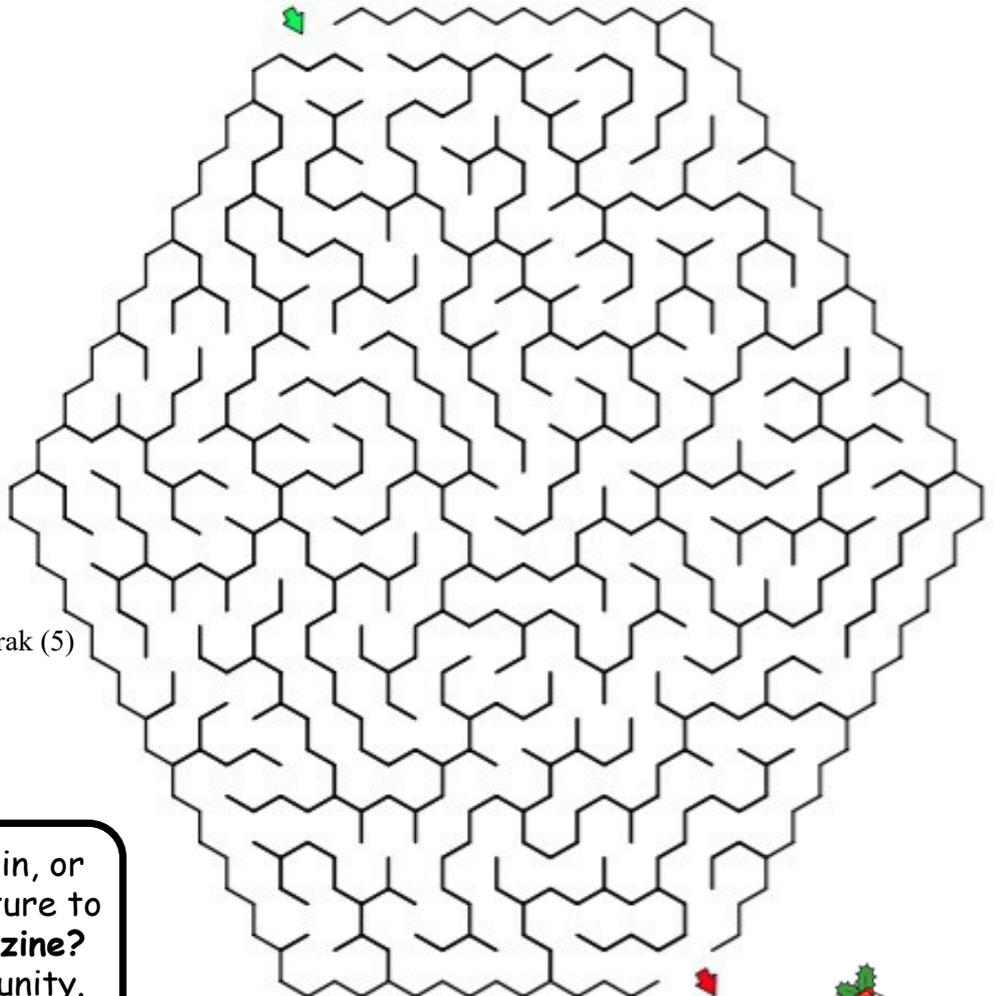
© 2008 KrazyDad.com

Across

- 5 Disaster (11)
- 7 Matures (4)
- 8 Immediately, in hospital (4)
- 10 Some musical intervals (11)
- 12 Silence (4)
- 13 Admonition to be quiet (4)
- 15 Resentfully (11)

Down

- 1 In decline (11)
- 2 Containers for fermentation (4)
- 3 Source of ready money (1,1,1)
- 4 Why not? (4,3,4)
- 6 Frequently (5)
- 9 Investigate (3)
- 11 Former Egyptian President --- Mubarak (5)
- 13 Transmit (4)
- 14 Cold fuel (1,1,1)



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The Rockin' Rev

Unless you're a major shareholder in Amazon or Zoom, 2020 is unlikely to go down as anyone's favourite year. The corona-virus pandemic has made life harder, less certain and more fearful.

Despite drastic measures introduced by the government that have confined us to our homes and prevented us from social contact, the number of Covid 19 related deaths in the UK has risen to over 50,000.

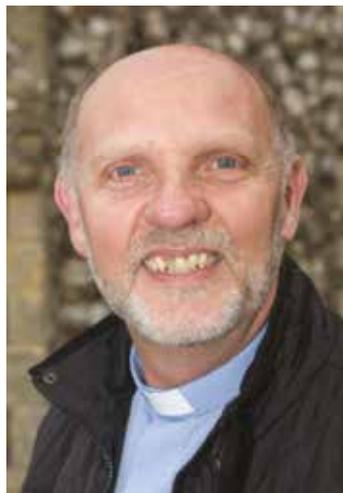
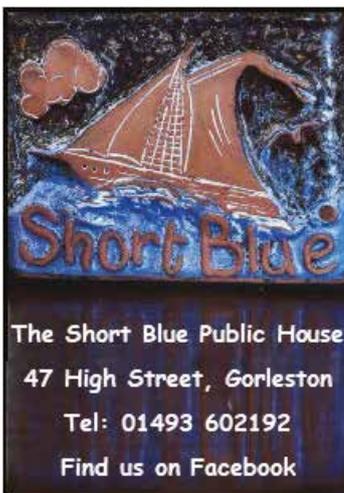
Times are difficult and in difficult times we look for hope – something to hold on to, something to look forward to, something or someone to assure us that things will get better.

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

Christmas celebrations will be very different this year. Churches that usually see a seasonal increase in attendance at services will only be able to accommodate a restricted number of people in order to comply with guidance on social distancing. And there is, of course, the possibility that some church buildings might not be open at all.

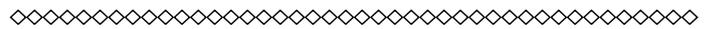
Yes, Christmas celebrations will be very different this year, but the story of Christmas is still the same – it's still the story of a little town called Bethlehem; it's still the story of Mary and Joseph; it's still the story of an innkeeper who had no room for the travel-weary couple; it's still the story about the birth of a savior who was given the name Jesus; it's still the story of angels appearing to shepherds with good news of great joy; it's still the story of the Magi, the wise-men, who travelled such a great distance to worship Mary's child and present him with their gifts of gold, frankincense and myrrh.

Rev Brian Hall
Vicar of St Andrew's Church



This Christmas of all Christmases, we're desperately in need of hope. The story of the first Christmas is the most hope-filled story ever told, a story of hope driving out fear, of light shining in the darkness; of God preparing to remake this world into one without sickness, pain, grief or death.

Whatever the circumstances this Christmas, let yourself be surprised by hope.



"Nice idea, Amelia, but I don't think that the Angel of the Lord Zooming with the shepherds would have the same dramatic effect."

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Gorleston FC



Gorleston's new look line up is beginning to gel and they were going great guns – until COVID caused the season to be suspended.

With non-elite sport stopped until at least 2nd December, the Thurlow Nunn League have decided to extend the season by three weeks until 15th May 2021 to allow the games to be rearranged.

Since the last time of writing, Gorleston have played four, won four.



Connor Ingram gets close to the Downham Town keeper

Two of those games were in the FA Vase where the Greens have made progress into the second round. A double from Chris Henderson and one from Marcus Dunthorne - McInerney saw off Downham Town 3-2.

Baldock Town then visited Emerald Park in the last game before Lockdown 2. The visitors raced into a two goal lead before the half hour mark. However, a Connor Deeks header (below) then a Christy Finch free kick brought the Greens level by half time. Second half penalties from Connor Ingram and Finch ensured Gorleston were in the hat.



They will now be at home to Kirkley & Pakefield in the next round, whenever that will be.



In between the Vase games were two 1-0 away league wins. Chris Henderson's goal (left) was enough to see off Godmanchester Rovers and it was Finch who scored the winner at Stanway Rovers (top right).



Gorleston Reserves have gained just one point from their last four games. A 3-2 (Declan Allan and Dylan Hacon) defeat at Stalham was followed by a 4-2 (Mitch McKay 2) loss at home to Yelverton.



Christy Finch shoots the winner at Stanway

The point came in the next match when the Greens second string drew 2-2 (Allan and Dino Tabakovic) with Sprowston Athletic. They then went down 5-1 (Tabakovic) at Aylsham.

The Under 18s lost 2-1 (Declan Beales) to Diss Town then beat Waveney 11-1 (Beales 4, Harrison Hall 4, Joe Corby 2, Harlen Roberts).

The A Team drew three games in a row to move off the bottom of the table. Firstly, 1-1 with Shrublands Reserves, Lee Turner the scorer. Then came another 1-1 draw (James Denman), this time with Belton Reserves which was followed by a goalless draw with leaders Hopton. They then lost 1-8 (Harley Baxter) at Prostar.

The Womens team have lost their three league games since the last edition but have made cup progress by beating Thorpe Spitfires Reserves 5-2. Lucy Robbens scored four and Nicole Sheldrake netted the other.

Off the field, reserve team assistant manager Arren Howarth announced the club will be supporting Marcus Rashford's plea to end child food poverty. With this in mind the club are asking for help by people donating non perishable food stuffs. These goods can be delivered to either Emerald Park on match days or Norfolk Hire HQ (Gapton) on Monday to Friday. The goods will then be delivered to the local food banks in the Gorleston area.

The November winners in the monthly GoLD Draw were Darren Webb and Julie Kounnas who receive £78 between them in prize money. Entry is just £5 per month and 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 when the season may restart, no fixtures for December have yet been announced so for the latest fixtures visit www.gorlestonfc.com

Gorleston FC would like to wish all supporters and followers a happy Christmas and here's to a better 2021.

Calling all photographers!

Have you taken a picture of Gorleston that you would like to share or to be considered for the front page? It can be normal, creative or photoshopped, but must be in Gorleston.

If so, email it to gorleston.community.magazine@gmail.com



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Calling all poets!

Do you have a poem you would like to share?

If so, email it to us at

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Ormiston Cliff Park Infant & Junior Academies



Autumn Term & 2021 Countdown

Our last term of 2020 is nearly complete, and it has been busy, enjoyable, challenging and rewarding. Whilst continuing, of course, with Covid-19 safety measures, we have learned about so many fantastically interesting things as well as having great fun with art projects, sport, and music.

Blue Peter Badges

We would like to share the amazing accomplishments of Summer and Harry (both from Year 5 Kingfisher class) who have been awarded Blue Peter badges. Summer's was awarded for her art work and in particular a portrait of her dog, and Harry's for his music – guitar playing – his badge was designed by Ed Sheeran!



Armistice Day

Along with the rest of the country, our academies observed Armistice Day on 11th November by taking part in the 2 minute silence. Many of our pupils and staff bought poppy wristbands from the British Royal Legion Poppy Appeal, and we all discussed the events of World War 1. Our Reception children even made their own poppies - see Starfish class to the left. We concluded that we all owe our thanks to those men and women who sacrificed so much for us.



Children In Need

Looking to raise money for Children In Need, we invited the children to attend school on Friday 13th November in non-uniform in return for a small donation. Of course everyone relished the opportunity and we raised lots of money for this good cause (total to be announced soon!).



During the day we talked about what this charity does and took part in Pudsey themed activities.



Our Cliff Park family would like to wish you all a very happy Christmas, Hannukah, Kwanzaa, Yule, Hogmanay, New Year's Eve, and any other celebration you may be holding! We look forward to bringing you more academy news in 2021.

Stay safe, healthy, and happy!



A SMILE

Smiling is infectious,
you catch it like the flu
When someone smiled at me today
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled I realised
I'd passed it on to him.

I thought about my smile and then
I realised its worth.
A single smile like mine could travel
right around the earth.

If you feel a smile begin
don't leave it undetected.
Let's start an epidemic quick
And get the world infected.

by Jez Alborough
www.jezalborough.com



Poems to Ponder

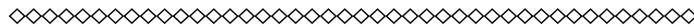
CHRISTMAS FRUSTRATION????

I said to God, upon my knees, "O Lord, I am so cross!
That gift I sent to Aunt Denise, within the post is lost!
That tree I bought for forty pounds, (well, just a penny less)
Its needles lie upon the ground, it looks a total mess!"

"I know," said God, "I understand, I sent my Son, you know.
He came to Earth, just as I'd planned, two thousand years ago,
Was born within a stable bare – the cattle heard Him cry
He spoke of love, men didn't care, they led Him out to die."

"No gift was given with such love, no higher price was paid.
He left His throne of light above, for sin His life to trade.
But even after all these years, this gift you men eschew,
So Christmas is a time of tears, for me, as well as you."

by Nigel Beeton



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Email: hello@basicczerowaste.co.uk

I have lived in Gorleston since 2015. I LOVE it here. It has a wonderful community spirit, plenty of amenities and a thriving high street. But for me, there is something missing.

I have been using zero waste products for several years, but I have always felt frustrated that I could only buy these items online. No single online shop has everything I need, postage costs make items expensive and small orders seem to add to my carbon footprint unnecessarily. I really wanted something local; a solution which would complement my weekly shop. I am a busy working Mum, I simply don't have the time to invest in shopping around for the best zero waste solutions.

I knew that I wasn't alone. Speaking with friends they echoed my sentiments and desires for a local alternative. Seeing a gap in the market in Gorleston and potential to introduce the zero waste movement to more people, Basicc Zero Waste was born.

I offer a range of zero waste and plastic free essentials at affordable prices, plus free local delivery or collection in Gorleston. I aim to make zero waste easy, affordable and accessible to my local community, breaking down barriers to people reducing their waste.

I'm so excited to help you on your zero waste journey!
Emily x

GoSH

Gorleston-on-Sea Heritage Group

Elizabeth Raymond Hairdressers and the Geometric Look

The Gorleston hairdresser's salon Elizabeth Raymond was opened by Elizabeth and Raymond Baumber in the early 1960s. Kelly's Great Yarmouth Directory of 1963 lists them as occupying number 10 Lowestoft Road. Next door at number 12 was R.A.P. Rented Radio (Eastern) and on the other side at number 6 was Kwick Cleaners. FW Woolworth & Co was at number 4 and on the corner of Lowestoft Road and Church Lane at number 2 was Boots the Chemist.



In 1966 the Elizabeth Raymond business was sold to David Liffen who had previously run a ladies hairdressers business in Lowestoft from 1960 to 1966. It was called The Regency and is believed to be the "Regency House of Ladies Hairdressing" 141 London Road South that was later listed in the 1971 edition of the Norwich Area Yellow Pages.

On Monday 21st March 1966 a group of 15-year-old girls from Cliff Park Secondary Modern School were invited to a hair styling demonstration at Elizabeth Raymond in the evening. One of the girls volunteered to have her hair styled in the latest "geometric look" that had been created by the London hairstylist Vidal Sassoon in collaboration with fashion designer and fashion icon Mary Quant. The Quant bob was much copied, and the sleek, face-hugging haircut style became a fashion statement for the era that we now call the "Swinging Sixties."

Email: gorleston.community.magazine@gmail.com

Vidal Sassoon was born in the East End of London during 1928 and had a tough childhood, spending most of his time in an orphanage after his father left the family. His mother remarried and claimed him back when he was 11. She wanted him to have a trade and arranged an apprenticeship for him in a barber's shop. He began to seek work in the West End of London, but his East End accent held him back. He retrained his voice by listening to actors in the theatre and he then moved into fashionable ladies hairdressing teaming up with Mary Quant in 1957.



The Sassoon Salon in Ave Maria Lane, London EC4

One of the Cliff Park girls who attended the 1966 event at Elizabeth Raymond was GoSH member Julie Grint who noted in her diary that after the demonstration they were all offered a free appointment.

The members and the committee of GoSH wish all readers of the Gorleston Community Magazine a Merry Christmas and a safe, peaceful and COVID free New Year.

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

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

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 **EAST NORFOLK**
Sixth Form College

Christmas Coffee Time

Christmas Quiz

1. Which monarch made the first royal Christmas broadcast?
2. Which country donates the Christmas tree in Trafalgar Square?
3. Where did Joseph, Mary, and Jesus travel after leaving Bethlehem?
4. What gifts did The Three Wise Men give Jesus?
5. Who banned Christmas carols after the English Civil War in 1647?
6. In which century was Christmas first celebrated in the UK?
7. Which US states have towns actually named Santa Claus?
8. What is the name of Ebenezer Scrooge's partner in A Christmas Carol?
9. In the poem 'The Night Before Christmas', what did children have visions of?
10. What year was 'Do They Know It's Christmas?' written?
11. What is the biggest selling Christmas song?
12. What 1990 movie tells the story of a boy whose house is robbed at Christmas?
13. What Christmas carol has the words fa-la-la-la-la-la-la-la-la?
14. What was the first Christmas song broadcast from space?
15. What reindeer is never mentioned in The Night before Christmas?

Christmas Anagrams

Solve the Christmas anagrams below:

1. congress liar (5,7)
.....
2. can assault (5,5)
.....
3. refreshed erudite londoner (6,3,3,4,8)
.....
4. drastic charms (9,4)
.....
5. in the glints (6,5)
.....
6. enjoy mad sharp (4,3,6)
.....
7. unready cabs (6,5)
.....
8. gap pawn ripper (8,5)
.....
9. i'm a poet madman (9,4)
.....
10. smart heretics (9,4)
.....
11. off the sane pest (5,2,7)
.....
12. in action slash (5,8)
.....
13. vicars themes (9,3)
.....
14. tiny pay vital (8,4)
.....
15. robust spurless
.....

Christmas Pudding Hunt How many Christmas Puddings like this can you count in the magazine? (do not include this page)



Christmas is not cancelled!!



St Andrew's Church

Services over the Christmas period:

- * Sunday 20th December, 10.00am
Christmas Carol and Nativity Service
- * Thursday 24th December, 11.30pm
Midnight Communion Service
- * Friday 25th December, 10.00am
Christmas Day Holy Communion Service
- * Sunday 27th December, 10.00am
Christmas Carol Service

All services are subject to change, and attendance numbers may be limited - for updates, see <https://www.facebook.com/StAndrewsChurchGorleston>

“Then the Grinch thought of something he hadn't before!

What if Christmas, he thought, doesn't come from a store.

What if Christmas...perhaps ...means a little bit more!”

Dr. Seuss,

How the Grinch Stole Christmas!

Comfort and Joy



Join us to celebrate Christmas at St Mary Magdalene

Virtual Christingle

Available online on Sunday 6th December

Magdalen Nativity Trail

Download a trail map at stmmgorleston.org.uk/nativitytrail (available from 14th December)

Zoom Nativity

Available online from 21st December

Traditional Lessons and Carols

Sunday 20th December at 4pm and 6pm

Midnight Communion

Christmas Eve at 11.30pm

All Age Christmas Celebration

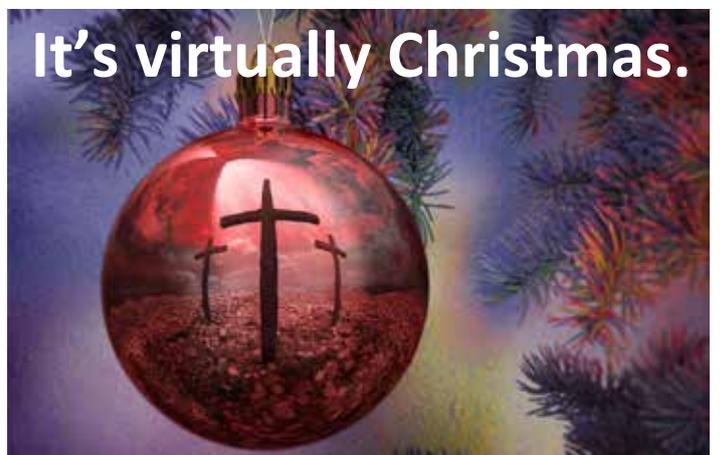
Christmas Day at 10.30am



To keep up to date, check all the details or book for services go to stmmgorleston.org.uk/christmas, find us on Facebook or follow us on Twitter or Instagram



It's virtually Christmas.



This Christmas will probably feel a bit different. But we would still love you to join us online, to celebrate the birth of Jesus from the comfort of your own sofa.

Sun 13th Dec 10.30am Advent Service

A one-hour service featuring a mixture of carols, worship songs and a short talk.

Sun 20th Dec 10.30am Carols for All

A one-hour service with carols, readings, a personal story and a short talk.

4.00pm Christingle

A half-hour service for children. We can even deliver you a Christingle-making kit!

Friday 25th Dec 10.30am Christmas Day

A one-hour service featuring a mixture of carols, worship songs and a short talk.

Christmas Stories

Ever wondered how people meet Jesus today? Download this Christmas Special and listen to people's experiences. It will be available from Sunday 20th Dec.

For details about how to join a live service, or to watch a recording, visit our website at cpcc.org.uk Need some help? Ring Tracy on 07923885850.

Cliff Park Community Church

The Nativity according to Mabel Shields aged 4 (as told to her mum!)

The people needed to be counted, they had to go where the families are.

Mary and Joseph were going where their people lived.

Mary was having a baby, she was riding on a donkey.

An angel fairy said the baby was going to be special "Jesus"

They got to Bethlehem; they found a stable; the stable was warm and dry; they found a cow, a donkey, a horse, a chicken, a goat, a sheep and a camel.

The baby was going to be a king.

The baby was born and put in some snugly warm hay.

The shepherds saw with their eyes the fairy angel and she told them to go see the baby. The shepherds found it was true and they were happy.

The wise kings saw a new star, they followed the star to try and find a new baby.

They took some presents.

They found the new baby Jesus.

Jesus' birthday is on Christmas day.



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Vets and Pets



Winter Birds

Garden birds are extremely vulnerable during the winter months and providing food and fresh water is one of the most helpful things you can do for them. During cold winter nights, birds can sometimes lose 10% of their body weight just keeping warm, which means they quickly need to find food during the day, just to replenish their reserves for the cold winter night ahead. Prolonged cold spells can lead to a very high mortality rate in birds.



In addition to traditional bird tables, hanging feeders suspended from trees (or a standing pole) are a popular way of feeding birds. Seed feeders are tubular, transparent containers with holes, through which the birds are able to access a high calorie seed mix. Nut feeders are made of steel mesh and are ideal for unsalted peanuts.



Bird tables can be stocked with seed mixes and a selection of household scraps such as cooked potato, cake crumbs and soft fruit.

It is also important to ensure that birds have access to fresh and not frozen water since many birds die in severe weather due to dehydration. A suspended water dish is a good way of achieving this and, if it is very cold, use tepid water.

Further information on caring for garden birds can be found online at www.rspb.org.uk

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

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

Gorleston Funeral Home

Hi Everyone,

My name is Odette and having recently taken over your local funeral home on Church Lane, I thought this would be a great way to not only introduce myself, but to also let you know that funerals are only one aspect of what we stand for and that we are also here for you as a community.

November saw that time of the year where we pay our respects and direct our thoughts to our heroes who gave their lives for us in World War One and conflicts since. We wanted to do something significant to honour our fallen heroes with the help of our local children. Having spoken with the staff at Peterhouse Church of England Primary Academy, it was agreed that we could mark this occasion by putting on a colouring competition. The idea was to flood our front window with poppies that the children had designed, and they certainly did not disappoint!

The competition was open to the whole school, ranging from pupils in Reception up to Year 6. We were absolutely overwhelmed with the response we had from the children, and were so proud of how they all came together to design a poppy for such a special time of the year. Picking winners and runners-up from each year group was no easy task, and we deliberated for some time over who we would choose. Of course, they were all winners in our eyes, and we were amazed at some of the time and detail that had been taken in making these poppies. Prizes of chocolate were distributed



to the winners and runners-up, which I am sure went down very well!

My colleague Martina sat and cut out each one very carefully before placing them onto the window display, and the overall effect was overwhelming and quite humbling. Those that have passed the funeral home have all stopped to take in the children's efforts, and it's been great to see children coming by with their parents to spot their poppy in the display.

Why are poppies used as a symbol of remembrance?

Poppies are used to remember all our brave soldiers who gave their lives, as they were the flowers that grew in the battlefields after World War One ended. This is also depicted in the poem *In Flanders fields*:

In Flanders Fields

by John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

So, a Big Thank You! to all pupils at Peterhouse Church of England Primary Academy, and for everyone else as we enter this second lockdown period, Look out for one another and above all, Be Safe.

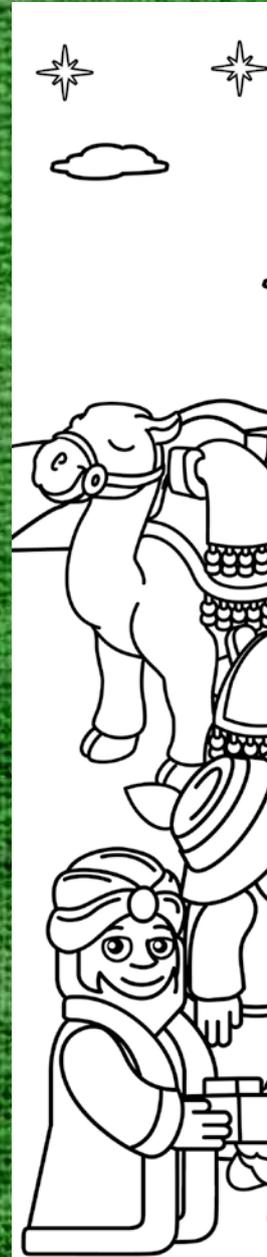


Kids' Corner

Joy To The World,



Can you find your way through the stocking maze?



Bible thoughts: 'What's in a name?'

Matthew 1: 21 - An angel said to Joseph:

"You will name him Jesus. Give him that name because he will save his people from their sins." (Jesus is the Greek version of the Hebrew name 'Joshua', which means saviour)

Matthew 1:22 - "All this happened to make clear the full meaning of what the Lord said through the prophet..... 'They will name him Emmanuel.' (Emmanuel / Immanuel means 'God with us.')

The Lord Is Come!

December Colouring Fun



Did you know?

At Christmas time, many Christians choose to especially remember that God sent his son, Jesus, into the world. He arrived not as a lofty prince, born in a palace, to great fanfare, to later become King. Instead he was born in a place where animals were kept. Only a few people knew about it. Some shepherds were told by an angel to go and find him. And about two years later, some wise men arrived to see him, after following a star, to present him with gifts. Just as we give gifts to one another at Christmas time. You can read all about Jesus' birth in the Bible. Just go to the book of Matthew, chapters 1 and 2 and the book of Luke chapter 2.

Gorleston Then & Now

by John McBride



Middleton Gardens, the road, was originally called Pound Lane, and ran all the way from Church Lane along Middleton Gardens, continuing to near Crowhall Green. It was not until 1923 that Middleton Road was opened by E. J. Middleton, the then Mayor. The roundabout at the junction of Middleton and Church Roads and Church Lane was built in 1933, the first roundabout in the borough. While the houses on Middleton Gardens have changed little, the area across Middleton Road has developed greatly. The gardens themselves are plainer than they used to be.



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Opening THE Book

with
Reverend
John Kinchin-Smith

For centuries before Jesus, the Bible spoke of one who would come known as the Messiah. He would be descended from King David and his kingdom would last forever. These promises were spelled out to Mary when God promised that she would be the mother of the Messiah. Even more than this, the child to be born would be called “the Son of God”. (Luke chapter 1 verses 26-38).

The Old Testament prophets had written about this coming Messiah who would be the Saviour of Israel. Micah, for example, had told that he would be born in Bethlehem. Zechariah had told of the time when the Messiah would ride into Jerusalem on a donkey. But Isaiah had also spelled out many centuries before Jesus that the Messiah would suffer and die. “He was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.” (chapter 53).

These same prophets also glimpsed God’s long-term plan for his world. Isaiah wrote in chapter 25: “The LORD Almighty will destroy the shroud that enfolds all peoples...he will swallow up death for ever.” (verses 6-8). King David, 1000 years before Jesus, had also caught a glimpse. He says in Psalm 47, “No one can redeem the life of another so that they should live for ever...But God will redeem me from the realm of the dead; he will surely take me to himself.” Similarly in the 23rd Psalm, he writes, “I will dwell in the house of the Lord for ever”.

But it is to Jesus that we look for the final word: Jesus said, “I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives and believes in me will never die.” (John chapter 11) “Do not let your hearts be troubled. Trust in God; trust also in me. In my Father’s house are many rooms...I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.” (John chapter 14).



Ramblings of a Displaced Cockney



The Pleasures of a Bit of Writing

I have gone through most of my life without really ever enjoying the pleasures of writing. Don’t get me wrong, I don’t mean the pleasure of reading other people’s writing. Yes I have enjoyed reading books, never enough of them I must admit, despite being surrounded by shelves and shelves of novels, all the big names, all the latest Prize nominees and so on.

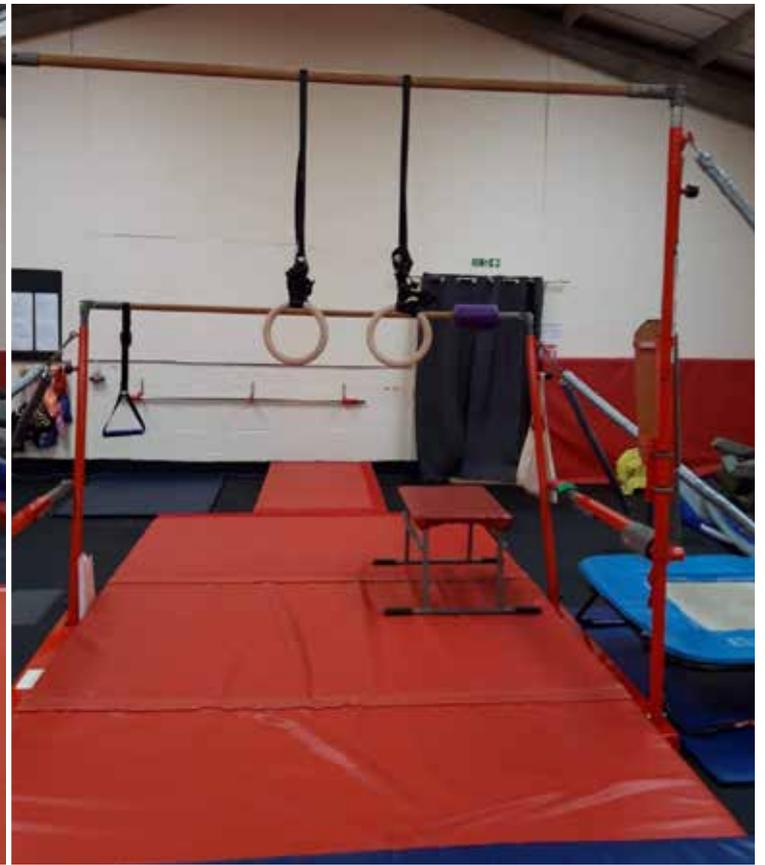
They weren’t mine of course; they were my lovely late wife Jenny’s. She was an avid reader always with something on the go. She enjoyed book groups wherever we lived, especially the friendly one at Gorleston Library. I might have read the reviews but rarely the books themselves, I always seemed to have something higher up in my list of priorities of things had to be done next. I’ve missed a lot I suppose but perhaps it’s just as well because when I do read something it becomes all-consuming and I get through it at breakneck speed, sacrificing everything else, like eating for instance.

Of course in my job in education I had to write lots of stuff, policies, presentations, bid submissions, references and analyses. Perhaps that put me off my thinking about anything more interesting.

Or perhaps it all goes back to that day at school when I was about fourteen. I was sitting on the second of my two buses to school, a combined journey of seven miles or so, when I suddenly had a moment of panic and realised that the story I should have written for last night’s English homework had not even been thought about and it was due for the day’s first lesson!

So I did what every school boy does in this situation. No, I didn’t make up some feeble, totally implausible excuse, I dashed off something with little thought and at great speed, in a shaky bus journey kind of way, and prepared to face the criticism that was sure to be heaped upon my miserable head. When I got it back the reaction astounded me: “This is the best thing you have ever written” she said. What!! Blow this for a lark, you sweat your guts over some carefully crafted essay and get slated, you hastily dash off something in twenty minutes and you get lauded. This writing business was clearly not for me.

When Karen asked me to pen some pieces for the magazine, I really thought that she must be joking, but actually I’ve enjoyed it and ideas seem to keep coming. Apparently someone reads them, even if it’s only me. I have previously written a piece about the joy of learning poetry, but now I have even written my own slim volume, NOT for publication of course but that isn’t the point. The point is that it is relaxing, therapeutic, fun even. Try it yourself, you may even find the same delight!



SPLIT LEAPS GYMNASTICS CLUB

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

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We have a full facility including: sprung floor, tumble track, air foam pit, bars, vault, beams, parallel bars, pommel and rings.

Gymnasts can progress through the British Gymnastics badge system, which we do once per term, and they can then go on to compete at all levels from beginner competitions, through the general gymnastics levels, development pathway (grades and county levels), to national invitationals, and adult competition if they wish to do so.

We offer a free trial session to all new gymnasts. To book your child's session please contact us via our website www.splitleapsgymnasticsclub.co.uk, or through our facebook and instagram pages split leaps gymnastics club, or by phone 07551904649, or email tinaamis@hotmail.co.uk



Ormiston Venture Academy

New Teacher Training Opportunities Across Norfolk Launches in Gorleston.

Ormiston Venture Academy, in partnership with seven secondary schools across Norfolk and Suffolk have teamed up with The OAKS Partnership to launch a new teacher training programme.

The OAKS Norfolk School Centred Initial Teacher Training (SCITT) programme aims to ensure schools across East Anglia are able to recruit excellent staff.

The programme offers an Ofsted rated 'Outstanding' training year for those looking to enter the teaching profession. The highly personalised and supportive programme emphasises the importance of trainee teachers' ability to promote outstanding progress of the pupils they teach.

The new programme builds on similar successful partnerships between The OAKS and Ormiston Academies Trust, which has five additional hubs set up in different parts of the country, serving over 40 schools.

All trainee teachers follow a programme to gain Qualified Teacher Status (QTS) and to be accredited with an academic PGCE award. Trainee teachers will be placed in two secondary schools throughout the academic year, teaching classes ranging in KS3 and KS4, with a variety of enrichment experiences provided, including KS5, primary, special schools and alternative provision.

Trainees will also have a residential (or out of school activity, as the OAKS residential may not be possible if restrictions on travel and personal space are in place (e.g. COVID-19)) and visits to other professional agencies in order to build up their professional CV.



Training focuses on the secondary phase. Subjects include Biology, Chemistry, Computer Science, English, Geography, History, Mathematics, Modern Languages, and Physics.

The OAKS also offer the Assessment Only Route into teaching, which is a 12-week accreditation for QTS. More information is available on request.

Applications for those interested in training during the 2021/2022 academic year open on Tuesday 13th October.

Those who have questions, or would like further information, should contact oaksnorfolk@ormistonventureacademy.co.uk

Tuesday Humby, National Director of Teaching and Training for Ormiston Academies Trust (OAT), said:

"We are delighted to be bringing The OAKS Outstanding teacher training programme to the east of England, to give our new teachers the very best start to the profession. What works so well about this programme is the true collaboration and delivery from partnership schools, it's set up by teachers, for teachers."

David Da Silva, Deputy Director of The OAKS, said:

"We are very excited to be beginning The OAKS programme with Ignite and our partnership schools in Norfolk. Our programme really focuses on the individual, making sure they're empowered and supported throughout the whole programme."

Jodie Gilbert-Barnham, Dean of Programmes, Ignite TSA & Ormiston Venture Academy, said:

"We are thrilled to be working with The OAKs to make this programme a reality. Norfolk is a fantastic area to become a teacher, and I would encourage anyone who has ever thought about transitioning into the profession to contact us."

Helen Morrey, a Newly Qualified Teacher (NQT) who trained through The OAKS and OAT, said:

"My training with The OAKS was fantastic. I loved the academic side and pedagogy theory as part of the course. The support from The OAKS staff was also brilliant and made all the better by the fact that many tutors still actively teach, so their experience is current. I made some great friends and still draw on support from the cohort now."



Kaley Waley's Parrots



Kaley Waley and her parrots, and her housemate Matt and his parrot, are a familiar sight on Gorleston seafront. In November, Kaley posted pictures and answered questions about her parrots on the Gorleston-on-Sea Life Facebook page. The parrots looked

so wonderful in their fleece hoodies that we couldn't resist putting them on this month's magazine front page!

In total Kaley and Matt have 5 parrots: 2 African Greys named Jellybean and Boy, 2 Yellow Crowned Amazons named Phoenix and Basil, and 1 Blue and Gold Macaw named Quickler.



our parrots have such a long life span we try to get them out to enjoy it. I try to take them out everyday, if the weather is good enough, soon it will be too cold and they will be inside until spring. We love walking them down the seafront as it's a beautiful place to go. Most people smile but some are surprised, and without fail we always have people saying "oh, is it a real parrot?" as if walking fake parrots is a normal thing!"

The parrots look lovely in their fleece hoodies, but their hoodies serve a purpose, they are not just being dressed up



Kaley said "We have been walking our flock of parrots for 10 years as they like going out. They can live for up to 50-80 years and no one should spend that time inside - quarantine shows it's not good for anything to be stuck in a house! As



like dolls. If it's cold out they have to wear fleece hoodies or they would be cold. Parrots can tolerate the cold but they don't like draughts. Kaley always dresses the parrots according to the weather and has a wide and varied wardrobe to choose from, sourced from "Babes in the Hood".



People assume that the parrot's wings have been clipped to stop them flying away, but actually they are all very good flyers and, on their walks, always have flight harnesses on. This is because, living next to the sea, there are too many seagulls which make it too dangerous to free fly the parrots. However, although current restrictions prevent them, along with other parrots (and owners), they do go to a flying club in Ipswich called Parrots & Birds of East Anglia, where the group meets up in a barn. The parrots can fly and mingle with other parrots, and after that the group goes for lunch, with the parrots, and then the parrots that can free fly go for a fly.



Kaley loves her parrots, but is quick to stress that they are very high maintenance and ownership is not to be taken lightly. "We even take them on holiday with us - you have to be there for them. People don't understand the commitment they are. They are also very messy and can be very loud, and are a life time commitment." People don't realise how powerful their beaks are, and that so many things are dangerous to them including avocado, alcohol, caffeine,

chocolate, onion, garlic, salt, sweetener, teflon, fans, ovens, smoke, aerosols, air fresheners, candles, toilets, mammals, string, loose hair, and the list goes on!

So, having a parrot is very rewarding, but a big, big responsibility, so think long and hard before getting one, as there is much more to them than just looking cute!



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The Olive Garden is a traditional Greek and Cypriot restaurant. We pride ourselves on providing excellent service that's both friendly and relaxed, and can cater for all occasions, from an intimate dinner for two to large groups.

Established in 2004 in Great Yarmouth, the Olive Garden expanded and moved to Gorleston in 2016 with adequate street parking nearby.

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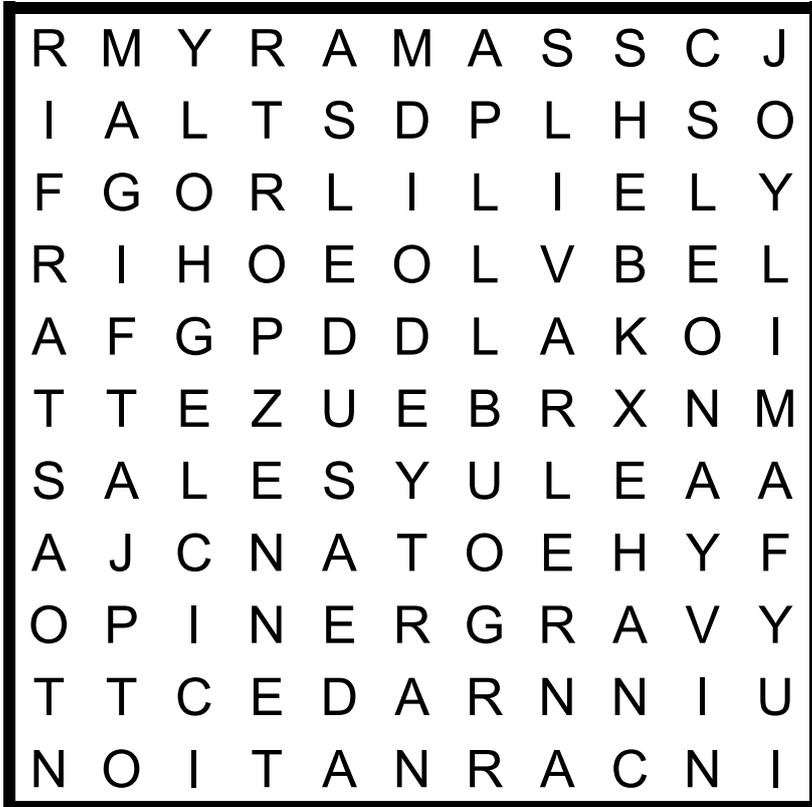
More Coffee Time!



Wordsearch

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

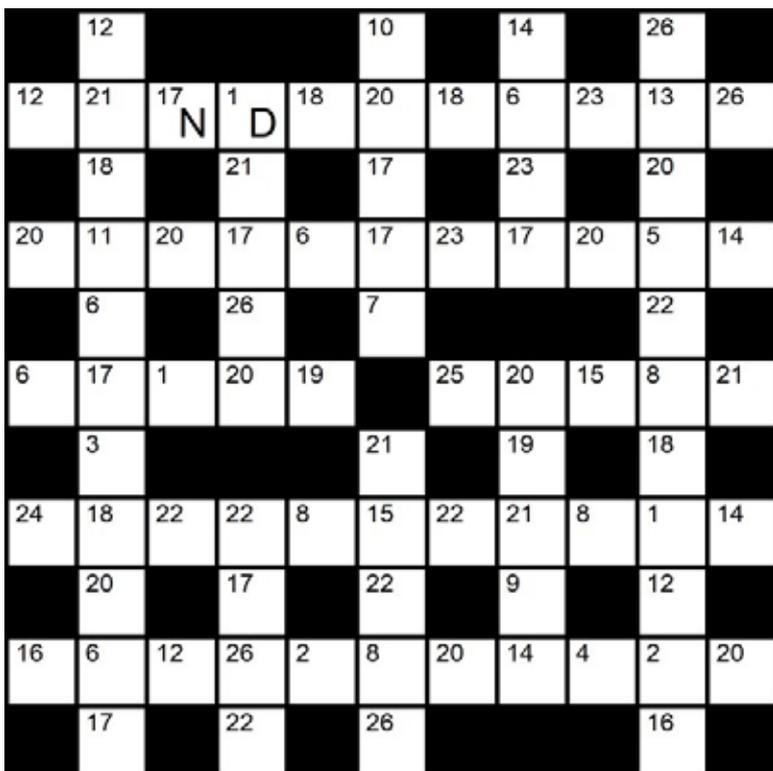
Christmas



- | | | | |
|--------|-------------|------|--------|
| Baby | Gravy | Lord | Red |
| Cedar | Ham | Magi | Sales |
| Child | Holy | Mary | Sled |
| Dolls | Icicle | Mass | Star |
| Elves | Incarnation | Noel | Tinsel |
| Family | Inn | Pie | Toast |
| Fir | Ivy | Pine | Turkey |
| Gift | Joy | Port | Yule |
| Gold | | | |

Codebreaker

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



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N O P Q R S T U V W X Y Z



Hair We Are



Being a business owner today is getting more and more difficult, so this month following the news of yet another lockdown I thought I would pass on some business tips and guides of how to help and overcome some of the everyday issues that we go through.

Firstly I will say you are not alone, most business owners go through highs and lows and most problems occur to us all, especially in the ever increasing minefield of employment.

Research has consistently shown that entrepreneurship can be a lonely and isolating journey, even if you have a business team around you. That feeling of being alone, craving accountability and support needs to be managed. If you don't manage these feelings it can lead to unnecessary stress, anxiety and even depression. Sometimes, it will feel like there is no-one to share your load, the challenges of running a business, or even the joys of your small successes.

Many business owners also report financial concerns as a reason for this increasing level of isolation and possible anxiety.

To prevent this isolation from becoming overwhelming, it is important to put a strategy in place that will help you to manage the demands of being an effective business owner:

1. Grow and nurture an online community of like-minded people. Social media is not just for selling or marketing. Instead, also use it to connect with other industry professionals through Facebook groups and communities, Instagram and Twitter lists.

2. Allocate time in your diary to go out and network. It is crucial to form real world business connections, even if it is just for a ten minute catch up and a cup of coffee. Networking events are very useful for creating business links and connections, but also to get the sense of community and find a support network.

With the pressures of the business, it is easy to find reasons for not taking time out of the building, so make this a priority on your to do list.

3. There is a tendency, especially in the early stages of growing a business, to focus only on your never ending to do list. Make time to acknowledge and celebrate achievements and business milestones, as much as to focus on the to do lists. This also means that you are constantly looking ahead and not getting stuck in the present daily business operations.

Celebrating achievements at the end of each week or month will give you a renewed sense of purpose and energy. This will help to keep your employees highly motivated and

positive.

4. Find an accountability partner to keep you motivated and driving forward. It can be hugely beneficial to find another business owner who is at a similar stage of business to you, that you can easily relate to and bounce ideas or frustrations with. With technology as it is this could be a partner anywhere else in world let alone the country a lot of PR and marketing ideas come from this.

It is important to recognise the signs and triggers of entrepreneur isolation, and experiment with various management strategies to find out what works best for you.

The Five Key People to Turn to for Support

Partner – Your partner will understand your work/life balance and can provide a personal perspective as well as give you some emotional support.

Employees – Your team can be a good sounding board for many aspects of your business. They understand your business, but for major strategic decisions, you should remain cautious.

Business Partner – Your business partner will understand the intricacies of the business and the challenges you face. They will provide the advantage of shared decision making.

Mentor – Everyone should have a good mentor to turn to for impartial business advice and inspiration. This person can guide and support you while being detached from your everyday business.

Friend – This person could be someone you trained with at college, a former business partner or boss. This person is invaluable because they can provide life advice and social connections.

The World Health Organisation has classified burnout as a medical condition. You can help to prevent staff burnout in your business by being aware of its symptoms. Anxiety is a feeling of worry, nervousness or uneasiness about anything with an uncertain outcome. Stress is the adverse reaction that people have to excessive pressures or other types of demands placed on them at work.

It is worth noting that stress is not an illness – it is a state. However, if stress becomes excessive and prolonged, a mental and physical illness may develop.

Do you have a happy team?

Staff wellbeing is a necessary consideration in the workplace. When wellbeing is eroded, people can become sick both mentally and physically. There is a fine line between healthy motivation and unhealthy stress. Causes of stress in the workplace are varied but might include a high workload, coping with change, conflict, bullying, ineffective management, long working hours, lack of training, and threat of job loss or an unclear job specification.

If you want to avoid the above, you need to introduce wellbeing policies into your business.

Create a positive work culture

Have a clear vision to ensure your staff know they are valued. This will mean they will be excited about making the business a success. Encourage teamwork through training with rewards and recognition.

Training and development adds value to the business and members of the team. This can be reflected through increased sales and improved customer service. Training can counteract negative stressful pressures as it allows staff to focus on new types of learning, which is positive and motivational.

Ensure pay and working conditions reflect the responsibilities of the role and this will also ensure your staff feel secure about their jobs.

The art of communication

Communication encourages a positive business culture, which helps to promote wellbeing. Aim for excellent communication between all levels of management and staff. You want to create a business culture that respects and encourages a healthy work/life balance. For example, offering time in lieu or overtime payments for additional work will lead to your staff feeling suitably rewarded for their efforts.

In turn, this improves self-esteem and feelings of personal value and encourages commitment and job loyalty. Plus, taking an active interest in your team's health and wellbeing and wanting your team to be happy will lead to increased productivity.

Three simple tips for a stress-free workplace

1. Create a space to relax during breaks. It is important to give staff time to escape the fast pace of the business.
2. Subscribe the team to a mindfulness app. This will ensure they have some time to relax and have proven benefits for reducing stress and anxiety.
3. Create a healthy incentive scheme. Introduce a healthy snack bowl with fruit and protein bars. Provide vouchers for massage or yoga classes. If your budget allows, provide discounted gym or fitness membership as a healthy body equals a healthy mind.

Christmas at the Pavilion

This exceptional cast of professional singers and dancers will bring their talent and charm to the Pavilion Theatre throughout the Festive Season and it really is the perfect Christmas Songbook performed by a truly amazing cast. So, take your seats and enjoy timeless classics spanning 50 years of popular music and let's bring on the Magic of Christmas once again.

PLEASE NOTE: This will be a socially distanced performance with limited availability. Tables will be allocated by the box office before the performance and you will be shown to your seats by a member of staff. If you have any requests about seating or accessibility please include this in the comments section on your booking. Face coverings will be mandatory everywhere in the building unless you are seated with a drink. This performance will be 90 minutes with no interval. There will be table service only and all audience members are required to remain seated unless they are going to the toilet, exiting or in the event of an emergency.

It's the most wonderful time of the year and now more than ever we should celebrate by enjoying all our favourite Christmas songs both old and new wrapped up in this wonderful new production.

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Richard Routledge

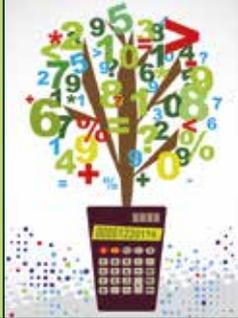
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Ormiston Herman Academy



At Ormiston Herman Academy, we have adapted to a new 'norm' and we are focusing on all the great things about being back at school.

We are working very hard as always and catching up on work we would normally have done in the Summer Term.

Two of our pupils have spent their spare time creating pictures of all the staff who work at OHA. We loved it so much that we made a display for everyone to see (above). Can you spot anyone you know?

We produced some great writing, to celebrate Black History Month in October. We studied the work of black authors as well as famous historic people and learnt about their lives. We produced some lovely displays.



We took part in World Mental Health Day, when we all wore something yellow to support the awareness of helping people who are struggling with mental health issues. We learnt about why positive mental health is important and what we can do to help us be happy and confident learners. We learnt about the importance of diet and exercise, as well as being supportive and kind to others and how this makes us feel better about ourselves.

Did you know that it was Inter Faith Week from Monday

9th November? This is a time when people from all faiths (and no faith at all) come together to show respect and tolerance for everyone, no matter what their beliefs. It is a reminder of all the things we, as humans, have in common rather than looking for differences to divide us. At Ormiston Herman Academy, we work hard to make everyone feel valued and respected. We had a special virtual assembly and devoted some of our learning into finding about a range of faiths and beliefs.

This week we are learning about the celebration of Diwali, where Hindus, Sikhs, Jains and some Buddhists celebrate the festival of light and the battle of good over evil and light over darkness. In these times where days are getting shorter and nights are drawing in, when we can't meet our friends and family in the ways we are used to, it is important to focus on hope and better days to come.

On the 11th hour of the 11th day of the 11 month, we took time to remember the brave soldiers that have given their lives to keep us safe and free. We created our own tributes for them.

Lots of us have been embracing the change of the seasons, from Summer to Autumn. We have enjoyed walks around our academy, collecting acorns and leaves to create autumnal pictures. We have learnt about the animals who are preparing for Winter and have enjoyed seeing the squirrels who forage for acorns, hazelnuts and walnuts that all grow on our school grounds.

It will soon be time to turn our attention to our Christmas Celebrations and along with everything else that we do at Ormiston Herman Academy, it will be done with care and joy.

HAPPY AUTUMN EVERYONE!

Coffee Time Answers

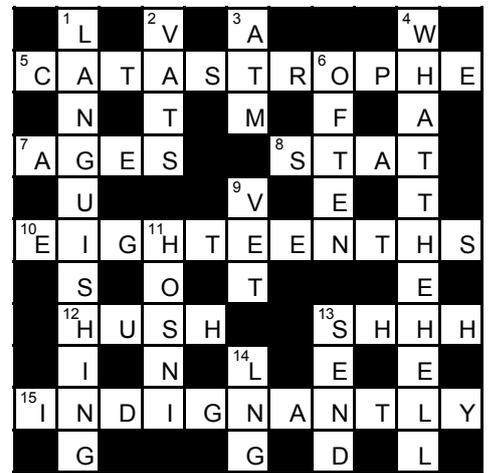
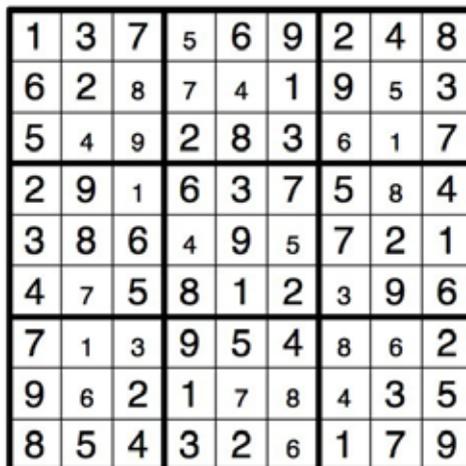
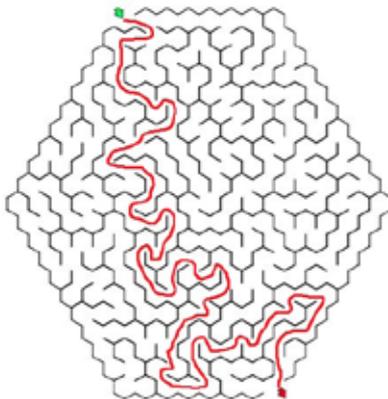


**Christmas
Pudding
Hunt:**
8



Christmas Anagrams

1. Carol Singers
2. Santa Claus
3. Rudolph the Red Nose Reindeer
4. Christmas Cards
5. Silent Night
6. Mary and Joseph
7. Brandy Sauce
8. Wrapping Paper
9. Pantomime Dame
10. Christmas Tree
11. Feast of Stephen
12. St Nicholas
13. Christmas Eve
14. Nativity Play
15. Brussel Sprouts

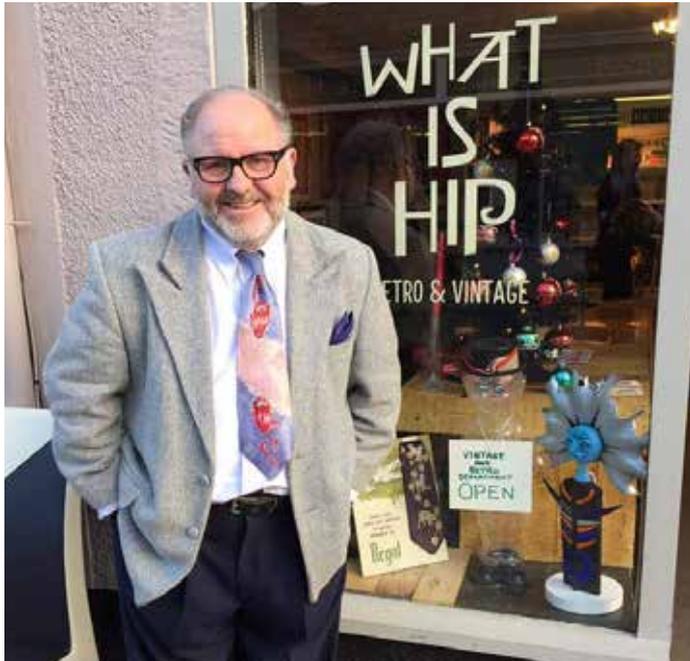


Christmas Quiz

1. King George V, in 1932
2. Norway
3. Egypt
4. Gold, frankincense and myrrh
5. Oliver Cromwell
6. 6th century
7. Georgia, Arizona, and Indiana
8. Jacob Marley
9. Sugar Plums
10. 1984
11. White Christmas
12. Home Alone
13. Deck the Halls
14. Jingle Bells
15. Rudolph



Richard Routledge



After taking a year away from promoting because of the terrible after effects of the riot we had on the last event, IT WAS TIME TO GET BACK ON THE HORSE. Time is a good healer, and the friend who lost his eye came to see me and took the world off my shoulders.

Scruples, the club I used for the events, welcomed us back with open arms. I decided to put back the team of DJs I had last used which was Alex Lowes, Bob Jones, Martin Collins and Dougie Osborne. I was very nervous about putting it on but Great Yarmouth and beyond did not let me down, the club was heaving and we were back .

After reviews etc, and getting that event up and doing well, I had a visit from the owner of a club called Monroes which was situated in King Street in Great Yarmouth. He asked me if I would be interested in doing a weekly club. The club had been open for a couple of years so I was keen to have a look and see what the owner wanted.

So from that meeting the Mole Club was born, and for the first time I was putting on A-list DJs on a weekly basis. It worked well but did not have the full impact the big parties had, we let it roll for about 5 months, some weeks were very busy and a few were a bit iffy. So I decided to stop the weekly events and concentrate on the big ones as they were getting better and better.

One of my proudest moments was being awarded a Blues and Soul Magazine award in 1986, the magazine was our go to read for clubs, records, reviews etc.

Things were back to normal, Traddles was a great place to work and the parties were in full flow. The fab thing for me was I was getting to employ my DJ heroes and they in turn were giving me free entry to their clubs in London and Cambridge or all the weekenders (at the biggest, which

happened to be at Caister, I even had my own DJ A-list caravan).

I then got a call from Nicky Holloway who ran London's best nights called The Special Branch with DJs such as Pete Tong, Robbie Vincent, Bob Jones, Giles Peterson and more. Would I like to do a Special Branch night in Great Yarmouth? I thought for two seconds, "yes yes yes please" I screamed. This was rare as they hardly ever took it on the road. Great Yarmouth had arrived and I was so pleased for my loyal clubbers.

Next time, times are changing in clothes and club music.

Find Richard and What Is Hip on Facebook at:

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



A vertical advertisement for 'Live2dance'. The background is black with many red hearts of various sizes. In the center, there is a photograph of a couple dancing. The woman is wearing a large, bright red tutu. Below the photo, there is a purple banner with a white silhouette of a dancer and the text 'Ballroom and Latin Dance Lessons'. At the bottom, there is white text: 'Covid Compliant', 'Private Lessons for couples or individuals', 'Christine Manguzi, I.S.T.D.', and 'Phone: 07921 153103'.

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Monthly Recipe

from

Fleetwoods Butchers

Roast Leg Lamb with Garlic and Rosemary

Preparation time - 30 mins, cooking time - 2 hours for well done, serves 8



Ingredients

For the lamb:

- 2kg/4lb 8oz leg of lamb, bone in

For the garlic and rosemary butter:

- 3 large garlic cloves, grated
- 25g/1oz butter, softened
- 4–5 stalks fresh rosemary, leaves stripped and chopped, plus extra to garnish
- salt and freshly ground black pepper

For the gravy:

- 125ml/4fl oz red wine
- 1 tbsp plain flour
- 15g/½oz butter



Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Remove the lamb from the fridge and allow it to get to room temperature.
2. To make the garlic butter, place the garlic and butter in a bowl. Add the rosemary to the bowl. Season with salt and pepper and mash to a paste with a fork.
3. With a sharp thin knife or a metal skewer, make between 20 and 30 small incisions into the flesh of the lamb. They should be large enough for you to stick just your fingertip into. Work the butter mixture into the lamb by massaging it into the meat, trying to work it into the holes that you've created.
4. Place the lamb in a roasting tin, cover loosely with foil and place in the preheated oven. As it heats up,

the butter will melt and help the rosemary and garlic to work their way into the holes and really penetrate the lamb. After 30 minutes, remove the foil and leave to roast for a further 50–60 minutes for medium or until cooked to your liking. Remove the lamb from the oven and leave to rest for 10–15 minutes, with some foil on top to keep it warm.

5. To make the gravy, heat a heavy-based frying pan on the hob. When hot, pour the pan juices from the roasting tin into the pan (be careful as it may splatter). Add the red wine. Turn the heat down and leave the sauce to reduce.
6. To thicken the sauce, make a beurre manie by mixing together the flour and butter in a clean bowl to make a paste. Add about a teaspoon of the beurre manie to the pan and whisk well, until the sauce has the desired consistency. Add more if needed.
7. To serve, slice the lamb, pour over the gravy and garnish with rosemary. This would be good with potatoes dauphinoise and fresh vegetables for a Sunday lunch.



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— AND —

A HAPPY NEW YEAR

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