



Merry Christmas And A Happy New Year



Inside:

- ◆ Schools News
- ◆ Problems Solved
- ◆ Cafes and Clubs
- ◆ Quizzes and Puzzles
- ◆ Memories of Gran
- ◆ Bramble and Bracken's 2nd Christmas Tree
- ◆ Parish Council Report
- ◆ Winter wines
- ◆ **New** The real people on our war memorial
- ◆ Falling and Fear!
- ◆ Winter Recipe from Greece
- ◆ Things to do if you have too much time
- ◆ **New** Village News Column



Also available digitally
www.ormesby.org.uk
Or by email from
clerk@ormesby.org.uk

Serving the villages of Ormesby St Margaret, Scratby and California and our Neighbours

Sponsored by the Parish Council. Published on the 25th of each month. Publishing deadline 15th of the preceding month.

Email: osccommunitynews@gmail.com Tel 07876681954

EDITION No 6

FREE

DECEMBER 2018 & JANUARY 2019

FROM THE EDITOR

DEAR READERS

Welcome to our Christmas and New Year edition. All of us at the Parish Council and Community News wish you and your families a very happy time.

Not everyone is lucky enough to be able to celebrate the season. You will see (below) a suggestion for "Reverse Advent Boxes" which may go some way to ease hardship for some of those in difficulty. Please take a look. All contributions welcome!

You will also see a new item below. Following on from the November edition Caroline Harbord has provided details relating to the names on our war memorial which really bring to life the people behind the inscriptions and what their loss meant. The first two are listed below.

Others will follow in the months to come.

Page 10 has the latest in our parishioner "Memories". If any of you would like to contribute your own, or family memories, please do send them to me at oscommunitynews@gmail.com. If email is a problem for you, then give me a ring on 07876681954

Front Cover: Santa arrives.....

WE WILL REMEMBER THEM

Fred Allen, 42, Army Veterinary Corps. 'Died' on 26/4/15
Buried in Forges-les-Eaux Communal Cemetery, France
1911 Census – Chauffeur (Domestic) aged 38, living with his wife and four children on North Road, Ormesby St Margaret.

Frederick Arthur James Beck, 22, Pioneer, Royal Engineers. 'Died of wounds' on 4/11/17
Son of John and Martha Beck of *The Laurels* Buried in Coxyde Military Cemetery, Belgium
1911 Census – Postman (Auxiliary), aged 16 living with parents and two brothers.

Research carried out at Commonwealth War Graves Commission website, on the 1911 Census and the CWG Roll of Honour site.

Caroline Harbord

MORE SEALS THAN EVER ARE BEING KILLED BY PLASTIC!

**IF YOU SEE PLASTIC NETTING, ROPE OR LINE ON THE BEACH
PLEASE TAKE IT HOME WITH YOU!**



**HELP
SAVE
OUR
SEALS!**

SMILES MATTER



The message this month is to FLOSS!

Flossing daily will help to remove plaque between the teeth and help prevent gum disease.

Dental Care Group



REVERSE ADVENT BOXES

This is a very simple idea. This year, instead of taking a gift for yourself out of a box or calendar for each of the days of Advent - why not put a gift into a box for someone else?

The gifts should be something with a long shelf-life. They could include tinned, bottled or packed foods, little treats like chocolates, or toiletries like soap, toothpaste, toothbrushes etc. Obviously nothing that needs to be kept in a fridge or freezer!!

You could take your box to any of the Foodbank Charities in Great Yarmouth.

Or to make life easier, if you bring your box to:

All Saints Parish Hall Community Café on 7 or 14 December; or
The Parish Council Meeting at 7pm, All Saints Parish Hall, on 10 December
we will deliver them for you to the Salvation Army.

[PS DO NOT WRAP THE BOXES!!]

USEFUL INFORMATION

PARISH COUNCIL			PARISH HALLS		
Chair	Adrian Peck	07768216402	Bracecamp, Ormesby	730365 & 730599	
Clerk	Lisa Callow	07825266117	Village Centre, Ormesby	07490 688305	
			All Saints Parish Hall, Scratby	384475	
SCHOOLS			COUNCILS		
Caister High School	720452		Great Yarmouth Borough	856100	
Flegg High School	740349		Norfolk County	01603 222 222	
Ormesby Infant School	730298		DOCTORS / DENTISTS		
Ormesby Junior School	730944		Ormesby Medical Centre:		
PLACES OF WORSHIP			Doctor	730205	
St Margaret, Ormesby	not available		Dentist	730384	
Light Of Life Baptist Church:			Pharmacy	384000	
Administrator (Hannah)	733706	email: info@lightoflife.org.uk	Hemsby Medical Centre:		
Methodist Church (Hemsby)			Doctor	731132 / 730449	
Secretary: Maureen Turner : 01692 670716			Dentist	732433	
email: jaybjay08@tiscali.co.uk			Pharmacy	732429	
St Ignatius Catholic Church Caister:			James Paget Hospital 452452 NHS non emergencies 111		
Parish Priests: Father Anthony Nwanko and Father Alex Ibe			POST OFFICES		
emails: anthonyezichukwu@gmail.com and ibealexander650@gmail.com			Ormesby	730322	Scratby 730658
Green Pastures Christian Fellowship Ormesby:			TRANSPORT		
	John Ellero	721503	Bus Times/Information	0845 602 0121	
	Derek Gidney	751312	National Rail Enquiries	0871 200 4950	
Norwich Hebrew Congregation, 3 Earlham Road, Norwich			RECREATION AND SPORT		
enquiries@norwichsynagogue.org.uk			Bowls Club	730112	
POLICE					
Emergency	999	Non emergency	101		

DECEMBER AND JANUARY REFUSE COLLECTIONS (JANUARY DATES NOT AVAILABLE AT TIME OF WRITING)

GREEN BINS	WEEKS BEGINNING	3 AND 17 DECEMBER	BLACK BINS	WEEK BEGINNING	10 DECEMBER
------------	-----------------	-------------------	------------	----------------	-------------

Village	Arrival	Departure	Stop name
Ormesby	1005	1045	Royal Oak
Ormesby	1050	1105	Firs Avenue
Ormesby	1110	1125	Beck Avenue
Scratby	1435	1450	Beach Road
Scratby	1455	1530	Beach Drive
Scratby	1535	1550	Beach Rd Pages Stores
California	1555	1610	Rottenstone Lane Bus stop

MOBILE LIBRARY TIMETABLE

DATES OF NEXT VISITS

17 December 2018

14 January, 11 February 2019

Choose items or reserve via the online catalogue for collection from a mobile library. You can return them to any branch library or mobile library in Norfolk. Items include: Fiction books for adults and children (book request 60p); Non-fiction books for adults and children (subject requests are free); Large print books (book request 60p); DVDs (a small charge); Audio books on CD and tape (a small charge). We do not charge for overdue books, although a repeat loan charge may apply for hired items (eg DVDs, games, CDs, and spoken word formats) not returned on the due date. A replacement charge may apply if items are lost or stolen.



SERVICES OF WORSHIP

St Margaret Ormesby	see Notice Board
Green Pastures Christian Fellowship	Sundays at Bracecamp Hall at 1030
Hemsby Methodist Church	Sundays at 1100
	First Mondays 1000 Prayers for Healing
	1015 Vineries Service
	Wednesdays 1000 Coffee Morning
St Ignatius Catholic Church Caister	Vigil Mass Sunday at 1700
	Weekday Mass Tuesday at 1000
Norwich Hebrew Congregation	Saturdays 1000

Light of Life Baptist Church invites YOU to celebrate Christmas with us!



Sunday 2nd December | 10:30am
@ All Saints Parish Hall, Scratby
Sunday School Christmas Play
'The Twelve Symbols of Christmas'

Sunday 16th December | 4:00pm
@ All Saints Parish Hall, Scratby
Carols and readings with the
Norfolk Broads Concert Band

Sunday 23rd December | 10:30am
@ The Chapel Coffee House
A Christmas Reflection

Tuesday 25th December | 10:30am
@ The Chapel Coffee House
Christmas Day Celebration

www.lightoflife.org.uk | www.chapelcoffeehouse.org.uk



REPORT FROM THE NOVEMBER COUNCIL MEETING

Summary of Minutes of a meeting of Ormesby St Margaret with Scratby Parish Council

Held on Monday 12 November 2018 at All Saints Parish Hall Scratby, at 7pm

Councillor Hanton's report included the following: Children's Centres - Norfolk County Council have been consulting on 'Early Childhood and Family Service' in order to get the public's view on the proposal to change from the present system to an outreach model. This consultation ended on 12th November. The view is that investing money in services should be the priority, not spending money maintaining buildings. Currently 25% of families from disadvantaged areas who would benefit from this service are not accessing them. The ambition and duty must be to reach every family who would benefit from this service.

More re-use shops for Norfolk - The number of Norfolk Recycling Centres that offer re-use shops could increase, giving even more residents the chance to pick up a bargain and help the Council save around £40,000 each year. Norfolk County Council is looking to increase the number of shops which are currently located at nine of the 20 sites by adding another three.

The future of Mobile Libraries secured – Savings of £200,000 approved, but only 92 mobile stops will be scrapped instead of 725.

Extra support proposed for those leaving hospital - More than 80 support workers are being sought in Norfolk to work in Adult Social Care. Funded by Norfolk County Council, this includes 40 new posts for an Accommodation Based Re-ablement initiative beginning in Cromer.

Other matters covered by the Council included:

The last memorial tree was planted at a ceremony on 11th November 2018—more detailed report and photo on the back cover. GYBC have given permission for tree work to commence at the Burial Ground and on the village green (pollarding the lime trees). It was agreed that no logs will be left in the Burial Ground due to health and safety reasons, everything will be removed from site as originally agreed.

Following a great deal of research it was confirmed that there was not a strong enough valid reason to continue with the objection of the stopping up order on Yarmouth Road. It was agreed that the objection would be withdrawn, and the issue of moving the water main followed up with the developers.

The parking issue around the Junior School had been referred to the Enforcement team for their attention.

The Council had been unsuccessful in their bid to obtain funds for Scratby steps from the Coastal Community Fund. Letters had been sent to eleven local businesses in the area and currently two have replied confirming they would consider contributing towards replacing Scratby steps.

Approval was given to increase the tenancy fees for allotments in October 2019 from £2.50 to £3 per rod

It was also agreed that **monthly Parish Council surgeries for Parishioners to meet with Councillors would be held alternately at the Village Centre and All Saints Parish Hall.**

See here:

**To view a full version of the Parish Council minutes please visit
www.ormesby.org**

Parishioner's Surgery

Ormesby St Margaret with Scratby Parish Council invite parishioners to come and meet Councillors to discuss any issues pertaining to Ormesby, Scratby and California on the first Saturday of each month starting in the New Year.

The first surgery will be on Saturday February 2nd 2019 from 10am to 12 noon at the Village Centre in Ormesby.

We look forward to meeting you.

PARISH COUNCILLORS

Adrian Peck - Chairman
01493 733737
07768216402 apec@ormesby.org

Mick Cheetham
01493 730220
mcheetham@ormesby.org

Geoff Freeman
07764945753
gfreeman@ormesby.org

John Green
01493 731347

Robert Hill
01493 730849
rhill@ormesby.org

Brian Jones
01493 733705/07816350785
bjones@ormesby.org

Christine Lee
07711873254
cle@ormesby.org

Nigel Lee
07972918475
nlee@ormesby.org

Steve Scott-Greenard
sscottgreenard@ormesby.org

07506357562

Jim Shrimplin
01493 730821
jimshrimplin59@gmail.com

Sylvia Bigg (Scratby)
07538463509
sbigg@ormesby.org

John Gingell (Scratby)
01493 730175
jgingell@ormesby.org

Shirley Heelas (Scratby)
01493 730137
sheelas@ormesby.org

Kathryn Wendt
Deputy Chair & (Scratby)
07815132808
kwendt@ormesby.org

Reinhard Wendt (Scratby)
07810814860
rwendt@ormesby.org

Further information at www.ormesby.org

PROBLEMS SOLVED & HELP GIVEN.....

Each month we will tackle here common problems and what to do about them. If you would like to send us a problem, please email oscommunitynews@gmail.com. All questions will be anonymous and we cannot give individual advice. This month.....



Citizens Advice Coordinator, Steve Scott-Greenard on Benefits Entitlement and Changes of Circumstance

One of the most common reasons that clients come to our Great Yarmouth offices is to find out if they are entitled to financial assistance through access to benefits. There are many reasons why your eligibility for benefits can arise and the introduction of Universal Credit does not replace all of the benefits that may be available. Changes in employment, relationship status, the birth of a child, children leaving education and retirement are all key triggers to consider performing a check on your benefits entitlement.

Even if you do not experience any of these changes it is advisable to perform regular benefits entitlement checks for yourself and your family.

Perform regular benefits "MOT" checks

The benefit system is quite complex and changes regularly. There is a very useful website available to make a quick check of your benefits entitlement and it is not linked in any way to the Department of Works & Pension or HMRC so nobody will trace your enquiry. If you do have access to the internet then you can complete a benefits check in approximately 15 minutes and be presented with a list of what could be available to you.

Visit the Entitled To website: www.entitledto.co.uk

If you find that you are entitled to a particular benefit you can then visit the Citizens Advice website to see how you can make a claim: www.citizensadvice.org.uk/benefits/

Report Changes in Circumstance

When you experience changes it is imperative that you update the correct department of the change. An increase or decrease in income can vary your benefits. If your benefits need to be adjusted and you do not report a Change of Circumstance it can lead to overpayments which will need to be returned. Conversely it could mean that you have not received all that you are entitled to.

For all benefits it is important to report additional income and capital such as savings and ISAs.

As with all enquiries, if you do not have access to the internet, or you would like assistance with performing a benefits check or reporting changes, please contact your local Citizens Advice office or drop-in for an advice session.

Contact the Citizens Advice consumer helpline on 03454 04 05 06 if you need more help

or come to our office at 2 Stonecutters Way, Great Yarmouth, NR30 1HF.

We are open from 9.15 a.m. Mondays to Thursdays. We also run community sessions at Ormesby St. Margaret and Scratby.

Please call 01493 738345 for more information.



LOCATIONS OF DEFIBRILLATORS IN OUR VILLAGES

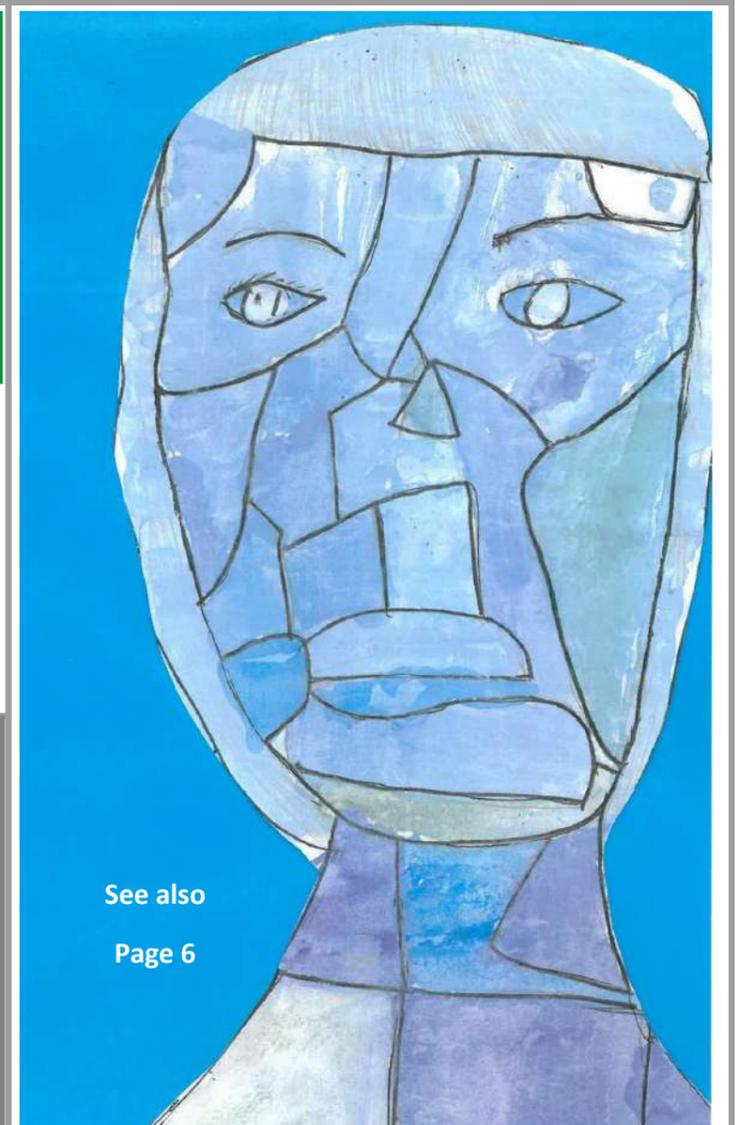
**ALL SAINTS PARISH HALL,
SCRATBY**

**BRACECAMP PARISH HALL,
ORMESBY**

GREEN FARM CARAVAN PARK, SCRATBY

SPAR SHOP, NORTH ROAD, ORMESBY

**RECREATION GROUND PAVILION, ON SATURDAYS, 9AM TILL 1PM AND SUN-
DAYS DURING SEASON 10AM TILL 1PM**



See also
Page 6

THANK YOU FROM THE PARISH COUNCIL

**To everyone who helps keep our villages clean and tidy by
picking up litter**

**And especially to the lady in her 80s who regularly picks up
litter on the path to the burial ground.**



SCHOOLS NEWS

We really know we are in Autumn now as the days shorten and the weather has turned. We are still enjoying the mild temperatures though, and taking the opportunity to play and learn outside whenever we can.

Both schools recently took delivery of new equipment to give children more things to do during playtimes. At the infant school, boxes were eagerly unpacked by the school council who sorted things into colour co-ordinated crates so that each class can be responsible for looking after their equipment. The children are enjoying playing with new hoops, skipping ropes, click and catch games, balance boards and playground friendly balls. Bigger equipment such as a large connect four and building blocks are on their way. We are grateful to the PTA whose fundraising efforts throughout last year enabled us to spend such a lot of money on this equipment.

Similarly, at the junior school new equipment is also available at playtime and lunchtime. Here we have bought new stilts, skipping ropes, balancing boards and space hoppers which we are sure will be very popular. We also recently received a donation of £250 from the local Spar which we will put towards indoor toys and games to make wet playtimes more bearable. We would like to thank them for thinking of us.

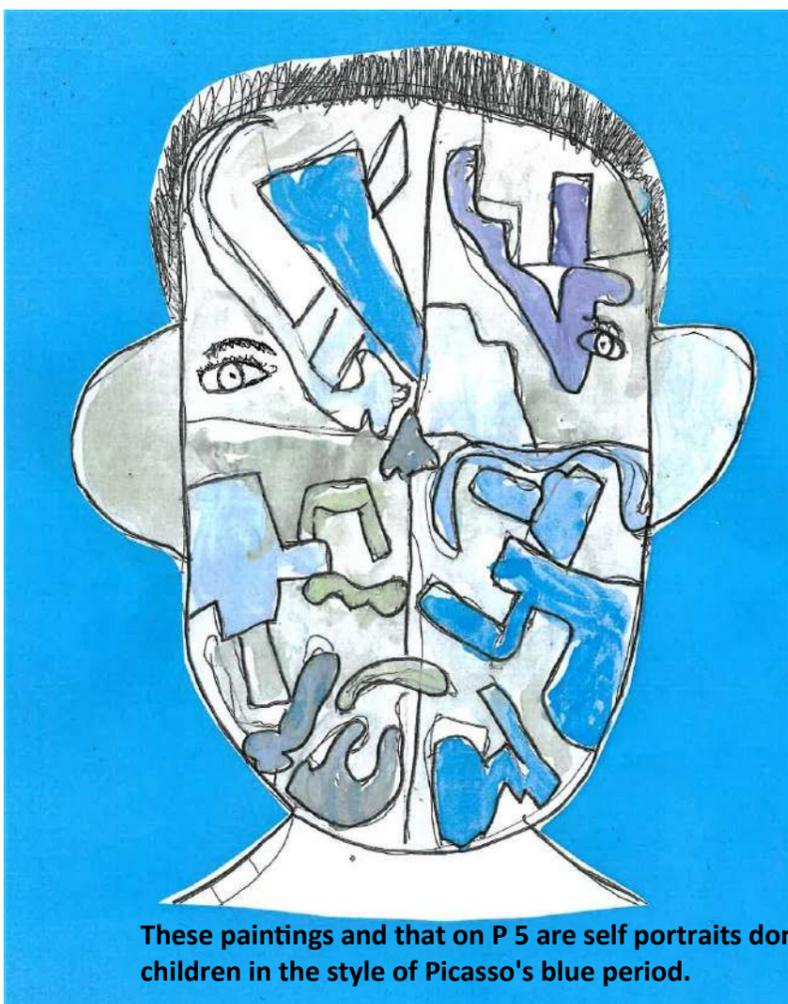
In the classroom everyone is getting their teeth into new projects and learning new things. At the infant school the theme this half term is London. This will include looking at the history of London and we got off to an exciting start in year 2 by having a Stuart themed day learning about the Great Fire of London. Children and staff dressed up in Stuart costumes and spent the day doing lots of different activities from baking London cakes – which are thought to have been cooking in the oven at the time the Great Fire started – to putting out an imaginary fire using a hose pipe and a paddling pool. Children at the infant school have also been learning about Diwali, the Hindu festival of lights, as well as the traditional celebrations of Halloween and Bonfire Night.

In year 5 and 6 the new theme is Mexico. This will cover a wide range of study from geography to festivals such as the famous Day of the Dead celebrations. Work is already underway to create papier mache skulls to decorate in the traditional style. Year 3 and 4 are learning about our local town of Great Yarmouth as part of their topic entitled Urban Pioneers. They have already designed and made leaflets to let people know about the attractions of Great Yarmouth and why they should visit.

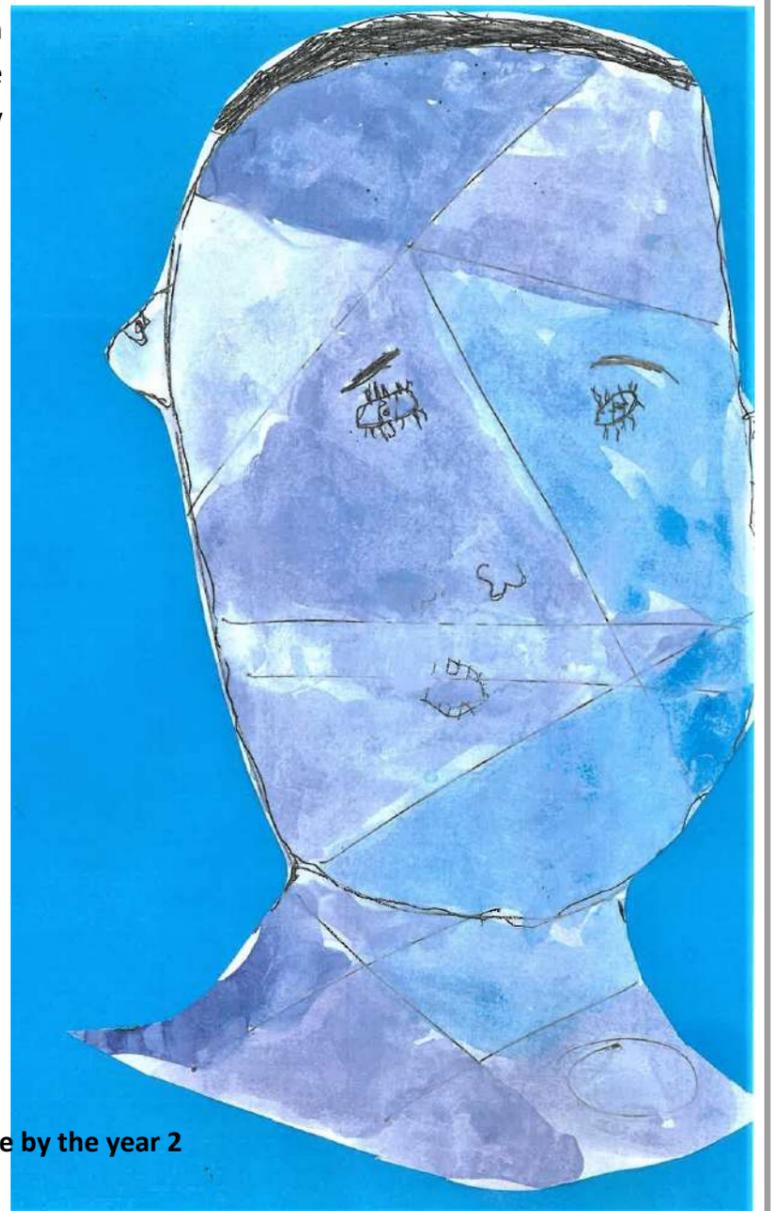
We were proud to be part of the Remembrance Sunday events in the village with a wreath being laid on behalf of both schools by year 6 members of the school council. Children have been learning about the importance of Remembrance and the significance of the poppy emblem in this centenary year.

Finally, as I write, preparations are under way in both schools for our Christmas celebrations. Children have been designing Christmas cards as part of a regular fund raiser which also adds a personal touch to Christmas greetings. Play rehearsals will start soon and the rafters will be ringing with carols and songs. The infant school PTA will be holding their Christmas Fayre on Thursday December 6th after school. Do come along and share in the fun. A special guest is already booked to appear!

Annette McMylor
Deputy Headteacher
The Ormesby Village
Schools Federation.



These paintings and that on P 5 are self portraits done by the year 2 children in the style of Picasso's blue period.



1st Ormesby Brownies

The age group for Brownies is 7 to 11 years old. They meet on Mondays: 5.30pm to 7.00pm at Bracecamp Hall. Anyone interested in joining should contact: Brown Owl on 01493 732288

BRAMBLE AND BRACKEN'S

2ND CHRISTMAS TREE

One day in winter, Bramble and Bracken witnessed some preparations that they recognised. First, Matilda and Harry's dad went up into the loft, and with a lot of puffing and groaning, brought some big boxes down to the living room. Bramble and Bracken inspected them very carefully with their noses. "These are the same boxes as last year", said Bramble. "I wonder..."



And sure enough, Matilda and Harry took the dogs into the woodland and started cutting some long branches of ivy and holly. "Yes, it's just like last year", said Bracken. "The next thing will be, the tree inside the house!"

Just as the children got home with the holly and ivy, their father returned from the Garden Centre with a lot of tree in his car. In fact it was nearly bursting out of the windows. With a lot more huffing and puffing he got the big tree out of the car and carried it into the house with Matilda's help. "He's left a lot of branches behind", exclaimed Bramble. "Look in the car!" But he hadn't. What was still in the car was another tree, much smaller than the big one, and this one still had its roots on.

"Why do they need two trees?" asked Bramble, mystified. And Harry asked the same question. "Hey Dad, why have we got this little tree as well?" "That's for the birds", said his father. "And when I've planted it, we'll hang lots of special presents on that tree."

Later that afternoon the little tree was planted in a corner of the garden and fenced off so the dogs couldn't get to it. It was watered, and lots of leaf mould put round the base, then the children started hanging presents on it. They were very odd presents. First, there were two halves of coconut hung from pieces of string. Then there were some pieces of bacon fat their mother had saved. After that there were some special suet balls from the Garden Centre with lots of seeds and dried insects in them, and some small containers with different sorts of seeds. Finally, they scattered some peanuts on the ground round the tree and closed the fence behind them.

The dogs sat and watched, a bit disappointed that they couldn't get to the bacon fat, but very interested in what was going on.

Once all the presents were on the tree, the children went to watch from the kitchen window but the dogs stayed outside and watched from the garden. First to the tree was a big fat pigeon. He walked round it and then took some seeds and flew off. Second was the squirrel. He took lots of peanuts but then Bramble couldn't stand it anymore and barked, and he ran off. After that, nothing moved for a while, and then there were lots of visitors. The robin had a meal off one of the fat balls. The brightly coloured woodpecker took some peanuts, and lots of small birds took seeds and bacon fat. Then two pheasants came in from the wood and they took peanuts too.



Bramble and Bracken were fascinated. When it got too cold to watch from outdoors, they went into the conservatory and watched from there. The procession of bird visitors continued all day.

"I'm glad we have our second tree" said Bracken. "It has even more visitors than the big tree in the house."

And indeed, the little Christmas Tree fed the birds all through Christmas and the bad weather after, keeping lots of bird families alive and well until Spring.

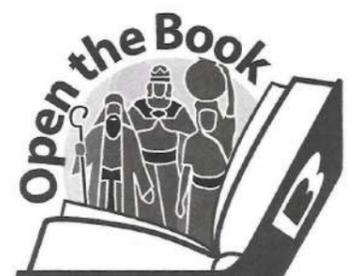
Copyright: H L Peck



UPDATE ON "OPEN THE BOOK" (OR MORE ON DRAMATIC PRESENTATIONS OF THE BIBLE IN SCHOOLS...)

Drama needs props as well as actors! Over the summer holidays I was very busy, sorting, cleaning, tidying, repairing old props and costumes and making new ones.

In my case, this also meant searching for lost properties. I had absolutely no idea what I had done with a backdrop depicting the hills around the Sea of Galilee. You may ask – "How can one lose a 6 foot square backdrop?" Well – I can and I did! Although we do have another Galilee backdrop, I decided to make second one. However, while I was preparing the costumes for the first assembly of the 2018/2019 academic year, the backdrop turned up – in the costume wardrobe!



Another question you may ask is, "Why bother? You still have one; why do you need another?" The answer to that is because I supply the props for 4 different teams. We go into Ormesby Infant, Ormesby Junior, Rollesby Primary and Martham Primary schools. It often happens that, in at least 2 of the schools, we are telling the same story or stories based in similar locations. We also loan out things to other teams or anyone who might need a Biblical outfit or prop. (Note to self – keep a note whenever you lend out props etc!) Thus we need duplicates of all the props, backdrops and costumes. As a result my little house is about one third full of OtB stuff, which is increasing even as we speak. I am always seeing things which give me ideas to better or increase our "wardrobe".

Here is a picture of the recent scenery for the story of Noah, which we did at the beginning of the Autumn term.

Ivy Eyre

Clubs and Cafes

THE ROYAL BRITISH
LEGION



Prize Bingo Saturdays

December 15th and January 19th

At Bracecamp Hall Ormesby

Doors Open 1.30pm Eyes Down 2.00pm

Raffle

Tombola Table

Free Refreshments (Xmas Buffet in December)

Non Members most welcome

SUNSHINE CLUB DECEMBER 2018

Monday 3rd Carol Service

Monday 10th Christmas Lunch

CLUB DAYS: JANUARY 2019

Mondays 8th and 22nd

CARD GAMES, WHIST, BINGO

All meetings are held from 2pm—4pm at
Bracecamp Hall, NEW MEMBERS WELCOME

Contacts: Audrey 730429 / Josie 720087



GREAT ORMESBY WI—NEWS AND PROGRAMME FOR DECEMBER 2018

Our members were pleased to enter the Flower Festival at St. Margaret's Church 'A Century of Change.'

We arranged a tribute to inspirational women on the pew ends.

We are also happy to be able to sponsor a tree to be planted on our village green during the month of November.

On December 12th our meeting will be our usual Christmas Party where we will be joined by friends from neighbouring WIs and

have the raffle of the Christmas Hampers the contents of which have been donated by members. The money from this going to a nominated local charity as our Christmas present. We are also looking forward to going for a Christmas lunch at Ambitions Restaurant on the 19th December.

Should you wish to join us you will be very welcome. We meet on the second Wednesday of the month at 2pm at the Bracecamp Hall.

Or you can contact our secretary Rita on telephone 01493 731490

All meetings at the Bracecamp Hall Ormesby, 2-4pm unless stated above



Welcome-In Group

meets every Thursday at All Saints Parish Hall from 10:30 - 12:30.

The Welcome In Group are pleased to be included in the Community Newsletter

We are a friendly group with many activities such as Talks, Quizzes, Chair Exercises, and we do many Crafts. All are welcome.

6th Dec Chair Exercises and a quiz

13th Dec Craft with cones

20th Dec Carols and our Christmas Lunch

27th Dec Closed (we are all enjoying Christmas HO HO HO)

Our Group would like to wish you all a Very Merry Christmas and
A Happy New Year.....

3rd Jan

10th Jan

17th Jan

24th Jan

31st Jan

Quiz and Chair Exercises

Talk on Speed Watch

TBA

Talk

TBA

The Group is very sorry our Prostate Cancer meeting had to be cancelled due to illness but we are going to hold this event in March 2019



If you would like to join
please ring Marie on
01493 717794

Scratby & California Club

The Scratby and California Residents Club meets on Thursday from 2 pm to 4 pm on a weekly basis.

We have a varied programme of activities, from film shows, quizzes, speakers and some outings, and we sometimes simply enjoy a good chat over refreshments.

New members are always welcome, so if you are aged 50 or over from Scratby or California or from local villages come along and see us.



For more information contact Sylvia on 01493 732403 or Colin 01493 732407

The Broadlands Men's Shed

at the

Wind Energy Museum

Repps with Bastwick

NR29 5JU



Meets 10.30—2.30 on Mondays

The Men's Shed originates from Australia and is a place where men can work on projects of their choice, make friends, socialise over a cuppa and relax. Whether you are retired or have finished a hard week at work...

it might be just the place for you.

Contact: Debra Nicholson

Tel: 07796407864

Email: debra@windenergymuseum.co.uk

Ormesby Lads FC Youth Football Club based in Ormesby



Ormesby Lads Football Club, in the Great Yarmouth area, was founded in 1991. For the 2018/19 season we have teams for Under 7's, Under 8's, Under 9's, Under 10's, Under 11's and Under 12's.
www.ormesbyladsfc.org.uk

See also report on Page 15



Ormesby Bowls Club

Reopens April 2019

For further club information contact:

Nick telephone 01493 271864

or e-mail nacheevers@hotmail.com

Clubs and Cafes

A past Prime Minister, who shall remain nameless, apparently finds time hanging heavily on his hands - so here are some suggestions for things to do if you have too much time.....

1. stack a big pile of cushions on your bed, so you have to move them every night and put them back every morning.
2. Iron underwear (some might say iron anything!)
3. Hand wash items labelled "hand wash only" instead of putting them in the machine on the delicates wash and hoping for the best.

Great Yarmouth and Gorleston Memory Club

meets every Monday morning at 10am at All Saints Parish Hall in Scratby.

For further information RING Sandra Edmonds on 01493 494217

or Kerry Hunt 07887984341

Or go to the website gygmemoryclub.co.uk

CHRISTMAS BINGO



**Friday 7th December
6.30pm for 'Eyes Down' at 7pm**

Refreshments Available

**Fun for all the Family
At Rollesby Primary School**

**Friends of Rollesby Primary School &
Nursery**



**The Chapel Coffee House will be closed
from 23rd December to 2nd January,
reopening on Thursday 3rd January.**

Thursdays and Fridays 10:30-14:00;

Saturdays 10:00-13:00

A welcoming place where people of all ages can pop in on their own or meet friends. Try our delicious homemade cakes, light lunches and fresh coffee, reasonable prices. A bright and vibrant space with free WiFi, kiddies corner, Pre-loved and Fairtrade shop.

Drop in and Lunch Club:

Drop in and Lunch Club is held every Tuesday from 10:00, with lunch served at 12:00.

Coffee, chat and board games followed by two-course hot lunch.

The Chapel Coffee House, North Road, Ormesby St Margaret, NR29 3RS

Find us on Facebook or www.chapelcoffeehouse.org.uk



SPECIAL WINTER EVENTS

ALL SAINTS PARISH HALL, SCRATBY

Friday 7th December

Christmas Gift Fair 9.30am till 1.30pm

Saturday 15th December.

Festive Christmas Fair 10am till 3pm

20 plus stalls free entry, plenty of parking space.

Ring Tina 01493 730587

(before 7pm)



The Friday Forget-Me-Not Community Café

All Saints Parish Hall, Scratby

For light refreshments, all day breakfasts, hot and cold lunches

Every Friday 9.30am-1.30pm Last Café in 2018 is 14 December

Re-opens Friday 4 January 2019

All Welcome — good food, good conversation, free wifi

Festive Afternoon Tea Saturday 15 December £7 per person—PLEASE BOOK IN ADVANCE WITH TINA

Indoor Markets on 11 and 25 January

Contact Tina on 01493 730587 (before 7pm) to book the Festive Afternoon Tea

and Sylvia on 07538463509 for Café Information



be inspired



with Slimming World

SCRATBY SLIMMING WORLD
All Saints Parish Hall, Beach Road, Scratby
Every Wednesday 7.30pm
Consultant: Karen (07733 267216)

HEMSBY SLIMMING WORLD
Hemsby Primary School, School Loke, Hemsby
Every Thursday 5.30pm and 7.30pm
Consultant: Sharron (07910 367864)

CAISTER SLIMMING WORLD
The Centurion Pub, Ormesby Road, Caister
Every Wednesday 8.00am 10.00am and 12.00pm
Consultant: Danielle (07734 945337)

AND

Caister High School, Windsor Road, Caister
Every Tuesday 5.30pm and 7.30pm
Consultant: Sharron (07910 367864)

 slimmingworld.co.uk
0344 897 8000



GRAHAM STONE

Drawing & Design Services
to Full Planning Applications

Architectural
improvements &
home extension
designs



Tel.: 01493 731699
Mob.: 0779 5565988
email: info@swpcc.com



VOCALVALE LTD

Installers of Intruders and Fire Alarms, CCTV Surveillance
and Door and Access Systems



CERTIFICATE NO NAG/G/247



british security industry association



TEL: 01493 732575/-730242 FAX 01493 730795

EMAIL: VVSECURITY@BTCONNECT.COM

WWW.VOCALVALELTD.COM

and WWW.VOCALVALELTD.CO.UK

2 YARMOUTH ROAD, HEMSBY,
GREAT YARMOUTH, NORFOLK NR29 4NJ

Memories

Grandma Dale

My Grandma Dale was a very well known character in my home town of Tunstall.

She owned a Drapers shop where all her customers used to congregate. There were always chairs available for customers to relax in whilst making up their minds what to buy.

Grandma used to make gruel, (for anybody and everybody). It was considered very fortifying if you needed building up after a confinement (having a baby) or operation. It consisted of eggs, milk, oatmeal and nutmeg, which I used to grate on top. The gruel looked like thin porridge.

When Grandma heard of anybody (it didn't have to be a customer) recovering from an illness, she would set to and make her gruel. This was put into a warmed bowl, covered with a cloth and placed inside a basket. I would then be called to take the gruel to the recipient. I was just a small girl at the time and I felt like little Red Riding Hood as I carried my basket very carefully to the patient's home.

I was instructed to knock on the door of the house and say, "Grandma Dale has sent you a bowl of her gruel". The door would be thrown open and on seeing me standing there, they would say, "Oh, it's Lydia Dale's girl, come in duck" (a term of endearment in that area) and they would press a biscuit or sweet in my hand.

I loved it when I was taken in to see the new baby (if it had been a confinement). I loved babies.

Grandma was also very popular with the boat women who would appear at her shop several times a year. But more on that next month...

*From Doreen Goodwin,
now Ormesby St Margaret,
but then, Stoke-on-Trent, Staffs*

Our wine correspondent focuses on....

Drinks for Celebrations!

The Pre-Christmas Party

The traditional drink for the Pre-Christmas party is mulled wine but why not try something different this year? Prosecco? Yes, it's a summer favourite but why not at Christmas too? The supermarkets all do it now but which one is voted the best? Aldi came out on top with **Aldi Valdobbiadene Prosecco Superiore**, at under £8 a bottle. That was followed closely by Tesco Finest Prosecco at just £8 per bottle. The fifth one was Asda Prosecco Extra Dry at a very reasonable £6. For a fancy bottle you would be hard pressed to find anything fancier than Sainsbury's Freixenet Prosecco at fourth place but more expensive at £12 (Tesco also do this). It's possible to buy small, two glasses bottles so you could try different ones for not a lot of expense.



If you still want a warming drink, why not try **English Christmas Punch**, Ingredients 750 ml bottle dark rum, 750 ml bottle red wine, 3 cups strong brewed tea, cup orange juice, 1/2 cup lemon juice, 2 cups seasonal fruits (for garnish) - Heat (but don't allow it to boil) all of the ingredients in a saucepan, stir well until all of the sugar is dissolved. Pour the heated mix into a heat-proof punch bowl and add seasonal fruits like orange slices and cranberries. Serve it warm.

A 75cl bottle holds 6 glasses, though a 'glass' is often smaller than you might want to serve. The higher "ABV" the greater the alcohol level.

Christmas Day

Wine with Christmas turkey: Although turkey is most definitely a white meat it can be accompanied by red with good results. However, because of the lack of fat there is nothing to soften the tannins in the red wine. You'll therefore need a better quality wine, maybe a Pinot Noir or a Beaujolais. Tesco do a range from £5 to £11. You could also consider a mature Bordeaux, Chianti or Rioja. For a white wine a Burgundy is a good choice, along with a full-bodied Chardonnay. If you're going to have fish instead of poultry a white Gavi DOGG from Lidl's would be hard to beat. It's an 2016 Italian from the Piemonte region, at £6.49. Another white from Lidl is Abellio Albariño Rias Baixas 2017 from Spain at £5.99, this wine also goes well with chicken. A dessert wine is sweeter and a Sauterne is a classic. The bottle for a dessert is normally half the size of a standard wine and usually dearer.

New Year's Eve

Champagne is probably a must for the chimes at midnight. Tesco's range from £11 up to £47. Lidl have one at £11.99 but do a range of other 'fizz'. Aldi start at £11.49 up to £19.99. What to drink in the lead up to the chimes? how about the Buck's Fizz mentioned last month. Low volume wines are a good choice if the evening is starting early and there's 4 or 5 hours before midnight.

The supermarkets do small barrels of beer at around £16 containing 5 litres (approximately 10 pints). This may be a good alternative as only one or two large barrels to dispose of rather than having dozens of cans and bottles afterwards. If there's some beer left it will be quite drinkable for a few days.

**ORMESBY ST MARGARET STILL HAS
SMALL ALLOTMENT PLOTS AVAILABLE**

Ideal to grow a few vegetables for your family
Easy to maintain without too much hard work!
2 rods per plot which is approximately 50 square metres

**Costs £5.00 for a whole year from October
2018**

For further information ring Kathryn on
07815 132808



LITTLE MRS THRIFTY TIPS

Christmas Card envelopes..
Before putting the envelopes
into the recycle bin,
turn inside out and clip together
and use as a note pad for
shopping.....then recycle

GREEK CHRISTMAS COOKIES: MELAMOMAKARONA

FOR THE COOKIES:

3 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
1 cup olive oil
¼ cup sugar
½ cup brandy (or whisky)
1 tablespoon orange zest
¼ cup orange juice

FOR THE SYRUP:

1 cup honey
½ cup sugar
1 cup water

FOR THE GARNISH

½ cup chopped
walnuts
1 teaspoon cinnamon

Preheat oven to 180°C (350°F /Gas 4) In a bowl combine flour, baking powder and baking soda. Mix well together.

In a separate bowl, combine oil, sugar, brandy, orange juice and orange rind. Incorporate mixture into the flour. It should be easy to knead.

Knead lightly. Get a heaped dessert spoon full of the dough and roll it into a 6-8cm (2½ - 3 inches) oval (it should be thick, 2 - 3cm high) Place on a greased baking tray and put it in the oven for 20 minutes or until light brown.



To make the syrup, combine the sugar, water and honey in a saucepan and boil for five minutes. Take it off the heat and allow to cool.

Dip the cookies in the syrup and then place on a serving plate. If you're like me and like things more syrupy and sweet.

Then put them in a large, shallow (but not too shallow) serving bowl and pour the remaining syrup in over the top so it collects at the bottom and the cookies bathe in the golden honey syrup (eat the ones at the bottom first). Garnish with chopped walnuts and cinnamon.



TEST YOURSELF.....

HOW MUCH DO YOU KNOW ABOUT WINTER CELEBRATIONS?

1. During what winter celebration do participants light a menorah?
2. On what night does Santa come?
3. Which night do you stay up until midnight to celebrate?
4. What is the name of the shortest day in the year?
5. Who introduced the Christmas Tree to England?
6. When is it traditional to give people money in red paper envelopes?
7. Which day determines whether spring will come early?
8. What does Diwali mark the start of? And which city outside India holds the largest Diwali celebrations?
9. What festival takes place between 26 December and 1 January? And how many candles are lit?
10. In Scandinavia on what day do girls dress in white robes with red sashes and wear wreaths of candles on their heads?



QUINTAGRAM

Celebration Food and Drink, Christmas and New Year

_ \ _ _ _ \ _ _ _

_ _ _ _ \ _ _ _ _ _

_ _ _ _ _ \ _ _ _ _

_ _ _ _ _ \ _ _ _ _

_ _ _ _ _ _ _ _ _ _

aaacddeeeeeegiillmmnnnoooopprrrsstttuuw

Who Said This?

1. "There are two seasons in Scotland: June and Winter."
2. "No Winter lasts forever; no Spring skips its turn."

All answers on Page 16



HEALTH MATTERS

FLU VACCINATION supplies have been affected nationally this year by changes in vaccine suppliers. This has meant some people have had to wait longer than usual for a vaccine. However there is enough vaccine for everyone so if you haven't had your vaccine yet and you are eligible for a free vaccination do go along to your GP surgery and ask for one. The main message is to get your vaccine before Christmas to help protect against the flu. If you are housebound contact the surgery for a home visit. We'll be calling anyone who hasn't had a vaccine over the next few weeks to arrange appointments and visits for those who can't get to surgery.



KEEP WARM KEEP WELL THIS WINTER! As the nights draw in and the temperature drops, people living with long-term health conditions may find the cold weather more difficult to bear. Try to keep your home warm, especially if you are not very mobile. Keep your bedroom at about 18C (65F) if you can, and draw curtains and close doors to keep the heat in.

Wearing several layers of clothes, eating at least one hot meal a day, having hot drinks regularly and trying to get up and move about even for a short while will help to keep warm. Try to keep a small stock of basic food so that you don't need to go out in very cold weather. If you need help with heating costs and were born before 5th November 1953 you may be eligible for a Winter Fuel Payment. Call 0800 731 0160 to find out more. If you are worried about an elderly relative or neighbour managing with heating costs through the winter you can contact Age UK 0800 055 6112. If you are concerned that someone is suffering from being too cold (hypothermia) call NHS 111.



GETTING READY FOR CHRISTMAS! If you are on regular repeat prescriptions, make sure you order them in good time, at least 7 working days before Christmas, but preferably sooner. Christmas falls on a Tuesday this year, but don't leave it until Christmas Eve to order as it may be too late. If you run out of regular medication over the holiday period your local pharmacist may be able to give you an emergency supply when GP surgeries are closed. Pharmacists are also an excellent source of health advice if the surgery is closed, and can give advice about what to keep in your medicine cupboard over the holiday to manage minor ailments. NHS 111 is available 24 hours a day for medical advice and a GP consultation out of hours can be arranged by 111 if needed.



App of the month If you want to learn more about first aid for babies and children and you have a smart phone, download the free Baby & Child First Aid App. It's from the British Red Cross and gives simple, easy-to-learn skills to help a baby or child in a first aid emergency. <https://www.redcross.org.uk/first-aid/first-aid-apps##>

With January not so far away, if you are a smoker now is a good time to plan to quit. NHS Smokefree services gives you access to free, very supportive help to stop smoking. **Stopping smoking is one of the single most important things you can do to improve your health.** It's never too late. We run Stopping Smoking services in our surgeries giving you access to free help and support to make this positive change. Phone 0300 123 1044 today to arrange an appointment to help you take the next step.

With good wishes for a happy and healthy Christmas, and a healthy 2019!

Coastal Surgery

GARDENING NOTES FOR DECEMBER / JANUARY

Welcome to Winter in the Garden

We are now approaching midwinter with the shortest days and longest nights. The garden is probably looking a bit sorry for itself and more than likely very soggy. Never mind. If a dry day crops up, make sure all the fallen leaves have been raked off the grass and ensure the paths are swept clean and clear of clutter to keep them and you safe.

Some plants especially shrubs are still making an effort. Evergreens like Laurel, Ivy and Fatsia Japonica give background depth and colour, while Sarcococca (Christmas Box), Witch Hazel and Winter Jasmine provide fragrance as well as colour. There's the different coloured dogwoods (Cornus), Pittosporum and Mahonia to give more colour and Hellebores will



now be coming into flower. Make sure you strip the old leaves away so that their blooms can be seen. Also bedding like Violas/Pansies, Cyclamen, Bellis and Ornamental Cabbages will still be strutting their stuff.

There are less jobs to do now. The plants in the greenhouse should be regularly checked for dead leaves and mildew. Keep the plants as far apart as possible and water very sparingly from the bottom. Grapes and fruit trees can also be pruned now as no sap flows between December and February.

Harvest Winter Cabbage, Brussels, Leeks and Parsnips, although these taste better once they have been frosted. Now is also the time to plant dormant Fruit Trees.

I haven't forgotten the other green shrub, Holly. Most people have one in their garden even if self seeded by the birds. You are lucky if you have the female Holly with the berries. But even without, the deep green or the variegated varieties can still make a good show in the garden and they are obviously just waiting to be picked to decorate the house.

This brings me to my final tip of the year: the Christmas Tree. If you are buying a real one, leave it outside as long as you can, When you bring it in, saw about ½ inch off the bottom so that it will take up water. Put it in a stand as far away from any heat as possible and keep it topped up with water. Then it should retain the needles until Christmas.

So that's it for 2018 gardening year. Have a very Merry Christmas and a Happy New Year and then we will all be ready to start again in January 2019.

HAZEL GREAT ORMESBY AND DISTRICT GARDEN CLUB

**Great Ormesby &
District Garden Club**



**A very Merry Christmas
and a Happy New Year.
To all our members**

**There is no Meeting in December
Our first meeting in the New Year
will be Monday 28th January 2019**

When our speaker will be

Andy Thacker

**on
Planning Landscaping &
Construction**

**For any further information please contact: -
Gillian Saker 01493 733801
Hazel Stenning 01493 731570
www.greatormesbygardenclub.co.uk**

**SCRATBY
GARDEN CENTRE**



**POST
OFFICE**

Premier

OPEN TILL MIDNIGHT

PET & EQUESTRIAN FEED SUPPLIES

COAL, LOGS & KINDLING

BEST PRICES



DAVID MINISTER

KITCHENS BATHROOMS BEDROOMS

Tel: 01493 732777

www.davidminister.co.uk



IF YOU LOVE INTERIOR DESIGN AND A TOUCH OF ELEGANCE THEN YOU'VE COME TO THE RIGHT PLACE.

WE CAN BREATHE NEW LIFE INTO YOUR HOME THROUGH OUR KITCHEN, BATHROOM AND BEDROOM FITTING AND DESIGN SERVICES.

QUICK-FIRE CAREER INTERVIEW:

JOAN NAYLOR (Dog Carer for Petstay Norfolk)

I look after people's dogs when they go on holiday.

The best thing about my job is I get the pleasure of looking after lots of different types of much loved family dogs. They live with me and my husband and our 2 rescued cats as part of our family. They have long walks on the beach, they sit on my knee and cuddle and sleep on the bed (if allowed). They come and have a holiday with me while their owners are having their holiday.

The worst part is having to give them back at the end of the holiday! Its amazing how quickly you become attached to these beautiful dogs. They all have their own personality and little quirks and very quickly settle into my life.

I sadly lost my own American cocker spaniel last November and as I go away on holiday quite a lot I felt it was unfair to have another dog. However, as all dog owners will tell you, it is very difficult to live without a dog once you have had one. I saw an advert online for Petstay and this seemed the answer. I thought I would have the pleasure of having a dog maybe once a month for a few days. However I have been fully booked since the beginning of June and it has been wonderful. I have had so many gorgeous dogs and I get all the benefits of having a dog but without the long term commitment.

I was fully vetted by Sophia from Petstay. She made sure my house and garden were suitable, but more importantly she brought along her own two dogs and judging by their reaction to me was able to determine whether I was a dog lover!! It's the first time I have ever been interviewed by a greyhound and a big fluffy mutt!!! I was also inspected by the Council to obtain a licence so although I have no actual qualifications I am fully licensed and insured.

Sophia at Petstay is a qualified vet so if there are any problems she is available to help. However I would always take the dog to the vet immediately if necessary. I always have an emergency contact so I can obtain permission. We have no formal job training as most of it is common sense and if you have owned a dog before you know what to do, but Sophia informs us of any courses that she feels we may be interested in, ie dog first aid, grooming, social behaviour etc and if we are interested we can attend.

I absolutely love my job, I have met some beautiful dogs and lovely owners and feel honoured to be entrusted with looking after their precious pets.



NEWS FROM THE VILLAGES!

Hi everyone! This is your new monthly "Village News" column. And the news for December is that you **will** over-indulge at Xmas lunch! ... Or is that more of a prediction? So what could tempt you away from your after lunch sofa session? How about a healthy stroll in Jubilee Wood? I have just discovered this place. It's a 2½ acre slice of woodland, off Station Road, Ormesby, to which we all have unrestricted access. Well behaved doggies (and owners) welcome.

And how could Scratby tempt you away from the Xmas James Bond re-runs? Why not try an invigorating walk along Scratby & California's stunning, wide sandy beach. If you walk northwards past Winterton, you will then be close to Horsey, and December is a perfect time to enjoy the spectacle of the seals and their pups on the beach.

However much you over-indulge, have a Very Merry Xmas!

And please email Shirley, villagelivescratby@gmail.com, if you know of any events, or news from our villages for future inclusion in this column.

Shirley Heelas

Parish Halls and Recreation Ground

All Saints Parish Hall, Scratby

Bookings: 01493 384475

DAY	FUNCTION ROOM	MAIN HALL
Every Sunday		Baptist Church 9am-1pm
Every Monday	Memory Club 10am-2pm Pilates 6.30-7.30pm	Broadland Gymnastics 4.30-7.30
Every Tuesday		Pilates 9.30am-10.30pm Boxercise 6.30-7.30pm
Every Wednesday	Weightwatchers 8.30-9.30am Carers Trust Norfolk 10-2pm Camera Club 7.30-10pm	Art Group 9.30-12.30 Bowls Group 1.30-4pm Slimming World 7.30-9pm
Alternate Wednesdays	Citizens Advice see P 5 for details 2.45-5.15pm	
Every Thursday	Welcome In Group 10.30-12.30 Scratby Club 2.00-4pm Events Team Use 4.00-6pm	Seated Yoga 9.30-10.15am Yoga 10.30-11.30am Events Team Use 3-4pm Body Highlights 6.30-7.30pm
Every Friday	Forget-me-not Café 9.30-1.30pm	See separate ads for special events

Bracecamp Hall, Ormesby St Margaret

Bookings: Tel 01493 730365

DAY	ORGANISATION	TIME	CONTACT
MONDAY W	WI BRIDGE	2.00-4.00	730664
MONDAY F	SUNSHINE CLUB	2.00-4.00	730429
MONDAY W	BOBBIN LACEMAKING	7.30-8.30	730599
MONDAY W	BROWNIES	5.30-7.00	732288
MONDAY M	GARDEN CLUB	7.30-10.00	733801
MONDAY M	LINE DANCING	7.30-10.00	669582
TUESDAY W	BOBBIN LACEMAKING	2.00-4.00	730599
TUESDAY W	SHORTMAT BOWLS	1.30-4.00	730664
WEDNESDAY W	YOGA	5.30-7.00	732717
WEDNESDAY W	BADMINTON	7.30-10.30	07776304652
WEDNESDAY M	WI	2.00-4.00	731490
THURSDAY W	KEEP FIT QUILTING AND CRAFT LINE DANCING YOUNG AT ART	10.00-11.00AM 2.00-4.00 7.30-10.00 7.30-9.00	730664 730599 07999895155
FRIDAY W	YOGA SHORTMAT BOWLS BRIDGE CLUB	10.00-12.00 1.30-4.00 7.30-10.00	732717 730664 731671
SATURDAY F	DANCES, MIKE & JACKIE	7.00-10.00	01263 502215
SATURDAY M	BOBBIN LACEMAKING	11.00-3.00	730599
SATURDAY M	BRITISH LEGION BINGO	1.30-4.00	731015
SUNDAY W	GREEN PASTURES CHRISTIAN FELLOWSHIP	10.00-1.00	751312

W = WEEKLY, F = FORTNIGHTLY, M = MONTHLY

VILLAGE CENTRE

DECEMBER/JANUARY EVENTS

Activity	Contact
Tuesday afternoon - Dancing (during term time).	Paula Hacon 07745827274
Tuesday evening (fourth Tuesday in the month) Nightingales Womens Institute	Alison Hagger 07789632434
Wednesday morning Tigger club (during term time)	
Wednesday afternoon - Art club	Jill Mole 01493 731024
Wednesday evening - Dog training	Christine 07810772349
Thursday evening - Flamenco dancing	Angela 07597189083

The charge for regular bookings is £6 per hour.

Casual bookings are charged at £10 per hour with a minimum charge for parties of £40.

Bookings: 07490 688305

ORMESBY LADS F.C.

As we approach the festive period our teams are concentrating on knock out competitions with all the teams still involved in their individual groups.

The U13's are out of the County Cup despite a valiant effort against Dereham U14's.

We are hoping to launch another U7 team very soon which will take us to eight teams in total. The Club recently were visited by an F.A. inspector during our training sessions and this went very well with only a couple of minor points raised.

Matches take place on Sundays between 10am and 2pm and any parishioners who would like to come and support us would be most welcome. Refreshments are available in the tea room.

We are always looking for new players who can contact the Club through our website:

www.ormesbyladsfc.org.uk or by calling

Phil Myhill, Club Secretary on 07733 030064.



Roofing & Building Maintenance

Tiled • Flat • Slate • Re-Roofing
Repairs • Lead-work • UPVC Guttering • Fascia Boards
Re-Pointing • Chimneys



Building Maintenance

- Exterior & Interior Painting
- Drains
- Shingle Driveways
- Lime Re-Pointing
- Holiday Let Maintenance

GARY NICHOLS

Telephone: 01493 243 443

Mobile: 07961 039 390

Email: nicholsroofing@aol.com



Anglia Boiler Maintenance Ltd.

Gas and Oil Boiler Maintenance & Installation,
Gas & Electric Fires, Wood & Marble Fire Surrounds

70a High Street,
Caister-on-Sea,
Great Yarmouth,
Norfolk
NR30 5EH

Telephone: 01493 721373
Fax: 01493 377770
E-mail: sales@anglia-boiler.co.uk
Website: www.anglia-boiler.co.uk



ANSWERS TO QUIZZES AND PUZZLES

ANSWERS TO QUIZ

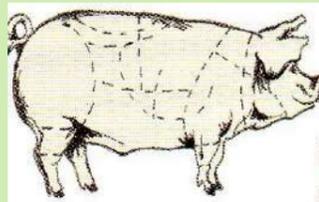
- | | |
|--------------------|---|
| 1. Hanukkah | 6. Chinese New Year |
| 2. Christmas Eve | 7. Groundhog Day , Feb 2nd |
| 3. New Years Eve | 8. The Hindu New Year : Leicester |
| 4. Winter Solstice | 9. Kwanzaa : 7 |
| 5. Prince Albert | 10. Winter Solstice, in honour of St Lucia. |

ANSWERS TO QUINTAGRAM

- A wee dram
- Plum pudding
- Roast goose
- Mince pies
- Stilton

ANSWERS TO WHO SAID THIS?

1. BILLY CONNOLLY
2. HAL BORLAND



philip blake

philip.blake58@hotmail.com



H.BLAKE BUTCHERS

BEST ENGLISH MEATS AND POULTRY - EST. OVER 80 YEARS

SITE 26 MARKET PLACE, GREAT YARMOUTH

TEL 07749706574

Under New Management

Telephone 01493 733517



FISH & CHIPS

The Green, Ormesby Saint Margaret, Great Yarmouth NR29 3JT

Opening hours: Tuesday to Saturday, 4pm - 8.30pm

Phone orders welcome

Mr Plummer

THE PLUMBER



For all your drainage and plumbing requirements

Mob: 07980085206 or 07714707340

Tel: 01493 384204

RAZOR

W I N D O W S



Window, Door & Fascia Specialist, including maintenance and repairs



RAZOR

W I N D O W S

CONTACT ME FOR A COMPETITIVE QUOTE: 07702 662879 razorwindows@gmail.com



FALLING AND FEAR

Around 4% of the population have a severe fear of heights, which they sometimes refer to as vertigo. In some people it is so bad that they may panic, develop rapid heartbeat, become breathless, start shaking, feel giddy and a host of other disagreeable sensations. Sometimes the sufferer will crawl on all fours thinking it might help to reduce the risk of falling.

There is a lovely description of this unpleasant feeling originating from two Greek words; 'acron' meaning heights and 'phobos' meaning fear. Together they make the word describing this condition as 'acrophobia' or simply 'Fear of heights'.

Having spent much of my life climbing mountains, you might wonder how I deal with acrophobia. I admit to having been nervous on some climbs particularly just before I have fallen off of a rock face or ice wall!

Often the fear is quite irrational. Imagine you have a 12 inch wide builder's plank on the ground. Almost everyone wouldn't think twice about walking along it without batting an eyelid. Now support that plank between the top of two tall stepladders, say 8 feet off the ground and the average Joe would walk along it cautiously to avoid falling. I know I would. Most acrophobic people would even refuse to walk along it. This simple concept tells me that fear of heights is all in the mind.

However, it is good for a climber to feel fear as it helps to keep him from making frequent bold moves that may eventually lead to his demise. There's a climber's phrase that states that there are old climbers and there are bold climbers, but there are no old, bold climbers.

With this mindset, I was able to dissipate any negative thoughts about falling. I have also climbed on the assumption that good rope work from my climbing partner would protect me. Sometimes, I felt a pang of apprehension when leading the first pitch of a steep climb (one pitch is about 120 feet) because I imagined being splattered over the floor should I fall. On higher pitches I felt less concerned about falling as the rope would halt my fall & I'd just be dangling off the mountain side.



No time for fear. Too busy posing for this photo

Many experienced climbers including me will tell you that they have no fear of falling, just the sudden stop at the end.

So what's the fun of climbing mountains you might ask? I didn't do it for the exercise because I'm lazy on that score, although a spin-off of climbing every weekend kept me in a very good physical condition. I didn't do it to win a trophy, medal or certificate as this sport doesn't award prizes. I didn't do it to show off because most of the climbs that I did were just with fellow climbers usually of similar ability and there was no audience.

In 1924, the Himalayan mountaineer, George Mallory was asked why he wanted to climb Everest. He allegedly replied, 'Because it's there'. Tragically, he died high up on the mountain that year with his partner Andrew Irvine. There is some speculation that the pair may have reached the summit and fell on the way down. Irvine's body has never been recovered despite searches for it.

I climb simply for the fun of it and the challenges that either rock or ice faces throw at me. However, I have spent weekends on mountain sleeping badly or battling with storms & indescribable inclement weather which left me vowing never to climb a hill again. This vow wouldn't last long and on Monday while at work, I would already start planning next weekend's climb.

My fear of falling completely disappears when being so focussed on the technical problem of climbing a difficult pitch. The fear returns after making a mistake with the imminent realisation that I'm about to peel off a wall. At that precise moment, I feel very nervous & terribly afraid that I will die but as soon as I have peeled off and am actually falling, the nervous feeling completely disappears and I feel extremely calm. Luckily, I have always had my falls arrested by my climbing partner's good rope-work. It seems that in the short time a fall takes, the exhilarating fear to calmness is like the instant flick of a light switch.

One of the problems climbers face is one of complacency. It is easy to understand because after spending, say, three days in a vertical world, it starts to feel like a normal environment. I've had the strange sensation after completing several days climbing in a vertical world of feeling wobbly on my feet when reaching a flat summit where I had to stand up normally and not use my hands.

The complacency problem has led to the death of several experienced climbers. There have been cases of experienced climbers abseiling (roping down) straight off the end of their rope. A simple knot at the end of the rope would have prevented that.

A climbing friend and I became involved in the attempted rescue of a climber that fell on the Eiger west flank. We were going up one late afternoon with the intention of bivouacking on the hill before heading for the summit the next day. We met two climbers descending after having climbed the notorious north face. They were severely distraught, telling us that their companion had fallen about 200 meters higher up but they weren't quite sure where he was. They were heading down to find help.

We set up our bivi quickly and started looking for the fallen climber. Soon a party of rescuers arrived and we teamed up with them to continue the search. About 9 pm the weather had deteriorated with the wind blowing the snow sideways. In just the light of our headlamps with the weather worsening by the minute the search operation was becoming dangerous for us.

A tough decision was made to end our search, whereupon the rescue party descended the mountain and we returned to our bivi for the night. We knew that even if the fallen climber was alive, he would freeze to death on the mountain during the cold night. The following morning at first light we decided our climb was no longer feasible due to the newly fallen heavy snow.

We heard the whirring of a rescue helicopter that used the down draft of its blades to blow snow off the side of the mountain in an effort to uncover the fallen climber. We watched as a crew member was lowered by winch. He attached a rope to what was obviously the climber's frozen body. The helicopter crewman was winched back on board and the frozen body was lifted from the mountain spinning very slowly at the end of the rope.

This episode was a hard-bitten lesson in complacency where a climber had died on the easy west flank after climbing the more treacherous north face.

Dave Lees

We now offer Hairdressing
and have plenty of new treatments in store for the future
which include
Barbering, Derma Peels, Permanent Make-up,
Tattoo Removal and much more.



To keep up to date or book an appointment
please visit www.miss-unique.co.uk.

DEEP CLEAN

Carpets & Upholstery Cleaning Specialists

WE ARE A LOCAL FAMILY COMPANY
WITH OVER 35 YEARS EXPERIENCE IN CLEANING

WE CLEAN

Carpets • Upholstery • Rugs
Armchairs • Headboards • Spot Stains
Spring Cleans • Chalets • Mobile Homes
Landlord End of Tenancy
Patio • Decking



Quality Assured
& Reliable
Workmanship



LATEST TECHNOLOGY - FAST DRYING TIMES
FULLY INSURED

We also offer *Holiday Home Keyholder,*
Change Over Cleans;
Gardening Maintenance - Lawn Cuttings, Borders.
Decorating & Painting

Contact: Mick James

07539 537770

EMAIL: mickjames5@yahoo.co.uk

Hunt's Electrical



Your local electrician

All electrical work undertaken

- o Extension Wiring
- o New Mains Boxes
- o Fault Finding
- o Landlord Certificates
- o Periodic Inspection
- o Lighting
- o Kitchen Electrical Work
- o Rewires
- o Testing
- o PAT Testing
- o Outbuildings & Summer Houses
- o Telephones & Alarms

City & Guilds qualified electrician (BS7671)
Part P registered

Free quotes & no call-out charge

Call Will on: 07733 555306 or 01493 733240

Proud to support Ormesby with Scratby Parish Council

26 Station Road, Ormesby St.Margaret, Great Yarmouth, Norfolk, NR29 3NH
will@huntslectrical.co.uk

The Free Spirits Club



Looking for new friends? Penpals? Maybe romance?

Join our club and meet new people,
safely, - by letter or by phone.

This club is not internet based.

Nationwide extensive postal register.

Over 20 years success.

Full 12 months' membership for only £25.

For details, telephone Shirley on 01493 730137

COUNTRY STYLES

Ladies and Gentlemen Hairdressing

cuts, perms, colours, tints, shampoo, conditioning,
curling, straightening

Opening hours 8.30am
Tuesday to Saturday

102 Beach Road, Scratby, Great Yarmouth
Norfolk NR29 3PG

Tel 01493 731141

OPEN ALL YEAR ROUND



PET CORNER:

RESCUE PETS

We all know that a dog is for life, not for Christmas; and the same goes for cats, rabbits, guinea pigs and any other pet you can think of.

So, forgetting Christmas and **definitely** not advocating pets as presents, but thinking about

new beginnings in the New Year: - have you thought recently about rescue pets?



Rescue pets are not bad pets, just unlucky. Both our dogs are rescues. One was a dog who failed her training as a support dog (a propensity to deliver slippers via a circuitous route was probably part of the reason!) The other was a much loved pet of a family who had not thought through the implications of buying one of the most energetic breeds in the country while having 3 children under the age of 4!

The pets available are not just dogs, but also cats, small furrries like rabbits, guinea pigs, hamsters etc and even birds. The advantages include obtaining a pet from the experts like the RSPCA, Blue Cross, DogsTrust, the Cats Protection league etc, who will guide you towards a pet that fits your lifestyle, and will help you pick one that will suit you. Reputable rehoming agencies do their homework on their pets. They study behaviour and give them a thorough health check too.

Some good tips - consider an older pet. Often they are up for rehoming because their past owner has died or is ill. Sad and grieving, they will probably have spent their whole lives with a family, be house trained or litter trained. After a lifetime in a home they may not cope well with a rehoming centre, but still have a lot of love to give. Other animals that make lovely pets but can be overlooked at rehoming centres are the larger dogs, black cats, and any shy pets that tend to hide at the back of their pen. Any of these can make great pets. So, if you are thinking of sharing your life with a pet, try a rehoming centre and meet up with your new best friend.

Some Useful Contacts:

For a wide range of pets including dogs, cats, rabbits, small furrries, horses:

RSPCA: web rspca.org.uk RSPCA East Norfolk adoption line 07867 972870

Blue Cross Cambridge rehoming centre: web: www.bluecross.org.uk Tel 0300 777 1470

Wood Green The Animals Charity: web: woodgreen.org.uk Tel 0300 303 9333

Cats only : **Cats Protection Anglia Coastal:** web www.waveney.cats.org.uk Tel 0345 3714202

Dogs only: **Dogs Trust** Snetterton: web www.dogstrust.org.uk Tel: 01953 498377



The Dog House

& Grooming Room

LUXURY CANINE ACCOMMODATION

...the kennels that your dog would choose

01493 732033

www.thedoghousenorfolk.co.uk

Filby Lane Farm
Great Ormesby
NR29 3JS

Email: Info@thedoghousenorfolk.co.uk



蘭

花

ORCHID HOUSE

High Class Chinese and English Food to Takeaway

2 Rottenstone Lane Scratby, NR29 3QT

Tel: 01493 732388

Telephone Orders most Welcome

Open Daily 4.30pm till 11pm

Including Bank Holiday

Until end of October

opening times may vary

Closed in the Winter

Cash Only

Collection only

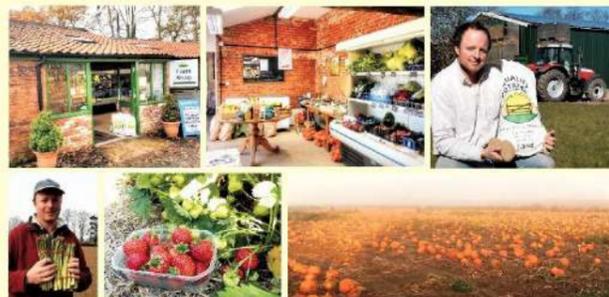


The Tacon's Farm Shop

The Grange, Fleggburgh Road, Rollesby, Great Yarmouth, NR29 5AJ

01493 740236

Growers of high quality local Fruit and Vegetables



Asparagus, Strawberries
Raspberries, Sweetcorn,
Pumpkins, Onions,
Potatoes, Sprouts
and lots more

Seasonal PYO

Open Daily 9-6pm

www.thetacons.co.uk



**WOULD YOU LIKE TO ADVERTISE
IN THIS SPACE (IN PRINT AND ON-LINE)?**

£70 FROM NOW TO END 2019

Thought for the Month

All that one dares ask of any man is that he does more good than evil. And that he does no evil of free choice.

Young's

Pet Stall | Gt Yarmouth



Your local, friendly, family run, pet supplies stall

Young's Pet Stall was established over 30 years ago; we take great pride in providing our customers and their pets with an exceptional level of service, a wide and varied product range and great value for money.



Visit our new website today
www.youngspetstall.co.uk

shop online and either collect in person or take advantage of our free delivery service to postcodes NR29, NR30 & NR31 to receive:

10% off

with code
SUMMERPETS2019
(Offer expires end Sept 2019)



Young's Pet Stall
Gt Yarmouth

FREE DELIVERY
to NR29, NR30 & NR31

With many long term customers and new followers Young's Pet Stall is relied upon by many pet owners in the area who visit time and again to stock up on their pet's favourites and seek advice on our range of new products.

Stall 14, Great Yarmouth
Market Place
www.youngspetstall.co.uk
ayeshiaclaire@me.com
07584 453884



Follow us on FACEBOOK





NORTON PESKETT SOLICITORS

A local firm with a world of experience



For you

- ◆ Buying and selling your home
- ◆ Re-mortgages and transfers of equity
- ◆ Wills and probate
- ◆ Court of Protection
- ◆ Family and children matters
- ◆ Criminal matters
- ◆ Personal injury claims
- ◆ Civil matters
- ◆ Notarial services
- ◆ Care home fees
- ◆ NHS continuing healthcare
- ◆ Trusts and deceased estates

For your business

- ◆ Commercial property
- ◆ Partnerships
- ◆ Planning and regulatory issues
- ◆ Employment matters
- ◆ Licensing
- ◆ Company formations
- ◆ Agricultural law

Offices in

Lowestoft

148 London Rd North T: 01502 533 000

Beccles

Exchange Square T: 01502 718 700

Gorleston

66a Bells Road T: 01493 652 204

Great Yarmouth

18 Church Plain T: 01493 849 200

Halesworth

52 Thoroughfare T: 01986 872 513

Norwich

23 Cathedral Street T: 01603 510904

enquire@nortonpeskett.co.uk

www.nortonpeskett.co.uk

No hidden costs

Same day response

AJS Arthur Jary & Sons Ltd

Est. 1899

*Your local family run
Independent Funeral Director
and Memorial Specialist*

Pre-Paid Funeral Plans

Office located at:
15 Yarmouth Road, Caister-on-Sea
Norfolk NR30 5DL
Email: caister@arthurjary.co.uk

Also at:
Great Yarmouth • Gorleston • Bradwell • Lowestoft • Acle

www.arthurjary.co.uk
Tel: (24 hrs) 01493 722472

join us for a cuppa...

Please join us at one of
our local, complimentary
monthly coffee mornings.

Caister Council Hall,
Yarmouth Road, Caister
1st Friday of every month
From 10.30am

Everyone Welcome!

Hosted by
Arthur Jary & Sons Ltd.
Your Local Funeral Director



Arthur Jary & Sons Ltd
Funeral Directors and Stonemasons

**Shifting Sands Tarot
Spiritual Life Coaching**



Professional Life Coach offers in-depth guidance using Tarot

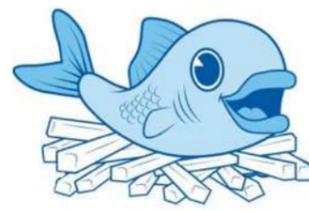
Relationships?, life goals? career decisions?

Many glowing testimonials from clients.

Printed reports (approx 2000 words) posted within 7 days.

Engage your own personal Life Coach for only £20.

For details, phone Shirley on 01493 730137



Trisha's Chippy
open 7 days a week
12 till 10pm
Free delivery
Cards accepted

Under new management

Find us on Facebook for menu or call in to collect menu

133 California Rd, California 01493 732876

**TASTEBUDS
TEAROOMS**



OPEN DAILY, SERVING A RANGE OF HOT AND COLD MEALS, HOMEMADE CAKES, CREAM TEAS AND SO MUCH MORE.

104 BEACH ROAD SCRATBY, NR29 3PG
07718 642565

Scratsby Cabs

4, 7 & 8 Seater - Wheelchair & Mobility Friendly
Airports - Seaports - Train & Bus Stations
Long & Short Distances - Dog Friendly

☎ 01493 271007

☎ 07468 484291

🌐 scratbycabs@hotmail.com

Telephone: 01493 732838 Mobile: 07876 523783

**DOMESTIC
PLUMBING
SERVICE**

• Plumbing • Heating • Drainage •
Call - Dean Goulton

**Cross Roads Garage
Hemsby
NR29 4NJ**



**MOT Servicing
and repairs**

Tel. 01493 730317

East Coast

**Chimney
Sweep**

Reliable, Professional
and Local Service



Tel: **01493 718615**

eastcoastchimneysweep.co.uk

SLS

Stonecrete Landscaping Supplies

BUDGET PAVING SLABS
NATURAL STONE PAVING
PATH EDGINGS
20KG BAGGED AGGREGATES
BULK AGGREGATE DELIVERIES
FENCE POSTS



NEXT TO PARISH HALL, SCRATBY

01493 733823

www.greatyarmouthpaving.co.uk

HALL FARM
BEACH ROAD
SCRATBY NR29 3AJ

HEMSBY ROAD, SCRATBY, NORFOLK NR29 2PQ TEL 01493 731305



DABS 'N' CRABS

FOR FRESH FISH, SMOKED FISH
AND SHELLFISH

FINALISTS IN THE FARM SHOP DELI AWARDS 2018

TRACY WRIGHTSON
AND HER FAMILY

PRIDE THEMSELVES ON THE VARIETY
AND FRESHNESS OF THEIR FISH



MEMORIAL TREES

Last month the Parish Council planted six trees on the Ormesby village green.

They commemorate the 100th anniversary of the end of the Great War 1914-1918

The six trees were planted in the week leading up to Remembrance Day, with the 6th tree being planted at 1230 on November 11th.

The 6th tree, a Mountain Ash sponsored by the Great Ormesby Branch of the British Legion, is seen here being planted by the Brownies, the British Legion and the community.

Everyone lent a hand with the planting and the Rev Mandy blessed the tree.



A real community effort celebrating a very special occasion.



Planet Spice
Exclusive Indian Cuisine
Restaurant & Take away

Open 7 Days a Week including Bank Holidays

Opening Hours

12.00 to 2pm (except Fridays) 5.30pm - 11.00pm

2 Filby Lane,

Ormesby St Margaret, Great Yarmouth, NR29 3JR

Tel: 01493 731111 / 01493 731101

Email: info@planetspice.ormesby.co.uk

www.planetspiceormesby.co.uk



Page's Farm

Scratby Road, Great Yarmouth
NR29 3NL Mobile: 077 9945 5373

Fresh Seasonal Produce

Pre-packed New Potatoes

PICK YOUR OWN

Strawberries June - August

Raspberries July - August

Gooseberries June - July



PetStay[®]

A Loving & Caring Alternative to Kennels
Norfolk Branch



DO YOU MISS HAVING
A DOG AROUND THE
HOUSE?

- Are you working from home, retired or semi-retired?
- Are you healthy, sociable and do you love walking?
- Do you have a very secure garden?
- Would you like to earn a little extra?



Come and join the PetStay family and look forward to welcoming some delightful doggy guests into your home

CONTACT US FOR AN INFORMAL CHAT:

Norfolk - sophia@petstay.net

01603 327326 / 07861957551