



Serving the villages of Ormesby St Margaret, Scraby and California and our neighbours

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Email: osccommunitynews@gmail.com Tel 07876681954

EDITION No 4 FREE MONTHLY OCTOBER 2018

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Key Events October 1918

- | | |
|--|--|
| Oct 1st French take St Quentin | Oct 21st German Government replies to Mr Wilson, protesting against the charge of "Atrocities," and assuring the President that the new government is democratic and constitutional |
| Oct 3rd Prince Max of Baden becomes Chancellor | Oct 24th Mr Wilson retorts that if the Allies have to deal with the present Monarchical autocracy or militarists they must not demand peace negotiations but surrender. |
| Oct 3rd Breach in the Hindenburg Line | Oct 27th Germany says she awaits proposals for Armistice |
| Oct 6th Prince Max asks President Woodrow Wilson to summon Peace Conference | Oct 27th Great Italian offensive begins |
| Oct 7th Mr Wilson demands German Evacuation | Oct 28th Entente leaders meet at Versailles, Austria asks for separate peace |
| Oct 9th Capture of Cambrai | Oct 31st Turkey surrenders and signs armistice |
| Oct 11th German whole front breaking | |
| Oct 13th Germany accepts Mr Wilson's terms | |
| Oct 17th British land in Ostend | |

Also Available Digitally on www.ormesby.org
Or for free subscription by email, contact the Parish Clerk on clerk@ormesby.org

Free! Please take a copy

LETTERS TO THE EDITOR

DEAR READERS

Welcome to our historic first printed edition! This month our community newsletter is available FREE both in print and in digital format. Any feedback on content—other items you would like us to cover—please do let me know by emailing oscommunitynews@gmail.com

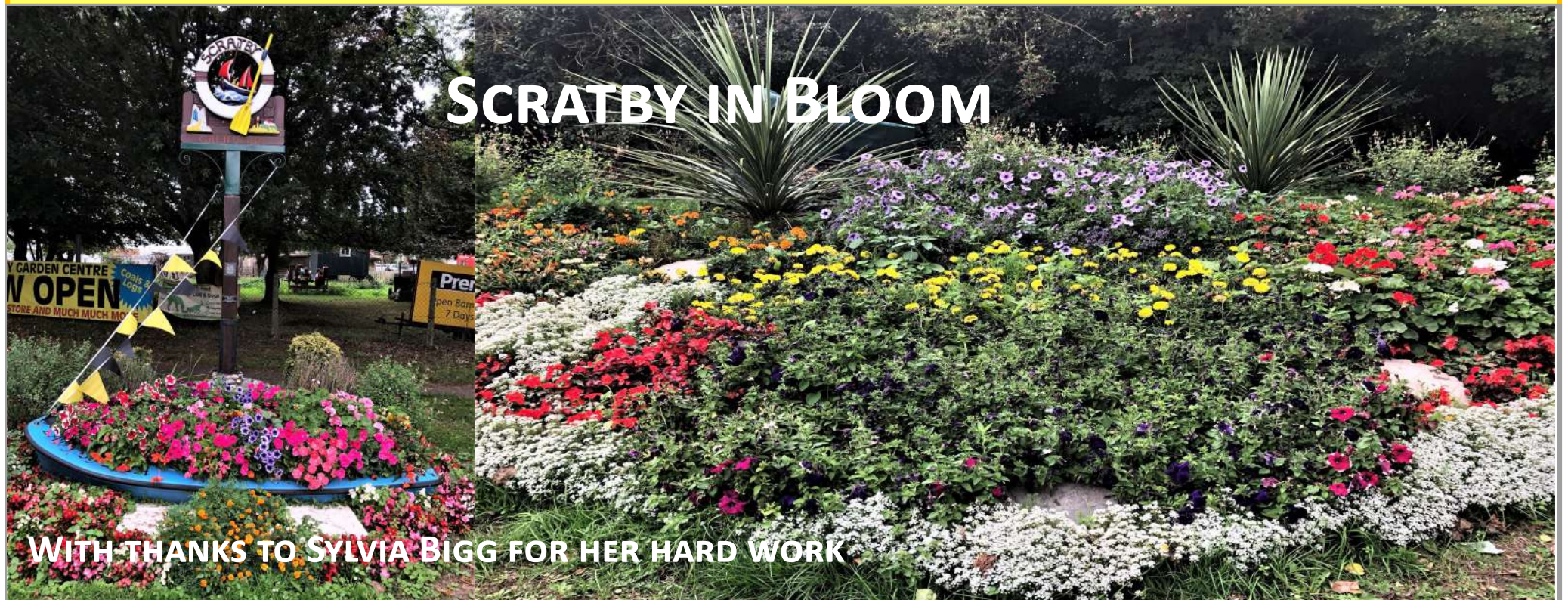
GOODBYE DR KALIA We say a sad goodbye to Dr Kalia from Ormesby this month as he travels to work in Australia. We will all miss him very much and would like to thank him for all his care of us and our families. Good Luck Dr Kalia and all our good wishes for happiness and success in your new working life on the other side of the world!

Any wine buffs out there - we are looking for a wine correspondent. See Page 12.

The Editor



COVER ILLUSTRATION: PRIZE WINNING ENTRIES AT THE VILLAGE SHOW



SCRATBY IN BLOOM

WITH THANKS TO SYLVIA BIGG FOR HER HARD WORK



CLOSING DATE 12 OCTOBER

Activity and Sports Participation Public Survey Launch – We want your views

GYBC residents asked to help shape the future of local sporting infrastructure.

If you live in the Borough, Active Norfolk and GYBC would like to hear from you.

Using a short 10-15 minute survey, we

want to learn about your physical activity levels and how much you use, or don't use, these facilities. We'll also be asking what you like and don't like about these facilities and what improvements and benefits you would like to see.

This information will be used to help shape local understanding of the role these facilities play in residents' lives, and help inform what futures services and offers are made available to residents.

Plus if you complete the survey, you have the option of being entered into a prize draw to win one of ten £15 One4all gift cards that can be spent at a range of high street stores and online, as well as some other great prizes!

Pick up a hard copy of the questionnaire along with a freepost envelope at the following locations: Town Hall Great Yarmouth, Great Yarmouth Library, Gorleston Library, Marina Centre, and the Phoenix Pool and Gym. Or complete it online at www.great-yarmouth.gov.uk/have-your-say.



SMILES MATTER

Having regular check ups at the dentist is very important as they check your whole mouth including the soft tissues (inside cheeks, tongue etc). Even if you have no natural teeth a visit is still very important, so they can check there are no areas of concern.

Remember that regular check ups can prevent many dental issues from progressing.

Dental Care Group

CHANGES AT THE VILLAGE CENTRE

After 10 years as Treasurer, Frank Bent has now stood down from the Village Centre management team. For the last 5 years he also served as Bookings Secretary and the Parish Council would like to extend their sincere thanks to him for his long service to the community.

The Hall may now be booked for events and functions by contacting

Kathryn Wendt on 07490 688305.

Anyone who would like to assist with the running of the hall by joining the management team, please also contact Kathryn on the number above,

or Email: vcormesby@gmail.com.

Address: Village Centre, 5 Station Road, Ormesby, NR29 3PU

PREPARING YOUR PET FOR BONFIRE NIGHT

Lots of fun for us but a night of terror for our pets - it is never too soon to start preparing our pets for bonfire night. Key tips are:



- ♦ Desensitise them to loud noises. Start by playing recordings of noises quietly, then gradually increase the volume. Associate the experience with something fun like treats or games.
- ♦ Prepare a safe space, covered, warm and cosy, for them to retreat to.
- ♦ Make your home secure, curtains drawn, doors and windows closed, and maybe some background noise like the TV to distract them.
- ♦ Keep your cat in if possible!
- ♦ There are plenty of diffusers available on the market that work by releasing pheromones to promote a sense of wellbeing and calm. Try Adaptil for dogs and Feliway for cats.

USEFUL INFORMATION

PARISH COUNCIL			PARISH HALLS	
Chair	Adrian Peck	07768216402	Bracecamp, Ormesby	730365 & 730599
Clerk	Lisa Callow	07825266117	Village Centre, Ormesby	730907
			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:	
			Doctor	730205
			Dentist	730384
			Pharmacy	384000
CHURCHES			Hemsby Medical Centre:	
St Margaret, Ormesby	not available		Doctor	731132 / 730449
Light Of Life Baptist Church:			Dentist	732433
Administrator (Hannah)	733706	email: info@lightoflife.org.uk	Pharmacy	732429
Methodist Church (Hemsby)			James Paget Hospital 452452	
Secretary: Maureen Turner	: 01692 670716		NHS non emergencies 111	
	email: jaybjay08@tiscali.co.uk		POST OFFICES	
St Ignatius Catholic Church Caister:			Ormesby	730322
Parish Priests: Father Anthony Nwanko and Father Alex Ibe			Scratby	730658
emails: anthonyezichukwu@gmail.com and ibealexander650@gmail.com			TRANSPORT	
Green Pastures Christian Fellowship Ormesby:			Bus Times/Information	0845 602 0121
	John Ellero	721503	National Rail Enquiries	0871 200 4950
	Derek Gidney	751312	RECREATION AND SPORT	
POLICE			Bowls Club	730112
Emergency	999	Non emergency	101	Recreation Ground

OCTOBER REFUSE COLLECTIONS

GREEN BINS	WEEKS BEGINNING	8 AND 22	BLACK BINS	WEEKS BEGINNING	1, 15 AND 29
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MOBILE LIBRARY TIMETABLE

DATES OF NEXT VISITS

Village	Arrival	Departure	Stop name	22 October, 19 November, 17 December 2018
Ormesby	1005	1045	Royal Oak	14 January, 11 February 2019
Ormesby	1050	1105	Firs Avenue	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.
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	



CHURCH SERVICES

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 10.00 Coffee Morning

St Ignatius Catholic Church Caister Vigil Mass Sunday at 1700

Weekday Mass Tuesday at 1000



LIGHT OF LIFE BAPTIST CHURCH

You are welcome at our family friendly church

We meet every Sunday at 10:30am at All Saints Parish Hall, Scratby

- 1st Sundays: All-age family morning
- 2nd Sundays: Teaching and Sunday school
- 3rd Sundays: Café church
- 4th Sundays: Worship and Sunday school
- 5th Sundays: Something different

Contact us: 01493 733706; info@lightoflife.org.uk (Hannah, Administrator)

www.lightoflife.org.uk

REPORT FROM THE SEPTEMBER COUNCIL MEETING

**Summary of Minutes of a meeting of Ormesby St Margaret with Scratby Parish Council
Held on Monday 10 September 2018 at All Saints Parish Hall, Scratby at 7pm**

County & Borough Cllr. Ron Hanton reported on the public consultation regarding the Norfolk Police and Crime Commissioner taking over the fire brigade, the proposal for a multi academy trust taking over Winterton Primary and Nursery School, and the 3rd river crossing in Great Yarmouth. Further details are in the full Council minutes. It was also confirmed that there is a known fault with the under-ground cabling affecting the lamp post on Pippin Close.

Election of new Council Members

Applications were reviewed and interviews undertaken prior to the meeting. Two members were welcomed onto the Council – Shirley Heelas and Steve Scott-Greenard.

Planning

The Council agreed that it was opposed to any further large developments within the Parish, taking into account the recent Pointers East development, because of the likely additional pressure on existing services.

Scratby Steps

There has been no further update from GYBC regarding the letter to business owners and the replacement of Scratby steps. Cllr. Freeman will raise with Cllr. Plant at the next Parish Liaison meeting and the Clerk will check when the Council can expect to hear if the grant applications have been successful.

Coastal Erosion

Robert Stephenson confirmed the work to the gabions was ongoing. The Jacobs report for Hemsby stated the gabions will last between one and ten years therefore SCEG will be starting a campaign for further sea defences.

Allotment Working Party

It was agreed that restrictions regarding bonfires be added to the tenancy agreement and there will be no increase in fees this year, all plots will be staked out, larger vacant plots will be split to attract more tenants, and a skip will be on site in October.

Sponsored WW1 Memorial Trees on Ormesby Village Green

The Open Spaces Working Party have proposed six new trees - three mountain ash trees, one silver birch, one oak and one maple tree which was unanimously agreed by Council. Each tree will cost a one-off fee of £300 to sponsors.

CCTV at the Recreation Ground

It was agreed that the CCTV at the Recreation Ground will go ahead.

The next Parish Council meeting will be held on Monday 8th October 2018 at the Village Centre, Station Road, Ormesby St Margaret starting at 7pm.

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

PARISH COUNCILLORS

Adrian Peck - Chairman

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mcheetham@ormesby.org

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John Green

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Robert Hill

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Nigel Lee

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Kathryn Wendt

Deputy Chair & (Scratby)

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Reinhardt 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

osccommunitynews@gmail.com. All questions will be anonymous and we cannot give individual advice.

This month.....



Citizens Advice Coordinator, Steve Scott-Greenard on Small Claims Court Action – The first steps

There are a number of reasons why you could consider taking small claims action against another person or a company. You may have lent money to someone and they have failed to repay you in time. You may have legitimately requested a full or partial refund for goods which you have purchased and the other party refuses to meet your requests. There may be occasions where an individual may have caused some damage to your property or belongings and you are seeking compensation.

With all cases it is important to make a decision on whether to make a small claim as there are likely to be costs involved. These costs can be added to the claim so, if you are successful, the fees will also be returned to you.

Small claims are meant to be simple, so you do not need a lawyer. Before you start a small claim, you should try to solve the problem another way – like making a complaint or using a formal mediation such as Alternative Dispute Resolution (ADR).

You can make a small claim for up to £10000 if you have a problem with something you've paid for – like poor service or a faulty product. You must make your claim within 6 years of when you bought it.

You should consider the strength of your claim. If you don't have a lot of evidence, you won't have a strong claim and it might not be a good idea to start one. Gather together any documents or photographs you have to support your claim. It might help you to list what happened in date order then find evidence to back it up.

The evidence you will need will depend on the problem. It could include things like:

- ◆ your original receipt
- ◆ photos of damage caused
- ◆ estimates or invoices for repairs
- ◆ if you're claiming for an injury, medical evidence like a report from your doctor saying what caused your injury and the effect it's had on you

It is also important to check how likely you are to be paid if you win. If the person or company you're claiming against can't pay, you won't get your money back. There are ways to check if they might be having money problems – if they are, it might not be worth claiming.

The first step to small claims is to write a "Letter before claim"

Your letter should include the title "Letter before claim" and a brief description of your claim.

The body of the letter should include:

- ◆ your name and address
- ◆ a summary of what's happened
- ◆ what you want the person or business to do about it
- ◆ how much money you want - like the cost of repair or a replacement - and how you've calculated that amount.
- ◆ a deadline for reply - usually 14 days
- ◆ that you'll start court proceedings if you don't get a reply

You should also say that you and the defendant should both follow the court's rules on what to do.

Say: 'I refer you to the Practice Direction on pre-action conduct under the Civil Procedure Rules, and in particular to paragraphs 13-16 which set out the sanctions the court may impose if you fail to comply with the Practice Direction.'

If you haven't already tried alternative dispute resolution, you should say you're willing to try it.

Keep a copy of the letter and ask the Post Office for proof of postage - you might need to show when you sent your letter. You may want to consider sending the letter by recorded delivery.

The other person or business should reply to your claim within 14 days. It could be up to 90 days if the matter is very complicated.

If they don't agree with your claim, they should say:

- ◆ the reasons why and which facts they don't agree with
- ◆ if they're making a claim of their own (a 'counterclaim')

If the other person or business makes a counterclaim, check the facts they're relying on and make a note of anything you disagree with. Also try to find evidence to prove they're wrong. For example, if you told your landlord about repairs but they ignored you and claim you damaged your home, find proof of when you told them.

If you do not receive a suitable outcome from your **Letter before Claim**, you will need to consider completing a court application and paying a fee. For more help with this stage of the process you could benefit from meeting with a Citizens Advice advisor.

If you require any assistance with this, or any other enquiries, then please 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.



SCHOOLS NEWS

Welcome to the new school year.

All the children and staff have settled quickly back into their routines and learning is well under way.

At the infant school we were pleased to welcome all our new Reception children who are coming to school for the first time. They have made a great start and we are sure they will enjoy their time together as they grow and learn. This half term our topic theme is Marvellous Me and children throughout the school are exploring what makes us all special and how our bodies work. There are sure to be

some fascinating lessons going on.

The year 2 children, who left the infant school in July, are establishing themselves at the junior school and settling into year 3. The transition period has gone very smoothly and here too children are getting on with their learning. Junior school topics this half term have a history focus. In years 5 and 6 the title is "Pharaohs" which speaks for itself. The year 3 and 4 topic is called "Tribal Tales" which is a study of the Stone Age to the Iron Age.

Both schools will soon be holding elections to the School Councils which are always hotly contested. In addition, at the junior school, House Captains will be elected in the next week or so. The School Councils and The House Captains play a vital part in the life of our schools - organising events and activities and helping to shape decisions and represent the views of their classmates.

Do visit the school websites (ormesbyvillagejuniorschool.org and ormesbyvillageinfantschool.org) to read our latest newsletters and find out more about what the children are up to.

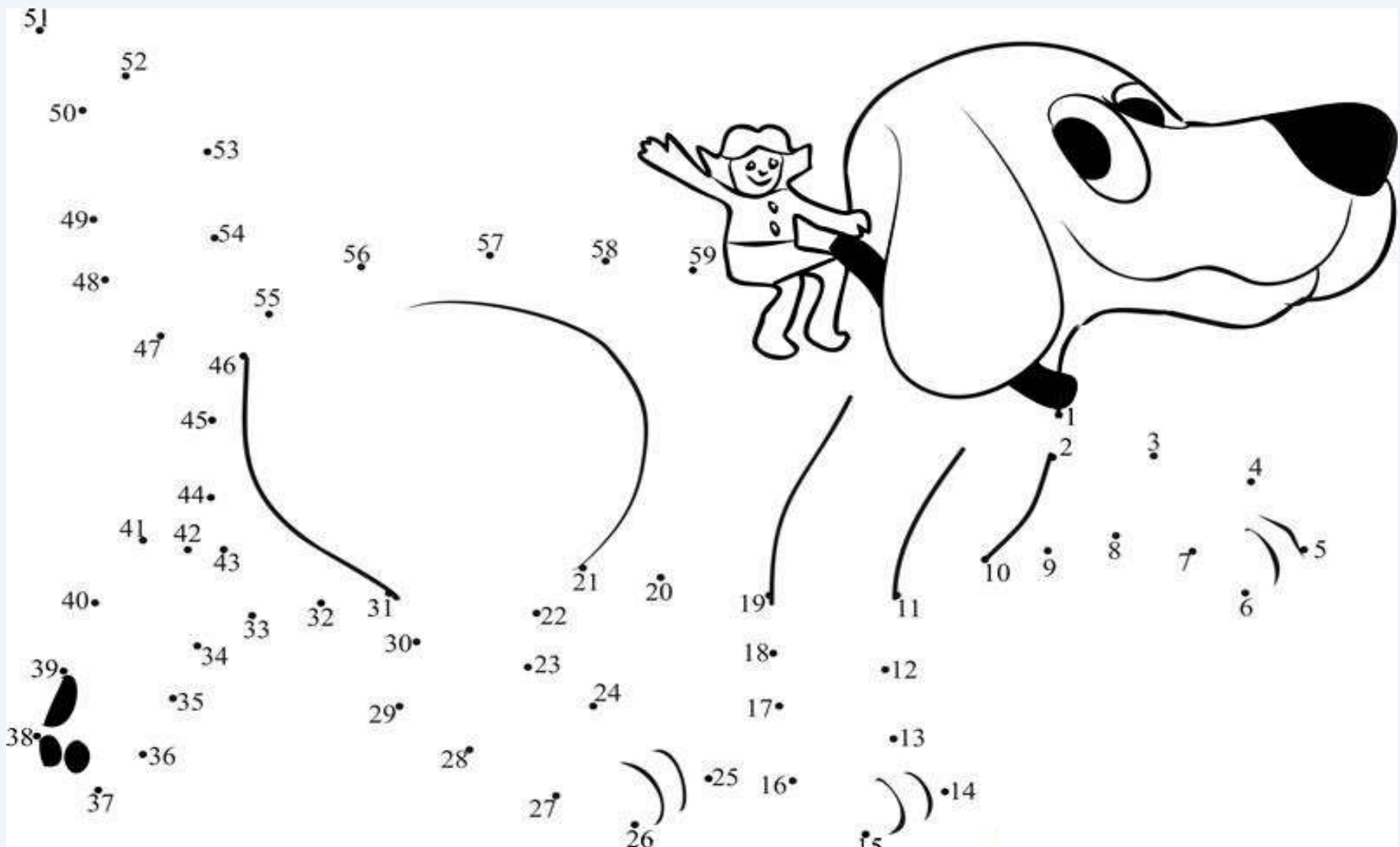
Annette McMyllor (Deputy Head)

The art works opposite and on P 10 are from the junior school . They were created using pastels and paints and are on the theme 'Fantasy Island'.

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

Join the Dots



BRAMBLE AND BRACKEN: THE BIG FRIGHT 2

Last month, I told you how Bramble chased a fox through the fields and woods near Ormesby and got lost. Poor Bramble was running round in circles looking for anyone she recognised. Harry and Matilda had called their Dad on their mobile phone and he was coming to the rescue. This is what happened next.....

After a few minutes Bramble stopped running and sniffing. She was very frightened and suddenly felt very cold.

“I don’t like this” she said. “It’s not fun at all. I want my sister and I want my family and I want my bed and my supper and”

All at once all the things she wanted and hadn’t got became a big mountain of misery and she lifted her head and howled.

“What a racket!” said a big bouncy voice in her ear. “Come play! Come play!” and a big, yellow, curly haired dog bounced round her in circles, wuffing and bowing and dashing in and out in short runs until she felt dizzy. “Whoa”, said a tall man with a woolly hat and tattoos. “Steady on Baloo! You’re frightening the little dog. Come away.”

Bramble stiffened slightly and stood up. “I’m not a *little* dog” she said. “But I *am* lost. Do you know where I live?”

“No” said Baloo, still pogo-ing around her in circles. “But never mind. Come home with me. My chap is kind.” At the same time, the man with the hat was saying “Leave her alone Baloo, her folks must be nearby,” because of course he couldn’t understand the conversation between Bramble and Baloo.

“But I want go home” wailed Bramble. “I am sure you are both very kind but I don’t want to bounce just now, I want to go home to Matilda and Harry and Bracken.” Baloo paused in his bouncing for just a moment and wagged his tail at Bramble. “Well” he replied “perhaps the best thing is if you come home with us and my chap finds out where you live” and he started bouncing again.

“Do you ever stop bouncing?” Bramble asked Baloo. “No said Baloo, pinging up and down energetically “not till I sleep anyway.”

“ and I thought Springers were supposed to be energetic “ muttered Bramble, while the kind man looked at her tag on her collar. “Whoopee”, said the kind man, “a name and a phone number. Come on Bramble, come home with me and Baloo and I’ll ring your owners.”



BALOO

So it was that, just as Matilda and Harry’s Dad was talking to the dog warden and explaining that their lost dog had a tag and a microchip, the house phone rang and it was the very nice man to say that he had a spaniel called Bramble that he thought was theirs.

Later that evening, after a very special supper and lots of cuddles, Bramble and Bracken were talking in bed. “Well I’m glad I didn’t run off”, said Bracken “but I’m sorry I missed meeting Baloo. He sounds like fun.”

“He is” said Bramble sleepily. “But he is very dizzy making. He never stops bouncing. But I’ll tell you this Bracken. I’ll never chase another Fox.”

“Bet you do” said Bracken, but she said it *very very* quietly.

Copyright: H L Peck



Clubs and Cafes

THE ROYAL BRITISH
LEGION



Royal British Legion

Prize Bingo Saturday October 20th

At Bracecamp Hall Ormesby

Doors Open 1.30pm

Eyes Down 2.00pm

Raffle

Tombola Table

Free Refreshments—Non Members most welcome

All proceeds in aid of 2018 Poppy Appeal

SUNSHINE CLUB

OCTOBER 2018

CLUB DAYS:

Monday 1st, 15th and 29th

CARD GAMES, WHIST, BINGO

All meetings are held from 2pm—4pm at
Bracecamp Hall

NEW MEMBERS WELCOME

Contacts: Audrey 730429 / Josie 720087



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



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 new Community News magazine.

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

All are welcome. This month we have:

4th Oct	Chair ex and quiz
11th Oct	Meeting the Owls
18th Oct	The benefit of Aloe Vera
25th Oct	Ghost stories and course coffee and chats.....

On Saturday 3rd November we are holding a fundraising event for Prostate Cancer. There will be a film (hope it will be a Who Done It) and a guest speaker, also hot food for supper.....17.00-21.00.....

Winter is coming and our group are collecting Hats, Scarves and Gloves to give to the homeless of Great Yarmouth, if you can spare any of these items we would be very grateful. Please ring Marie on 01493 717794 and we always like to see new faces at our group if you are at a loose end on a Thursday morning 10.30-12.30 come and see us.....



Ormesby Bowls Club

Ormesby Bowls Club is a successful and friendly club.

We welcome bowlers of all abilities and will in time integrate all of our bowlers into one or more of the six competitions we play in.

As well as the leagues we run several in-house competitions and welcome visiting clubs for friendly games.

We enjoy social events which are very popular with our members. Roll ups take place on Thursdays and Saturdays from April at 2pm. For further club information contact:

Nick telephone 01493 271864 or e-mail nacheevers@hotmail.com



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

Thank you to everyone
who took part
in the Rollesby Yard Sale.
We raised £150
for Cancer Research UK.
To be repeated next year.

Emma Tacon

Clubs and Cafes

GREAT ORMESBY WI—PROGRAMME FOR 2018

Oct 10th: Birthday Meeting

Nov 14th Annual Meeting

Dec 12th: Christmas Celebrations.

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

Secretary Rita Grehan 01493 731490



Great Yarmouth and Gorleston Memory Club

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

The club is for those in the early stages of dementia and those who due to bereavement or other circumstances find themselves socially isolated. Referrals are accepted from Doctors, Social Services, Housing Associations or relatives. Volunteers and members would be most welcome.

Each week there are different themes for reminiscing and from time to time supervised outings are organised. Perhaps you would like to arrange a 'Come and Try' visit?

For further information RING Sandra Edmonds on 01493 494217 or Kerry Hunt 07887984341



*"Great atmosphere, great staff, great food.
We are so lucky to have this in the village"*

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 EVENTS

ALL SAINTS PARISH HALL

OCTOBER

Indoor markets on Fridays

5th, 12th, 19th & 26th October

10am till 2pm

Bring own tables £4 a table

Sell old & new stuff

Sellers: set up from 8.45am

Buyers: from 10am till 2pm

Email tinahewitt53@gmail.com

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

All Welcome — good food, good conversation, free wifi

Don't forget to book your Christmas Lunch; still some spaces for Saturday 1 December

Contact Adrian on 07768216402 to book the Christmas Lunch

Also: Festive Afternoon Tea; Saturday 15 December £7 per person

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



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email: info@swpcc.com



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and Door and Access Systems



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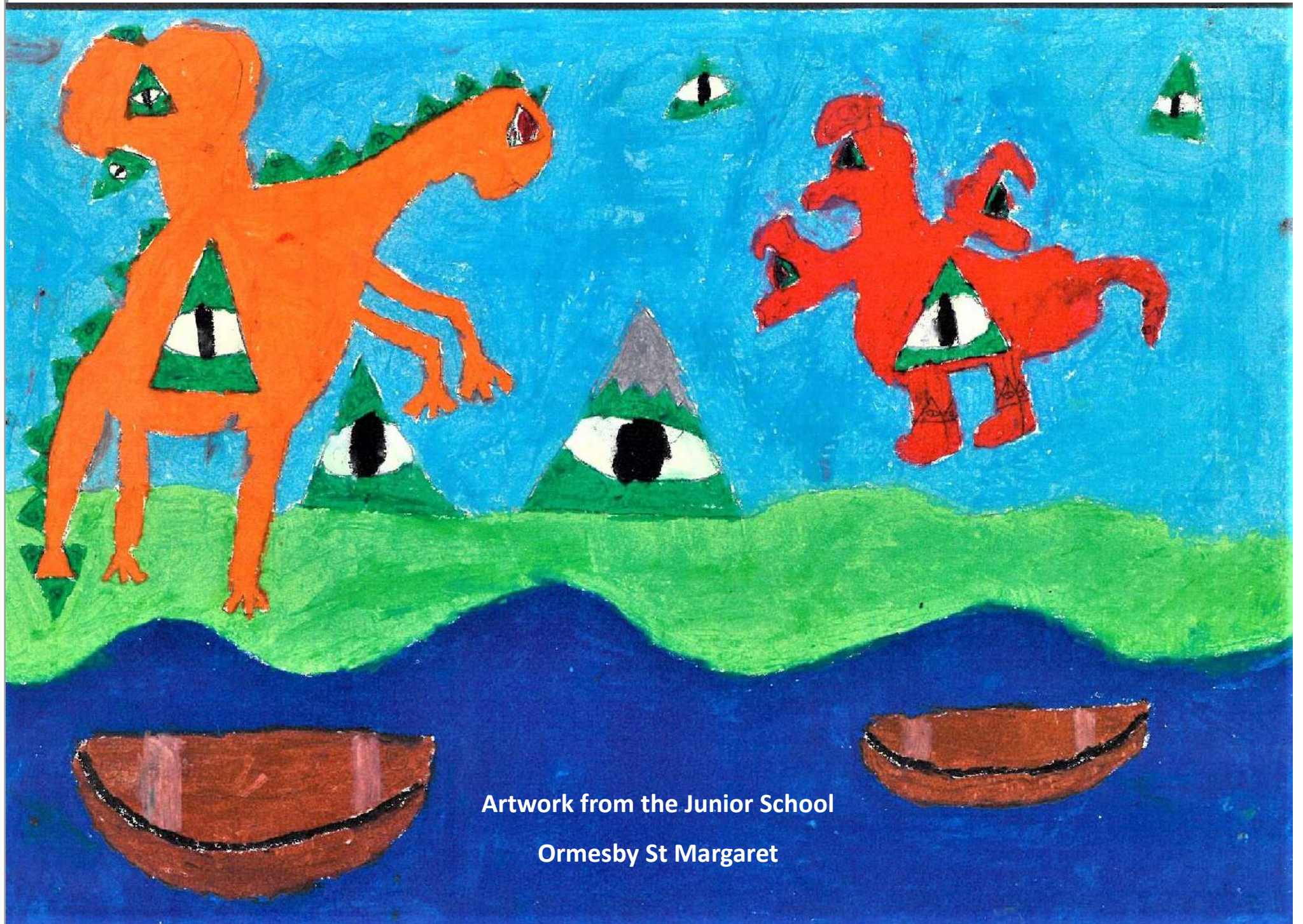
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Artwork from the Junior School

Ormesby St Margaret

VILLAGE WILDLIFE— MUNTJAC

Many of us will have seen muntjac deer in and around our villages. One is seen regularly on the grass by All Saints Parish Hall in broad daylight. Probably even more of us have heard them barking at night.

Muntjac are small, stocky and russet brown in colour in summer and grey/brown in winter. The haunches are higher than the withers giving a hunched appearance and they have a fairly wide tail, which is held erect when disturbed.



They are not native to Great Britain but were

brought from China to Woburn Park in Bedfordshire in the early 20th century. Thanks to both escapes and deliberate releases, they are now widespread and increasing in number and range.

They like deciduous or coniferous forests and are also found in scrub and gardens, as many of us can testify! Unlike other species of deer in Britain, muntjac do not cause significant damage to agricultural or timber crops. The textbook says nothing about damage to garden plants but I know a number of us suffer.

In contrast to all other species of deer in Britain, muntjac do not have a defined breeding season (rut). Instead, they breed all year round and the does can conceive again within days of giving birth. Bucks may fight for access to does but remain unusually tolerant of subordinate males within their vicinity. Bucks can live up to 16 years and does up to 19 years, but these are exceptional. They are generally solitary or found in pairs (doe with kid or buck with doe).

They are known as 'barking deer' from the repeated loud bark given under a number of circumstances. An alarmed muntjac may scream whereas maternal does and kids squeak.



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For further information ring Kathryn on 07815 132808



LITTLE MRS THRIFTY TIPS

New beetroot stain on a table cloth?

Place a bowl under the cloth,

sprinkle salt on the stain

then pour boiling water over the stain

.....watch it disappear..



VOLUNTEER SEAL WARDENS

Can you spare some time November to January assisting with the protection of the Seal Colony at Horsey and Winterton during pupping season, and help educate members of the public?

Then we need you!
Full training is given and is scheduled for September
Interested? Please email
recruitment@friendsofhorseyseals.co.uk

TEST YOURSELF.....

WHERE ARE THE FOLLOWING BURIED?

- 1) Shakespeare
- 2) Churchill
- 3) Diana, Princess of Wales
- 4) Henry the VIII
- 5) Einstein
- 6) Leonardo da Vinci
- 7) Newton
- 8) Beethoven
- 9) Mohammed Ali
- 10) Elvis Presley

Who Said This?

“All men are cremated equal.”

All answers on page 16



QUINTAGRAM

ANSWER THE FOLLOWING FIVE CLUES USING EACH LETTER BELOW ONCE ONLY

THIS MONTH: APPLE VARIETIES

---/-----/---

---/-----

AAAAABBBCCDDEEEEEEFGGGIIIIILLMMNNNNNOOOPRRRRSSUUXY



OKTOBERFEST RECIPE

Oktoberfest runs from late September to the first weekend in October and is an important part of Bavarian culture. Hearty and savoury, these bacon-and-onion-topped chops with fried potatoes bring the flavour of the festival to your table. Serves 4.

4 pork chops	1 tablespoon olive oil
¼ lb bacon, chopped	2 tablespoon Dijon or whole-grain mustard
½ med onion, julienned	½ teaspoon Hungarian paprika
½ teaspoon salt	2 oz butter
½ teaspoon freshly ground black pepper	1 tablespoon dry cooking Sherry
	3 tablespoons double cream

Method

In a large, heavy-bottomed frying pan over med heat, sauté bacon until lightly browned. Add onion and cook until softened and slightly golden. Remove onions and bacon from pan and keep warm; do not wipe pan. Generously season pork chops with salt and pepper. Over med-high heat, add olive oil to bacon drippings and cook chops approx. 3 min per side, until almost cooked through. Add mustard, butter and paprika to pan; deglaze with Sherry and reduce by half, approx. 1 min. Add cream and reduce until thickened, approx. 2 min. Plate chops and top with sauce, bacon and onions. Serve with German-Style Fried Potatoes.

German-Style Fried Potatoes

1½ lb unpeeled med potatoes, cut into ¼" slices	1 teaspoon salt
2+2 tablespoons olive oil	½ teaspoon black pepper
2 tablespoon white wine vinegar	½ red onion, finely chopped
1 tablespoon Dijon mustard	2 tablespoons chopped, fresh chives or green onions (green parts only)
¼ lb thick-cut bacon strips, cooked until crispy, chopped	

Preheat oven to 425°. Place potato slices onto a baking sheet, add 2 tablespoons oil and toss well. Arrange in a single layer and roast for 15-20 min, until the bottom side is browned and crispy and the potato is tender. Whisk 2 tablespoons oil, vinegar and mustard in small bowl. When potatoes are done, transfer to a bowl, season to taste with salt and pepper, and add dressing and remaining ingredients. Gently fold and serve.

GARDENING NOTES FOR OCTOBER

Welcome to October in the Garden

The clocks go back and darkness comes.

The garden is making a final effort before winter sets in. Because of our fickle weather we need to pick and freeze, bottle, pickle or store everything we can because prices are set to rise in the shops,

The lawn should now have recovered from the frying it got during July, August but there is still time to get stuck in and tidy up.

We still have flowers in the garden, Nerines, Chrysanthemums and Colchicum (Autumn Crocus) should be coming out and Salvia, Sedum, Rudbeckia, Heleniums and Dahlias until they are blackened, then either dig up the tubers or as I do, chop off the tops, leaving a few stalks to show where they are, and mulch thickly.

Carry on planting bulbs and spring Wallflowers and add winter Pansies to beds and pots already planted for Spring.

Now is the time to cut down soft growth on spent perennials (Lupins and Delphiniums), shape shrubs, cutting out dead and crossing branches, popping a few twigs in pots as hardwood cuttings. Tidy up Roses and prune climbing ramblers. Take some rose cuttings too. Other climbers like Honeysuckle, late flowering Clematis and Jasmine can be thinned and shaped as well.

Rake leaves up from lawn and ponds also from the tops of plants like Cordylines where they could destroy the central shoot. Put them all in a black bin bag, make a few holes, leave it in a corner for next year and you will have leaf mould.

Don't forget to put straw in the top of tree ferns and bring tender plants (Brugmansia, Cannes, Bananas and Citrus) inside.

Now is the time to plant soft fruit bushes, garlic and peas. Harvest Cabbages and Pumpkins leaving these on the ground to dry out. Lift and store beetroot and if you have green tomatoes bring them indoors and put them in a drawer with a banana to ripen.

Finally, make the most of any warm dry days you get as there won't be many more chances of a cup of tea in the garden for a while.

HAZEL

GREAT ORMESBY AND DISTRICT GARDEN CLUB



Great Ormesby & District Garden Club



Monday 29th October 2018
7.30pm at Bracecamp Hall, Ormesby

Our speaker this month is
Barry Gayton
on
Old Fashion Wreath Making



New Members Welcome

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

MEMORIAL TREES



The Parish Council agreed to plant some trees on the Ormesby village green to commemorate the 100th anniversary of the end of the

Great War 1914-1918

The Council now has sponsors for the planned 6 trees and would like to thank all those who have offered sponsorship.

Details are as follows:

The trees to be planted are likely to include
Maple, Mountain Ash, Oak, and Silver Birch

The cost to sponsors will be £300 per tree.

The aim is to plant the trees in November - More details next month

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QUICK-FIRE CAREER INTERVIEW

People in our villages have many different jobs and many different careers. Each month we will interview one person with a "quick-fire" five questions.

This month, Ashley Parker, a Pharmacist at Well Pharmacy.

1. What is the best thing about your job?

This has to be the satisfaction of helping people on a daily basis and improving their quality of life.

2. What is the worst thing?

The NHS is under a lot of pressure at the moment and so our funding has been cut dramatically. This has meant that we have an ever increasing workload with an aging population and with less resources than we need.

3. How did you get into this job?

I have always had a keen interest in science and maths and this lead me towards my degree which incorporated all my passions.

4. What qualifications did you need?

Masters in Pharmacy (MPharm Degree)

5. What on the job training do you get?

As a pharmacist it is important to update your knowledge on a regular basis and therefore we are expected to do continued professional development.

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 1.30-4.00 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 2.00-4.00 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 MONDAY F MONDAY W MONDAY W MONDAY M MONDAY M	WI BRIDGE SUNSHINE CLUB BOBBIN LACEMAKING BROWNIES GARDEN CLUB LINE DANCING	2.00-4.00 2.00-4.00 7.30-8.30 5.30-7.00 7.30-10.00 7.30-10.00	730664 730429 730599 732288 733801 669582
TUESDAY W TUESDAY W	BOBBIN LACEMAKING SHORTMAT BOWLS	2.00-4.00 1.30-4.00	730599 730664
WEDNESDAY W WEDNESDAY W WEDNESDAY M	YOGA BADMINTON WI	5.30-7.00 7.30-10.30 2.00-4.00	732717 07776304652 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 SATURDAY M	BOBBIN LACEMAKING BRITISH LEGION BINGO	11.00-3.00 1.30-4.00	730599 731015
SUNDAY W	GREEN PASTURES CHRISTIAN FELLOWSHIP	10.00-1.00	751312
W = WEEKLY, F = FORTNIGHTLY, M = MONTHLY			

VILLAGE CENTRE

OCTOBER 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.

With the tournament season now complete we can look back on some great successes including a superb win at the Shrublands tournament for our new U7 team and an unlucky penalty shoot out in the final for the U11 Tigers on the same day.

The new season has just begun and our seven teams are hoping for an exciting and successful season.

Off the pitch we have just been granted permission to install CCTV cameras at Station Road after a drawn-out consultation period. Hopefully this will see a reduction in anti-social behaviour at the ground.

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.



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ANSWERS TO QUIZZES AND PUZZLES

ANSWERS TO BURIAL PLACES QUIZ

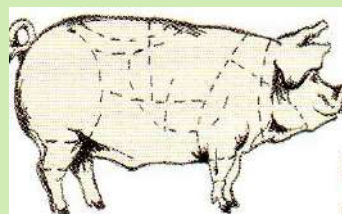
1. Stratford on Avon
2. St Martins Church, Bladon, Oxfordshire
3. Althorp
4. St George's Chapel Windsor
5. According to Einstein's wish his body was burned on the same day and the ashes were scattered after a simple ceremony at an unknown place
6. Chapel of St Hubert, Amboise, France
7. Westminster Abbey, London
8. Vienna Central Cemetery, Vienna, Austria
9. Cave Hill Cemetery, Louisville
10. Graceland

ANSWERS TO QUINTAGRAM

BRAMLEY, COX'S ORANGE PIPPIN, GALA, BRAEBURN, GOLDEN DELICIOUS

ANSWER TO WHO SAID THIS?

SPIKE MILLIGAN



philip blake

philip.blake58@hotmail.com



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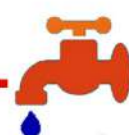
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MALVINDER'S ROLL – PART 2

During the 1st part of Malvinder's roll, in the September edition, Brigitte drove Malvinder to hospital while I led the party out of the desert to avoid the difficulty of driving in the dark.

Leaving the desert and turning on to a highway we pulled into a police station to report the Wrangler roll over as an accident damage report is a legal requirement in the U.A.E. to obtain a car repair.

The Emirati police asked the whereabouts of the driver. I explained that he wasn't feeling well & had been taken to Dubai by my wife. The police said that it was their duty to see the vehicle and accident site immediately. I argued that it was not a good idea because driving through the dunes would be a serious undertaking in the now very dark night.

They convinced me that I should lead them to the Wrangler because I

knew its exact location having saved its position on my GPS. They kindly agreed to let the rest of our group go home.

After a precarious and wildly exhilarating drive in the dark moving up and down dunes in an easterly direction with two police officers following in a police 4X4, I eventually saw the Wrangler in my headlights. We stopped and the police officers, hardly looking at the Wrangler, came out of their 4X4 laughing their heads off.

"So what's funny?" I asked

They told me that it wasn't their job as the accident occurred in Oman and not the U.A.E. i.e. wrong country. After a brief discussion about our actual position and checking my map, it seems I was about 6 km inside Oman. I was not amused and asked why they hadn't tried to stop me at the unmarked frontier.

"Well! We were having so much fun running the dunes in the dark that we just continued and anyway all the desert looks the same either side of the border doesn't it? Don't worry about it tonight, you can check in with the Omani police in the morning".



Quite some time after Malvinder's roll over, a tall heavy duty fence was built along the border in an effort to prevent illegal aliens entering the U.A.E.

That evening Brigitte & I met with Malvinder to explain that his car was still in the desert. He advised that his fractured arm would be operated on in the morning. We encouraged him not to worry and that we would get his car out of the desert somehow.

In the November edition of the Community News, see the conclusion of this epic showing how Malvinder's Wrangler was extracted from the desert.

Dave Lees

(continued next month)

HEALTH NOTES

FLU VACCINATIONS started in September and continue until the end of March next year. It's important that people have the vaccination early in the season as it really does help protect against the flu and can save lives in those at risk of flu. If you want a vaccine it's really easy – just ask us either while you're at an appointment or book in to a special flu appointment in our flu clinics. If you're not sure if you need one just ask. We'll be calling everyone in over the next few weeks to arrange appointments and visits for those who can't get to surgery. If you are housebound, or know someone who is, just call us to arrange a flu vaccination visit. The next walk in clinic is at Caister and Ormesby on **Saturday October 27th 8.30am to 11.30am**. Look out for the flu signs at the surgery for more information or ask when you next come to see us.

DRINK AWARE Drinking alcohol in moderation can be enjoyable for many people, but drinking excessively or 'binge drinking' can have a harmful effect and can lead to serious health problems. Many people don't realise that alcohol increases blood pressure, the risk of heart disease and cancer, as well as causing weight gain and reducing energy levels. The NHS advice on drinking alcohol is to not regularly drink more than 14 units of alcohol a week, and to spread this evenly over three or more days. If you're trying to reduce the amount of alcohol you drink, it's a good idea to have several alcohol-free days each week. The NHS has just launched a campaign called DRINKAWARE with lots of advice and help about how to keep alcohol intake safe. Visit their website at www.drinkaware.co.uk

SELF CARE You may have read about the NHS reducing some items prescribed on prescription for coughs, colds and other minor ailments. This is part of a national campaign to reduce NHS costs, as it's often much cheaper to buy some items from supermarkets or pharmacies than it is for the NHS to prescribe. If you want more information about this, ask at the surgery or visit www.selfcareforum.org

BLOOD IN PEE The BE CLEAR ON CANCER CAMPAIGN is urging people to tell their GP if they notice blood in their pee. This is one symptom of kidney or bladder cancer which if detected early, is better managed. Knowing the symptoms of bladder and kidney cancers and going to see the doctor if you have any of them could save your life. For more information, visit www.nhs.uk/bloodinpee

WE'RE OPEN LONGER! As part of a plan to increase access to appointments out of usual hours, we are working with surgeries in Great Yarmouth to have appointments later in the evening and at weekends. We are open til 8pm every Monday and Tuesday at our Martham site, and our GPs and nurses will be available to see patients at weekends at the Lighthouse Surgery in Great Yarmouth.

DON'T FORGET! Register with GP Online to manage your health information, view your record and book appointments online. Just bring us a photo ID and proof of address (such as a utility bill) and ask at reception about registering for GP online.

NHS Choices website www.nhs.uk has lots of useful information on many health conditions and our local pharmacies can offer expert advice on self-care of minor ailments. Remember if you need health help or advice out of usual opening hours call 111.



We are delighted to have recently celebrated our 14th year and would like to say a huge thank you to all the staff and clients for their support over the years.

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PET CORNER:

The arrival of a new baby in the house puts a particular focus on the behaviour of a dog.

Just as one example, over the last 12 months Dogs Trust in Dublin has received 98 requests from expectant parents and 39 requests from parents who had just had a new baby, all wishing to surrender their dogs.

Preparation is key to introducing your family dog to your new arrival.

The arrival of a new baby can be an overwhelming time, especially for first time parents who may be anxious about the responsibility.

Six simple tips to prepare for the new arrival:

- 1) Familiarise your dog with baby products. Allow them to sniff and inspect buggies, car-seats, blankets, baby clothing, changing bag, wipes etc.
 - 2) **Set ground rules and 'out of bounds' zones** e.g. put baby gates up BEFORE baby arrives to avoid any negative association with the baby. The earlier you begin this training the better.
 - 3) Take your dog for a health check up. It is good practice and peace of mind to make sure your dog has a clean bill of health and is up-to-date with vaccines, worm and flea treatments.
 - 4) Allow your dog to become familiar with the sound of a crying baby – Introduce a lifelike doll into the family or play recordings of baby sounds.
 - 5) Train your dog in basic commands such as “sit”, “stay” and “leave it”.
 - 6) Bring home a blanket from hospital with the baby’s smell to your dog before baby arrives home.A photograph showing a newborn baby and a small dachshund puppy lying side-by-side on a soft, white, textured blanket. The baby is on the left, wrapped in a white cloth, with its eyes closed. The puppy is on the right, also with its eyes closed, resting its head on the blanket.

AND OF COURSE, NEVER LEAVE A CHILD AND DOG TOGETHER UNSUPERVISED



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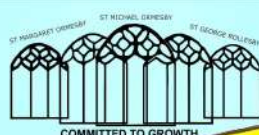
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opening times may vary

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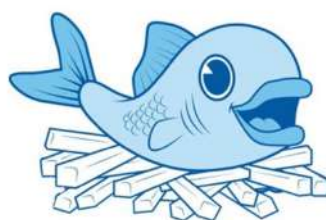
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55TH GREAT ORMESBY VILLAGE SHOW REPORT



Entries from 65 adults and 27 juniors were up again this year, totalling 384 (+8).

Judges: Haydn Thurtle, Alan Watson, Anne Craske, Alexa Green and Rosemarie Jarrold, spent a good hour assessing exhibits from residents, club members and school pupils from Great and Little Ormesby, Scratby and California, including: delicious home baking, intricate art, craft and needlework, bold scented floral displays, uniform and amusing vegetables and a wonderfully expressive display in the junior section.

Prizes were presented by Adrian Peck; Chairman of Ormesby with Scratby Parish Council. The replanting of trees on Ormesby Green is this year's recipient of excess funds raised from the raffle and auction of produce following the show. Junior exhibitors presented a beautifully arranged flower basket to Heather Peck.

Thanks to all who helped on and around the day; Judges, the village show committee members and their families and friends, along with those who donated prizes for the raffle, joined in with the auction and provided mouth watering homemade refreshments.

Thanks also to the sponsors for advertising in the schedule: Scratby Garden Centre, Fletchers Stores, Rackhams Butchers, Dybles Garage, Domestic Plumbing Services, Planet Spice, Fitness by Emma, SLD Electrical, Ormesby Garden Machinery and equipment supplies, Bojangles hair studio, David Minister Kitchens, Bathrooms & Bedrooms, and Broadland Nurseries for Cup Winner Prize vouchers.

Unfortunately we don't have space to list all the cup and prize-winners, but see also the front cover for other photos of winning exhibits.

The Ormesby Garden Club Cup (most points overall) results were: 1st - Geoff Freeman 56 points, 2nd - Kathy Bell 35 points 3rd Trevor Moore with 20 points, 4th Janice Howell with 18 points, 5th Anthony Ellero with 15 points.

Thank you to all exhibitors and attendees, for contributing to another much enjoyed village show.

Show Manager Paola Moore Tel: 07999 511 551 Email: paolamoore@btinternet.com



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