



February 2019

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

Schoolreaders
improving literacy • increasing life chances

VOLUNTEERS NEEDED

SEE P2 FOR DETAILS

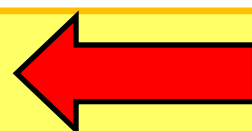
Serving the villages of Ormesby St Margaret, Scratchby and California and our Neighbours

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



STOP PRESS



We have been notified that as from the week ending 20th January, the following 2 buses, Services 293 to Wroxham and 294 to Norwich (Our Bus) will cease to run, owing to a multi million pound shortfall of government funding in this region.

AND....A big thank you to our outgoing Parish Clerk, Lisa Callow, for all her hard work over the last 18 months;

And a big Hello and Welcome to the new clerk, Jayne Morse, as she takes up her new duties.

Front Cover Photo: Winter California by Dave Lees

WE WILL REMEMBER THEM

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

Caroline Harbord

George Beck 31, Lance Corporal, 2nd Battalion Norfolk Regiment 'Killed in Action' on 13/3/16

Husband of Harriet May Shreeve of Back Road, Rollesby

No known grave. Commemorated on the Basra Memorial, Iraq

Reba Bristow 33, Private, 1st Battalion Bedfordshire Regiment 'Killed in Action' on 30/4/18

Son of Alfred and Emma Bristow of Stalham Mill. Husband of Fulleretta Russell Bristow (nee Simnet) of Great Ormesby Mill

No known grave. Commemorated on the Tyne Cot Memorial, Belgium.

Schoolreaders
improving literacy • increasing life chances

VOLUNTEERS NEEDED TO LISTEN TO CHILDREN READ IN LOCAL PRIMARY SCHOOLS

Can you spare an hour or two a week to listen to children read in a local primary school? "Schoolreaders" is looking for more volunteers in the Ormesby area to carry out this important role.

Reading time for many children at home and at school is often insufficient and according to Government statistics, one in four children are now leaving primary school unable to read to the expected standard. This can have a lifelong consequence.

Schoolreaders is flexible and aims to match your availability to an appropriate, local school. No qualifications are necessary, just a good command of spoken and written English and a commitment of one year is requested. Our volunteers find the scheme incredibly rewarding, knowing that a few hours helping a child learn to read each week can have such a great impact on their life chances.

Please visit the website www.schoolreaders.org to join
or call 01234 924111 for further information.

SMILES MATTER



Looking after your teeth and gums is important to maintaining a healthy body. Your gum and overall mouth health is linked to diabetes and heart conditions. It is important to do the following:

- 1) Brush teeth with a fluoride toothpaste twice daily
- 2) Visit the dentist regularly
- 3) Consume sugar at meal times only
- 4) Ensure the use of fluoride

in toothpaste and mouthwashes

**Dental Care
Group**

THE ORMESBY ST MARGARET WITH SCRATBY

PARISH COUNCIL SURGERIES WILL BE HELD

**FROM 10AM - 12 NOON ON THE FIRST SATURDAY OF EACH MONTH
AS FOLLOWS:**

2nd February - Village Centre Station Road Ormesby
2nd March - All Saints Parish Hall Beach Road Scratby
6th April - Village Centre Station Road Ormesby
4th May - Village Centre Station Road Ormesby
1st June - All Saints Parish Hall Beach Road Scratby

The surgeries are to enable parishioners who may not be able to attend parish council evening meetings to meet with Parish Councillors and have an opportunity to discuss local issues on a Saturday morning on a monthly basis. Parishioners are welcome to just turn up during these times.

**For any further information please contact Vice Chair Kathryn Wendt on
07815 132808.**

USEFUL INFORMATION

PARISH COUNCIL		
Chair	Adrian Peck	07768216402
Clerk	Jayne Morse	07825266117
SCHOOLS		
Caister High School	720452	
Flegg High School	740349	
Ormesby Infant School	730298	
Ormesby Junior School	730944	
PLACES OF WORSHIP		
St Margaret, Ormesby	not available	
Light Of Life Baptist Church:		
Administrator (Hannah)	733706	email: info@lightoflife.org.uk
Methodist Church (Hemsby)		
Secretary: Maureen Turner : 01692 670716		
email: jaybjay08@tiscali.co.uk		
St Ignatius Catholic Church Caister:		
Parish Priests: Father Anthony Nwanko and Father Alex Ibe		
emails: anthonyezichukwu@gmail.com and ibealexander650@gmail.com		
Green Pastures Christian Fellowship Ormesby:	John Ellero	721503
	Derek Gidney	751312
Norwich Hebrew Congregation, 3 Earlham Road, Norwich		
enquiries@norwichsynagogue.org.uk		
POLICE		
Emergency	999	Non emergency 101

PARISH HALLS	
Bracecamp, Ormesby	730365 & 730599
Village Centre, Ormesby	07490 688305
All Saints Parish Hall, Scratby	384475
COUNCILS	
Great Yarmouth Borough	856100
Norfolk County	01603 222 222
DOCTORS / DENTISTS	
Ormesby Medical Centre:	
Doctor	730205
Dentist	730384
Pharmacy	384000
Hemsby Medical Centre:	
Doctor	731132 / 730449
Dentist	732433
Pharmacy	732429
James Paget Hospital	452452
NHS non emergencies 111	
POST OFFICES	
Ormesby	730322
Scratby	730658
TRANSPORT	
Bus Times/Information	0845 602 0121
National Rail Enquiries	0871 200 4950
RECREATION AND SPORT	
Bowls Club	730112

FEBRUARY REFUSE COLLECTIONS

GREEN BINS	WEEKS BEGINNING	11 AND 25 FEBRUARY	BLACK BINS	WEEKS BEGINNING	4 AND 18 FEBRUARY
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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

11 February, 11 March, 8 April, 3 June, 1 July 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



Everyone is welcome at our family friendly church

We meet every Sunday at 10:30am at All Saints Parish Hall, Scratby. Each Sunday of the month has a different flavour:

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

Contact us:

01493 733706 (Hannah, Administrator)
info@lightoflife.org.uk | www.lightoflife.org.uk



REPORT FROM THE JANUARY COUNCIL MEETING

Summary of Minutes of a meeting of Ormesby St Margaret with Scratby Parish Council Held on Monday 14 January 2019 at All Saints Parish Hall, Scratby, at 7pm

A series of 'Parishioner Surgeries' were announced, which are due to commence in February 2019. These are to be held on the first Saturday of the month and the first one will be held on the 2nd February 2019 at the Village Centre in Ormesby St Margaret from 10am to 12noon. This is an excellent opportunity for parishioners to discuss local issues with Parish Councillors. [For other dates see P 2].

Robert Stephenson, of SCEG, informed Council that our villages had fared quite well considering the recent high tide. He made the Council aware that a meeting regarding funding was taking place on Monday 21st January at the Town Hall. Everyone welcome.

The future of the Scratby Steps was discussed. A specialist report carried out on the Scratby Steps had found that the steps should have a further 1 year of useful life but some remedial work is required. The Chairman had met with 4 holiday companies to discuss funding for this project. It had been noted that the companies were very disappointed that the Borough County council were not willing to contribute especially considering the revenue which is earned from tourism. Further efforts to raise funds will continue and a range of options considered and costed, including a ramp.

Recommendations for specialist companies who have the expertise in this type of work are being sought.

The Council had received a notification of a proposed new location for Ormesby Village Post Office. There was general agreement that the Post Office was a valuable asset to the community, especially as there were no banks in the immediate surrounding areas. The proposed new location was the Spar, 13 North Road, Ormesby, Great Yarmouth, NR29 3SA. The Post Office has invited parishioners to express their views.

A range of planning proposals was considered.

It was also noted that, from time to time, parishioners write to the Parish Council asking for roads to be adopted. It appeared that it was not widely understood that the County Council will not adopt a road unless the residents have already paid to raise the road to the necessary standard.

The Councillors said a very sincere thank you to the outgoing Parish Clerk, Lisa Callow, for all her hard work over the last 18 months and especially for her contribution to bringing council procedures and policies up to date.

The new Parish Clerk, Jayne Morse, was warmly welcomed to her new role and everyone wished her well for the future.

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

PARISH COUNCILLORS

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Shirley Heelas (Skratby)

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Kathryn Wendt

Deputy Chair & (Skratby)

07815132808

kwendt@ormesby.org

Reinhard Wendt (Skratby)

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 understanding energy and making savings

Understanding your choices

You have a choice in who you buy your gas and electricity from. You also have a choice in how you pay for your gas and electricity. You can save a lot of money by shopping around, particularly if you have not changed your energy supplier for several years. You may also save money by moving to a cheaper deal with your current supplier.

To make sure you are on the best energy deal, ask yourself:

Would changing my energy supplier(s) save me money?

Am I on the best energy tariff, most suitable for my needs?

A **tariff** is the amount you pay for your energy and can vary according to how you pay for your energy. For example, you can pay by quarterly bill, prepayment meter or direct debit. Many energy companies also offer online, fixed, capped, single and dual fuel tariffs.

Understanding your current contract

There are rules in place to make it easier for you to understand your current deal and shop around for the best energy deal.

Energy suppliers must:

Tell you which of their tariffs is cheapest for you

Tell you which tariff you are on, the amount of gas or electricity you used over the past 12 months and an estimate of your likely energy costs over the next 12 months.

Explain any price changes in pounds and pence

Provide 'tariff information labels' to make comparisons easier

Use clear terms and conditions that you will understand

Make sure you can tell the difference between all their tariffs

Make it easy for you to compare tariffs that are suitable for your circumstances and preferences

How to find the best deal

Before you start you will need:

The name of your suppliers and current tariffs. If you use 'dual fuel' you will have the same supplier for both gas and electricity

How much energy you used in the last year

How you currently pay for your energy, for example by repayment meter, quarterly bill or direct debit

Your postcode

There are different ways you can find out about energy deals:

Use our price comparison website <https://energycompare.citizensadvice.org.uk/> You can also use our energy supplier rating to compare the level of service offered by different energy suppliers.

Use one of the Ofgem.gov.uk approved online price comparison services. Search for Ofgem-accredited price comparison sites

Talk to your current energy supplier(s) or look at their website(s). Please note they will only advise you on their own tariffs

Contact other energy suppliers to compare deals

What if I am in debt to my supplier?

If you use a prepayment meter and owe your energy supplier less than £500 for each fuel (gas or electricity), you can still switch. Your debt will transfer with you but you may benefit from a lower price and potentially pay it off faster.

If you don't have a prepayment meter and have an outstanding debt to your energy supplier, they have the right to prevent you from leaving until you have paid off your debt. Your supplier can't stop you from leaving them if it is their fault you are in debt, for example, if they billed you incorrectly.

If you have a debt with your gas or electricity supplier and are struggling to make payments or cannot agree a repayment plan with them, contact Citizens Advice consumer service on 03454 04 05 06 or come to our office for support.

We have lots of energy related information available from the Citizens Advice website: <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/>

As with all of our 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 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



SCHOOLS NEWS

As memories of the Christmas holidays fade away, the spring term has got off to a positive start.

Staff and children from both schools enjoyed a lively pantomime on the first day back after Christmas. The story of Aladdin, presented by a travelling theatre company, was full of music and jokes as you would expect and everyone enjoyed the afternoon.

New topics have been introduced at both schools and children are hard at work learning about a wide range of subjects.

At the infant school the theme is 'From the Ant to the Zebra'.

Children are learning about animals – including humans – and their habitats. There is lots of scope for finding out about animals from all over the world. We are also hoping to come face to face with some interesting species.

In year 3 and 4 at the junior school the theme is Tremors. Children are finding out about volcanoes and how they are formed and the various types of rocks. They will be learning about Pompeii as well as gaining knowledge about the countries and continents of the world.

In year 5 and 6 the theme is Darwin's Delights. Children are learning about evolution and adaptation including the life and work of Charles Darwin. In addition they are improving their knowledge about the countries and continents of the world and finding out about latitude and longitude.

Both schools are focussing on Dreams and Goals in our PHSE work. We are thinking about our own aims and ambitions and how they can be achieved through positive attitudes and hard work.

Art work this month comes from the junior school. There are some lovely examples of the papier mache skulls made in the style of the Day of the Dead masks from Mexico, and some fraction art made from dividing circles into different fractions – halves, quarters, eighths and sixteenths.

Annette McMyllor
Deputy Headteacher
The Ormesby Village Schools Federation.



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

THE ANIMALS OF WHITE COWS FARM 7 - ALL ABOUT GEESE

It was a cold morning towards the end of winter when Patch, the Springer Spaniel, found herself sharing the farmyard with a whole gaggle of geese. There was Gertie, the acknowledged boss of the yard (acknowledged by Gertie anyway. Marigold the house cow wouldn't have agreed, but she wouldn't have picked a fight with Gertie either). As well as Gertie, there was Gerald, her husband, and a whole lot of goslings. Patch knew Gladys, Graham, Gail, Gary, Gilbert, Gulliver, Grace, Gabrielle and Guinevere, but there were some others whose names she didn't know.

When she said this, Gertie offered to introduce her, but as Patch said, if she had to remember any more names beginning with 'g', she would have to go away and gargle!

"What are you going to do when you run out of 'g' names Gertie?" she asked.

"Start again at the beginning!" said Gertie, as if talking to a nincompoop. Patch felt a little indignant, but knew there was no point arguing with Gertie. She was always right. And when she wasn't right, everyone else was wrong! You couldn't win an argument with Gertie.

Gertie and Gerald sidled up to each other and pecked a bit at each other's beaks. Patch knew that Gertie and Gerald had been together forever, raising goslings and protecting the farmyard from invaders. Gerald was very fierce with invaders, in which category he included just about everybody except Farmer Fred and Mrs Fred; but he was putty in Gertie's beak, and everyone knew it.

The billing and cooing, or at least the billing over with, Gertie turned to Patch and said, "Its story time for goslings. Would you like to join us Patch?"

"Well that depends", said Patch cautiously, "on whether I have heard it before. Is it going to be the one about how geese saved Ancient Rome from the invading Gauls, or the one about the goose that laid the golden egg?"

"Neither", said Gertie huffily, "I thought we might have the one about the goddess whose chariot was drawn by geese..."

"Heard it", said Patch,

"or the one about Mother Goose....."

"Heard that too," said Patch.

"OR" said Gertie raising her voice quite a lot, "THE ONE ABOUT THE ICELAND GREY GOOSE LAWS."

"I think you're making that up", exclaimed Patch, "and anyway, don't you know any non Goose related stories?"

"I am not making it up", said Gertie hotly, "the laws were written with Goose Quills and bound in Goose Skin. And I would like to see anyone writing laws with Spaniel Feathers!" and she marched off, very cross, with her big feet making a slapping noise on the ground and her tail wagging from side to side. All the goslings followed her, with Gerald bringing up the rear.

"Today", said Gertie loudly as they settled down by the pond, "we will have the story about how the very silly spaniel chased a wild goose and failed to catch it, and how this is where the saying a "wild goose chase" came from."

"She's definitely making *that* up" muttered Patch sulkily, but Gerald was still in earshot. "Apologise tomorrow", he hissed to Patch, "when she's calmed down, and all will be well."

Copyright H L Peck



A PRAYER FOR THE STRESSED

**Grant me the serenity to accept the things I cannot change,
The courage to change the things I cannot accept,
And the wisdom to hide the bodies of those I had to kill today
because they got on my nerves.**

**And also help me to be careful of the toes I step on today
as they may be connected to the feet I may have to kiss tomorrow**

**Help me always to give 100% at work.....
12% on Monday, 23% on Tuesday
40% on Wednesday, 20% on Thursday, and 5% on Friday
And help me remember**

**When I'm having a bad day and it seems
people are trying to wind me up,
It takes 42 muscles to frown, 28 to smile
And only 4 to extend my arm and smack someone in the mouth.**

Contributed by Brian Jones



In December we went into Ealing House, in Martham and told the Christmas story to the residents and Sarah & Jenny's Child Minding Group. As we were "short staffed", we used puppets, which were passed round afterwards, for the children and residents to hold. The morning ended with a group carol singing. We all had a terrific time. Many thanks to Jenny and the staff of Ealing House, for inviting us. They have asked us to return occasionally, to tell more Bible stories.

Someone asked recently how many teams there were in the area. I looked this up on the website and found that there are over 40 teams in Norfolk alone. Most of the teams are made up of Christians from all denominations; Church of England; Baptists; Methodists etc. who all work well together because our motivation is to spread the Good News of the Bible to everyone.

<https://www.biblesociety.org.uk/get-involved/open-the-book>

Ivy Eyre

Clubs and Cafes

THE ROYAL BRITISH
LEGION



Prize Bingo Saturday

17th February

At Bracecamp Hall Ormesby

Doors Open 1.30pm Eyes Down 2.00pm

Raffle

Tombola Table

Free Refreshments

Non Members most welcome

SUNSHINE CLUB FEBRUARY 2019

CARD GAMES, WHIST, BINGO

CLUB DAYS

FEBRUARY 4TH AND 18TH

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

Contact: Josie 720087



GREAT ORMESBY WI—NEWS AND PROGRAMME FOR 2019

February 13th Project Duken Ethiopia
March 13th Poetry and Pudding Afternoon
April 10th A love of orchids
May 8th Resolutions and a Fish and Chip lunch

June 11th Trash or Treasure Jewellery Roadshow
July 10th The Mystery of Amy Johnson
August 14th Outing
September 11th Friends of Horsey Seals



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 is pleased to be included in the Community Newsletter

Welcome in Group wish you all a very Happy New Year

This year we are having a Garden Club once a month, Genealogy, Crafts Projects, Talks and Charity Events.
Our first big event will be for Prostate Cancer on Tuesday the 19th March. This event is to raise money and more importantly to make people aware. We would love to see you all on that day.

We also would like to invite local people who can give us a talk on this area.

If that is you please ring Marie on 01493 717794.



**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

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

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

Clubs and Cafes



BRIDGE CLUB

EVERY WEDNESDAY

AT THE BRACECAMP HALL FROM 2 TO 4 PM

We are a friendly Bridge Club

playing Rubber Bridge and open to all.

Beginners, improvers or seasoned players all welcome.

Just come along or contact tel 730664

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 2018 AT ALL SAINTS PARISH HALL, SCRATBY



the Community Café served 84 four-course Christmas Lunches over 2 days



*"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

All Saints Parish Hall

SPRING EVENTS

FRIDAY INDOOR MARKETS
Are back by popular demand
9.30am till 1.30pm...bring own table
Friday February 8th & 22nd



COMING SOON - Quiz & Hot Food Night

Saturday 6th April, £7 per person (up to 6 people in team)

Food to choose from:

Sausage & Mash; Steak Pie & Mash; Cornish Pasty & Mash

Teas & coffees available (bring your own alcohol if you would like)

Entry is by ticket only : Tickets must be paid for in advance

If you would like to book please call
Tina 01493 730587 before 7pm, or
Email tinahewitt53@gmail.com

Forget-Me-Not Community Café



All Saints Parish Hall, Scratby
Every Friday 9:30am - 1:30pm
Breakfast from 09:30 to mid-day
Lunches from mid-day onwards
Light refreshments available during opening times
Great atmosphere - with good food & free WiFi.

Friday indoor market in next hall.

Contact Tina on 01493 730587

For all Cafe information contact
Sylvia on 075 38463509



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

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home extension
designs



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



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and Door and Access Systems



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Memories

Grandma Dale 2

Grandma was also very popular with the boat women who would appear at her shop several times a year.

They lived and worked on the canal barges which carried goods from town to town. The canal was about three miles away from Grandma's shop. The boat women would walk up to the town carrying their babies held in a shawl across their bodies. Grandma used to sell these woollen shawls. She also made huge petticoats and something called 'a shift' a voluminous garment (a sort of nightie) out of winceyette, just for these boat women. They had asked her if she would do this for them as they couldn't get them anywhere else.

I can remember enormous rolls of winceyette stacked up at the bottom of the stairs at Grandma's. Day after day I would see her at her sewing machine working away at these garments. Sometimes I was given a little piece of winceyette to make something for one of my dolls.

When the boat women came into the shop, they would collapse on to the chairs placed on the customer side of the counter, and remove their babies from the shawl. When asked, "Do you mind if I feed the baby" Grandma always made them come into the sitting room behind the shop, where she would sit them down and make them a pot of tea.

Grandma was certainly the matriarch of our family. Grandad was putty in her hands as we all were. When after feeling rather poorly, Grandma was told by the doctor that a glass of stout would do her the world of good. (this to a family of teetotallers) however Grandma decided that if it was medicinal then it was OK. Grandad, a life long teetotaller, was dispatched to the nearest Outdoor Beer-house to purchase this elixir. Grandma hated the taste but persevered as the Doctor said it would do her good. She ended up enjoying her nightly tipple.

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

Our wine correspondent focuses on....

ENGLISH WINES

Having been caught up in that dreaded word Brexit I suddenly got a slight feeling of panic. What happens if there is a no deal scenario, will we be a “dry” country in a matter of days? So I've spent the last few weeks exploring English wine, white, red and sparkling.

I was surprised how difficult it actually is to buy a true English wine locally. There are a couple of sparkling wines around, produced by the likes of Denbies in Surrey and Hush Heath in Kent. They both make own labels for the likes of Tesco, Aldi and Sainsbury. You can buy from the wine producers direct but what if you want to just have a bottle of English wine today. The Co-Op have 11 options of wine on sale, at sensible prices, though saying this, not every store will actually sell the whole range.

You can easily find “produced in UK” wine on the shelves. These products are usually made from imported grape juice and processed into wine. There are some excellent wines produced this way, with Acolade being a large producer. They can process grape at a very fast rate resulting in production of 1200 bottles a minute, a staggering 600,000 per day. They import grape from Australia, New Zealand and South Africa. Familiar names include, Hardy's from Australia, Kumala from South Africa. They also produce brands including Echo Falls and Babycham along with other well known wine fusion labels.

Therefore it is clear many countries, other than those within the EU, are producing excellent grapes for wine production. New Zealand and Australia both have a wide range of good quality wines at affordable prices. South Africa and South America are big producers and are readily available in our local supermarkets. Not forgetting the North American, California selection.

There's Saint Valentine's Day this month so why not try an English sparkling wine for around £15? If you want to start the day with a romantic breakfast there is Bucks Fizz readily available to have with your smoked or cured salmon (see below!) and Eggs Benedict.



Ingredients (makes 12 slices)

300 gm salmon (I used salmon from Dabs and Crabs)

100 gm raw beetroot, grated

1 small orange—grated zest and juice

20 gm sea salt

2 tbspn gin

1 tbspn dill, chopped

Put salmon skin side down in a dish deep enough to allow it to be submerged.

Mix beetroot, orange, sugar, salt and gin together and spread over salmon.

Cover loosely with cling film and place weight on top such as can of tomatoes. Leave in the fridge for 2 days.

To serve, scrape off the cure mixture, pat dry with kitchen paper and slice thinly, leaving the skin behind. Sprinkle with chopped dill and lemon juice if liked.

RECIPES FOR VALENTINE’S DAY

1. BEETROOT AND ORANGE CURED SALMON

START SALMON PREPARATION 2 DAYS BEFORE

2. TOFFEE POPCORN DESSERT (ALSO START 2 DAYS BEFORE!)

400ml double cream

200ml milk

140g toffee popcorn, plus a little to serve

2 gelatine leaves

4 tbspn caramel from a can (such as Carnation)

¼-½ tsp flaky sea salt

Pour the cream and milk into a large pan, add the popcorn and bring to a gentle simmer, pushing the popcorn under the liquid and squashing gently on the bottom of the pan.

Bubble for 1 min, then remove from the heat, transfer to a jug and chill for at least 6 hrs, or preferably overnight.

Strain the popcorn cream back into a clean pan and gently reheat, discarding the remaining bits of popcorn. Meanwhile, place the gelatine leaves in cold water to soften for 3-5 mins. When the popcorn cream is steaming and the gelatine is soft, remove it from the water and squeeze out any excess drops. Place in the hot popcorn cream and stir until dissolved. Set aside to cool a little.

Mix the caramel with the sea salt – start with 1/4 tsp, taste, then add more if you think it needs it. Divide the salted caramel between 2 glasses or pots. Pour the popcorn cream on top and chill for at least 2 hrs, or overnight.

HAPPY VALENTINE’S DAY



TEST YOURSELF.....

HOW MUCH DO YOU KNOW ABOUT ROMANCE?

Who said that:

1. "A woman needs a man like a fish needs a bicycle."
A. Brigitte Bardot B. Zsa Zsa Gabor C. Irina Dunn D. Germaine Greer
2. "When you marry your mistress, you create a vacancy."
A. Oscar Wilde B. George Bernard Shaw C. G K Chesterton D. Sir James Goldsmith
3. "Men seldom make passes at girls who wear glasses."
A. Jan Moir B. Hugh Hefner C. Edward Lear D. Dorothy Parker
4. "'Tis better to have loved and lost, than never to have loved at all."
A. Lord Byron B. Alfred, Lord Tennyson C. Bosie, Lord Alfred Douglas D. The Marquess of Bath
5. "Sexual intercourse began in 1963."
A. Mary Whitehouse B. Mary Warnock C. Dylan Thomas D. Philip Larkin
6. The most popular "first dance" at weddings in 2010 was:
A. "The Only Way Is Up" by Yaz B. "Moondance" by Van Morrison C. "Everything" by Michael Bublé D. "It's Raining Men" by The Weather Girls
7. The Kylie Minogue and Jason Donovan classic "Especially for You" was also recorded by Kylie with which other male sex symbol?
A. Nick Cave B. Michael Hutchence C. David Hasselhoff D. Kermit the Frog
8. Carly Simon's 1972 hit "You're So Vain" was reportedly about:
A. Warren Beatty B. Mick Jagger C. Nick Nolte D. All of the above
9. Which of these love songs was chosen by Boris Johnson on Desert Island Discs?
A. "Brown-Eyed Girl" by Van Morrison B. "Song for Whoever" by the Beautiful South C. "Call Me" by Blondie D. Donner's Song from Wagner's Das Rheingold
10. In The Archers, Brian Aldridge is married to Jennifer Archer. But in real life, which character is the actor married to?
A. Clarrie Grundy B. Lynda Snell C. Shula Archer D. Debbie Aldridge



QUINTAGRAM

(all answers are foods for Valentine's Day)

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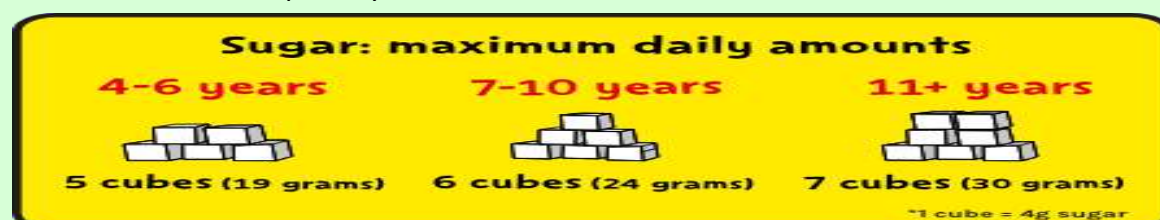
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HEALTH MATTERS

HEALTH NEWS February 2019 Welcome to your monthly health news from your local GP surgery!

It's not too late to get your **FLU VACCINATION** if you still want one. Flu is circulating in the community and the vaccination does give protection, especially to people with a long term illness. If you are housebound or know someone who is, contact the surgery for a home visit for your vaccination.

Health Improvement Message of the Month Did you know children in England are eating more than double the recommended guidelines of sugar? Too much sugar is bad for health as it can lead to a build up of harmful fat on the inside that we can't see, as well as weight gain and serious diseases like diabetes, heart disease and some cancers. It's important for everyone, but especially children, to keep sugar intake at recommended levels. A quarter of the sugar most children have each day comes from sugary drinks, and swapping to a non-sugary drink can really help reduce the sugar intake. [Change4Life](#) is a good NHS website that has lots of ideas and practical help to make our lifestyles healthier and has lots of ideas on how to swap sugary foods for healthier options, especially for children. It also has a free mobile phone App you can use when shopping to scan barcodes on items to find out what's really in the food you are buying. The message is to try to reduce sugar intake to the recommended amounts, especially for children.



KEEP WARM KEEP WELL THIS WINTER! With colder weather likely, people living with long-term health conditions should keep homes warm, especially if 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.

MORE APPOINTMENTS AT EVENINGS AND WEEKENDS Did you know that you can now book evening & weekend appointments to see one of our GPs or nurses? We are working with surgeries in Great Yarmouth to increase appointments, with longer opening hours until 8pm at Martham on Mondays & Tuesdays, and extra evening and weekend appointments the rest of the week for our patients at one of the surgeries in Yarmouth. If you have high blood pressure, pre-diabetes or high cholesterol you can also book to see a health trainer on Monday and Tuesday evenings to support a healthier lifestyle. Just ask at reception and they can book you in at one of these times to suit you to see one of our GPs, nurses or Health Trainer.

With good wishes for a happy and healthy 2019!

Coastal Surgery

GARDENING NOTES FOR FEBRUARY

Welcome to 2019. Now the coldest, wettest, darkest month is over we can look forward to the shortest month of February, when the days are getting lighter and longer and tiny bits of green start showing in the soil.

It may still be cold and wet but the bulbs don't care. Everything is coming into flower. Bitter yellow aconites, every variety of Snowdrops, Crocus, early Narcissus and tiny Iris Reticulata. Although not bulbs, Cyclamen and Hellebores are also starting to flower. Don't forget to cut the big leaves off your Hellebores so that the flowers can shine. I always pick the heads off some of the flowers to float in a bowl of water in the house you can really see their faces then.



**Great Ormesby &
District Garden Club**



**Monday 25th February 2019
7.30pm at Bracecamp Hall, Ormesby**

Our speaker this month is

Tony Goode
**Alpines from Mountains
to Gardens**



For any further information please contact:-

Gillian Saker 01493 733801

Hazel Stenning 01493 731570

www.greatormesbygardenclub.co.uk

New Members Welcome

Shrubs like Viburnum, Witch Hazel and Mahonia are still in flower and the coloured dogwoods (Cornus) are still giving a show.

Jobs for February: You can start sowing seeds under cover. Dahlia tubers can be started in the greenhouse ready for taking cuttings or just planting out at a later date. Cut down remaining perennials (not Penstemons) and chop your grasses so that the borders can finally look tidy. Check cuttings and plants undercover removing dead or fluffy leaves and while pelargonium can live without water, fuchsias will not come back if allowed to dry out completely.

Winter is now the time to prune big shrubs and, towards the end of the month, Roses. Just remember the mantra, remove, dead, diseased, drying, damaged, crossing or rubbing branches. Hopefully you will still have a plant.

Apples and Pears and fruit canes can be pruned now. Onions and Shallots can be sown in modules, ready to plant out as soon as they are ready. Vegetable seeds such as Peas, Greenhouse Tomatoes, Peppers, Courgettes, Radishes and beetroot can be sown in the greenhouse or on a window sill.

Try warming up some of the soil for early planting by covering with cloches or fleece. Chit Potatoes now and stand them in egg boxes somewhere that the light can get at them and bring a few strawberry plants into the greenhouse for early cropping. Yum.

It may not seem it but February is the month when everything begins to come alive, if not above ground then definitely below.

Bring on the Spring!

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An informal sing-along of carols and seasonal songs was held at the Chapel Coffee House on the Saturday before Christmas.

It was organised by members of St Margaret's and Light of Life churches and all the customers and volunteers joined in and enjoyed getting into the festive spirit.



NEWS FROM THE VILLAGES!



Exciting news this month for local residents! On Saturday, 2nd February, at the Village Centre, Ormesby St. Margaret, your Parish Council begins a three month trial of Parishioner's drop-in sessions, to be held on the first Saturday of each month, 10-12 noon, alternating between the Village Centre and All Saints Parish Hall, Scratby. (See also P 2 of this Newsletter).

Remember, your Parish Council exists to represent **your** interests, dealing with community concerns and challenges, trying to improve the local environment and quality of life for us all. So ... Are there any facilities or activities that, if it was possible, you would like to see in our villages? Do you know of any problems in your local area, eg overgrown hedges, or dog fouling? We cannot do our job effectively without *knowing* your thoughts and concerns.

Please do come along and speak up. If you are unable to get to these meetings, for whatever reason, please don't hesitate to contact your local councillor (details on the council's website and on Page 4 of this Newsletter), or contact me and I will assist you in any way I can.

We look forward to meeting lots of you in the coming months.

Contact Shirley Heelas, 01493 730137, or

email: villagelifescratby@gmail.com

ALSO CONTACT SHIRLEY IF YOU HAVE ANY LOCAL NEWS YOU WANT TO BE INCLUDED IN THIS COLUMN.



SUCH AS.....

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	BRIDGE CLUB	2.00-4.00	730664
MONDAY F	SUNSHINE CLUB	2.00-4.00	720087
MONDAY W	BOBBIN LACEMAKING	7.30-9.30	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 7.00-9.00	730664 730599 private 07999895155
FRIDAY W	YOGA SHORTMAT BOWLS BRIDGE CLUB	10.00-12.00 1.30-4.00 7.00-10.00	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

FEBRUARY EVENTS

Activity	Contact
Monday afternoon 4-6pm Music Theatre and Dance Classes	Lisa 07515377909
Tuesday afternoon - Dancing (during term time).	Paula Hacon 07745827274
Tuesday evening (fourth Tuesday in the month) Nightingales Womens Institute	Alison Hagger
Wednesday morning Tigger club (during term time)	Rev Mandy Bishop 01493 731917
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 £8 per hour.

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

ORMESBY LADS F.C.

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 QUIZ

- | | |
|------|-------|
| 1. C | 6. C |
| 2. D | 7. D |
| 3. D | 8. D |
| 4. B | 9. A |
| 5. D | 10. C |

ANSWERS TO QUINTAGRAM

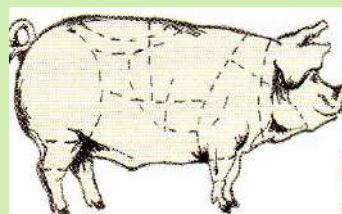
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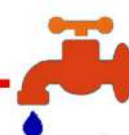
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A FISHING STORY

For 38 years I was employed by a multi-national manufacturer of industrial engines (mainly diesels) that had me living and travelling to many parts of the world. My company would sell engines through their world-wide dealer network. When one of our dealers was struggling with a challenging technical problem, I would investigate and help provide a solution. It was a job that brought me into contact with a wide spectrum of industries where there was a need for power.

We sold thousands of marine engines with many of them driving fishing boats. Vessel owners were not fond of surrendering their boats to identify engine problems and we were expected to travel with them on their regular voyages. These trips would often last several days. One curious trip occurred on a fishing trawler called the MV Saoirse which is Irish meaning, 'Liberty' or 'Freedom'. The vessel operated out of Union Hall in County Cork.



The vessel owner was complaining of his engine stalling when winching in his nets. As was customary with vessel engine problems I went on board a few hours before sailing with our dealer service manager and a dealer mechanic. We would spend time doing stationary checks, attaching and tying down our instrumentation in the engine room. Once we were under way, we would take a bunch of readings and then there was often nothing to do until reaching the fishing ground when the boat would be used for trawling, hauling the net and winching etc. which caused changes to the engine load conditions.

Sometimes the engine would chug along many hours before any load changes were made, so instead of sitting in an uncomfortable engine room that stank of diesel, we would sit in the crew room and chat with the crew while someone drove the boat.

The elderly skipper was a friendly chap and we chatted about anything and everything. We were deep into a discussion on gardening. I inquired about what sort of vegetables he was growing at this time, "None", he replied, "since doing this I'm unable to dig the garden anymore", as he tapped his artificial leg.

Then we spoke about how he'd lost his leg. At this point the crew shuddered and turned a pale colour. It seems that some while ago when winching in the nets, one of the steel trawl doors used to keep the net open while trawling flipped over the side in a heavy swell and chopped off his leg. Despite his severed leg being wrapped in ice used to keep the fish fresh, surgeons were unable to re-attach it.

Being a religious man, he visited the priest in his church above Union Hall and requested that his leg be buried in a plot where he would be laid at the time of his death. He felt strongly that he should be reunited with his leg on departing this world. The priest agreed with this request.

Now I was having a difficult time to solve his engine problem and visited the vessel several times. Finally, with an unusual engine modification, I'd found a sure-fire solution. On my last visit to the Saoirse to apply the fix, the skipper saw me climbing on board. He made a bee-line for me because he was obviously not happy about the length of time it had taken to provide a permanent solution. Before I could open my mouth with the good news he roughly shrieked,

"What! Are you back again? By the time you get my engine fixed, I'll be with my leg up on the hill."

As luck had it, the engine modification worked well but I have often wondered how funeral proceedings would be performed with his body being lain to rest in two parts.

Dave Lees



LITTLE MRS THRIFTY TIPS



Ladies, if you want your tights to last longer
put them in the freezer.
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PET CORNER: PARROTS

Inspired by the student at Ormesby School Pet Club who told me about her family's pet parrot - this month we are looking at what are possibly the most spectacularly beautiful pets of all.

Species of parrots that are kept as pet companions include large parrots, such as Macaws, Amazons, Greys and Cockatoos, and many of the smaller types, including budgies, cockatiels, parakeets and lovebirds.

With the right home parrots have the potential to make excellent, highly interactive, affectionate, and entertaining pets prized by their owners, **but are NOT easy care or low-maintenance!** Parrots invariably require an enormous amount of attention, care, and intellectual stimulation to thrive, akin to that required by a three-year-old child, which many people find themselves unable to provide in the long term. They also need feeding, grooming, veterinary care, training, environmental enrichment through the provision of toys, exercise, and social interaction (with other parrots or humans) for good health.

The parrots' ability to mimic and their beauty prompt impulse buying from unsuspecting consumers. But parrots have natural wild instincts such as screaming and chewing, and although they can be very affectionate and cute when immature, they often become aggressive when mature (partly due to poor training) and may bite, causing serious injury. For this reason, parrot rescue groups estimate that most parrots are surrendered and rehomed through at least five homes before reaching their permanent destinations or before dying prematurely from unintentional or intentional neglect and abuse.

The other thing to remember is that parrots live for a very long time. Some large parrot species, including large cockatoos, and macaws, have very long lifespans, with 80 years being reported, and record ages of over 100. Small parrots, such as budgies, have shorter lifespans up to 15–20 years. Taking on a parrot is therefore a whole family commitment, not just for an individual.

One parrot I have met is a family heirloom, passed down the family with loving care and attention.



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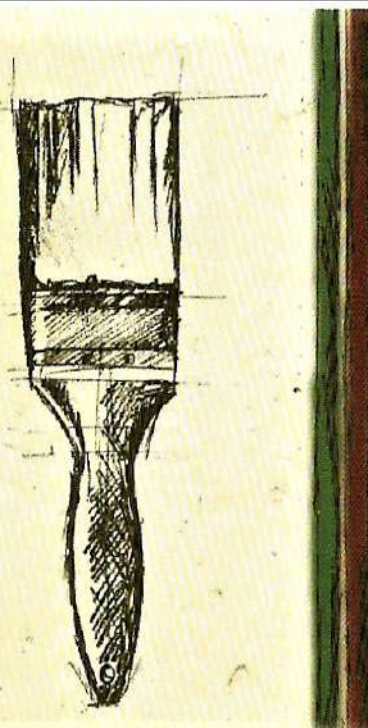


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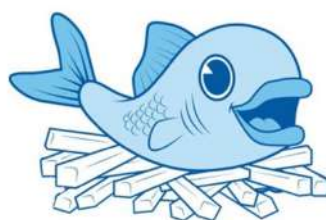
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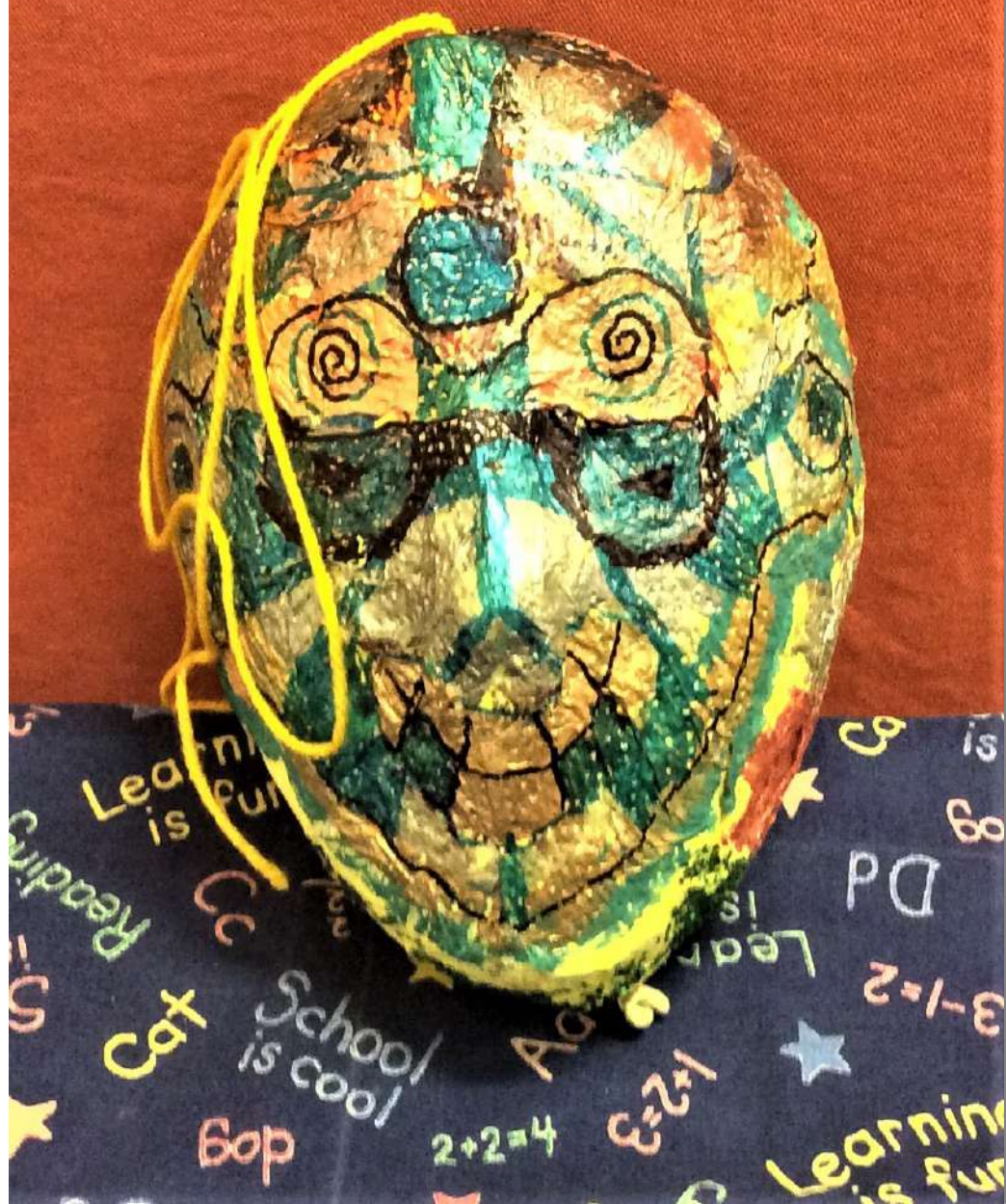
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