



August/September 2020

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NEW BI-MONTHLY EDITION

ADVICE, LOCAL HELP AND ENTERTAINMENT.

Available digitally: <https://ormesbypc.norfolkparishes.gov.uk>

Or by email from clerk@ormesby.org

And Printed Copies available from Local Businesses



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

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Email: osccommunitynews@gmail.com Tel 07876681954

**Ormesby St Margaret, Scratby and California
welcome
Caring Visitors**



**We are re-opening for business
and look forward to welcoming you back
to enjoy
our Broads, our Shores,
our Wildlife
and our various Attractions**

BUT PLEASE

**Help us keep everyone safe by observing
Government Covid guidelines**

**Please observe social distancing, and wear masks
in shops and on public transport.**



**Please drive safely—you will see from Page 14 that a minority of drivers are
speeding in our villages. We appreciate your help keeping everyone safe.**

**Have lots of lovely days out, but
please take rubbish back to
your holiday accommodation—
for the sake of our Wildlife
And our Countryside**



CITIZENS ADVICE COORDINATOR, STEVE SCOTT-GREENARD ON COVID-19

IF YOU NEED TO BE OFF WORK TO CARE FOR SOMEONE

You might be able to get help if you're off work caring for someone who is normally looked after another way. This might be because your child's school is closed or an older person's carer can't come. You might be able to get:

- some or all of your pay from your employer
- time off without using your annual leave

If your employer says you have to work

Think about whether you'd be able to do your job flexibly. For example, you might be able to work:

- from home - this is recommended by the government anyway
- at times that suit you, like evenings or weekends
- on different tasks than usual
- fewer hours

You can find out what kind of flexible working your employer offers by:

- checking your employment contract
- looking for a flexible working policy on your employer's intranet
- asking your manager or the HR team

If you want to work in a way that your employer doesn't already offer, you should still ask for it. Some employers are willing to let staff try new ways of working because of coronavirus. You should [check how to talk to your employer about flexible working](#) before asking. You could also consider using annual leave. Some employers let you 'buy' extra days of annual leave - you'll be paid less but get more days off.

Ask for unpaid leave until you can work again

If you can't work flexibly, the best way to keep your job is to ask for unpaid leave with no fixed end date. This is called 'indefinite unpaid leave'. It's a good idea to ask your employer to reply in writing. This means you have a record of what they agreed if there's a problem later.

If your employer says no

The law says they must consider letting you have some unpaid leave, but only for a limited period of time.

If you're looking after a child, you might be able to get 'parental leave'. If you can't, ask for 'time off for a dependant' which is a different right. If you're caring for an adult, you might be able to get 'time off for a dependant'.

Check if you can get parental leave

If you've worked for your employer for at least a year, you can have unpaid parental leave for each of your children. You get 18 weeks for each child - this is for the whole period until they're 18. Your child's other parent can also take 18 weeks.

You can't take parental leave if you're furloughed.

The law says you can only take 4 weeks' leave per child each year. You also have to tell your employer 21 days before you want to be off work. It's a good idea to check your employment contract and policies - your employer might be more generous than this. For example, you might be allowed more than 4 weeks' leave in a year.

Even if your contract only allows the legal minimum, you can still ask your employer for what you need. They might be willing to agree because of the unusual situation. For example, you could ask to start parental leave straight away instead of waiting 21 days. It's a good idea to ask your employer to reply to your request for parental leave in writing.

Check if you can get time off for a dependant

You can have some unpaid time off to deal with unexpected problems or emergencies with a dependant. The time off has to be 'reasonable' and you can only have enough time to deal with the urgent problem. A dependant includes:

- your child
- your partner, husband, wife or civil partner
- your parent
- someone who lives at your house, unless they're a lodger or employee
- someone who relies on you, like a disabled neighbour

You need to tell your employer as soon as possible that you'll need to be off. You also need to say why you need the time off and when you expect to be back. Try to get their reply in writing as it will help to have a record if there's a problem later.

If you're not paid your usual amount

You should check if you can get benefits. If you already get benefits you might be able to get food or supermarket vouchers instead of free school meals.

Please contact us if you need any advice at this time regarding employment and/or benefits advice.

We are here to provide Information, Advice and Guidance.

Ring 03444 111 444 or visit our local website for ways to contact us digitally. www.ncab.org.uk

By email: fill in an email form (response time 2-3 working days)



REPORT FROM THE JULY PARISH COUNCIL

Key Points from the Meeting held via Zoom on Tuesday 14 July 2020

1. Councillor Adrian Peck resigned both from the Chair and the Council on 1 July 2020 with immediate effect. The first item of business for the Council was therefore to elect a new Chair.
2. Two candidates were proposed and seconded: Steve Scott-Greenard and Kathryn Wendt. A poll elected Cllr Kathryn Wendt to the chair by majority. The Chair signed a declaration of office.
3. As this created a vacancy for Vice Chair, nominations to the role were invited. Councillor Christine Lee was nominated and seconded. There were no other nominations, Cllr Lee was elected to Vice-Chair by majority.
4. The Council noted various reports including one on the Community Newsletter change to a bi-monthly publication (see Page 8) and a report on traffic speeds from the SAM2 camera (details on page 14). It was further noted that prices were being sought for two additional brackets and one additional camera.
5. A member of the public had also raised concerns about speeding in the villages and the Council agreed to set up a 'Safety Management Working Party' of interested Councillors to address safety concerns generally within the Parish, including traffic speeding.
6. There was also an update on the Duck Pond, noting that Parishioners were keen to progress the project and are now awaiting contact by the Open Spaces Working Party of the Council.

The next meeting of the Parish Council will be held on Monday August 10 at 7pm, probably by Zoom.

If Parishioners wish to participate in the August meeting please contact the Clerk for a code to join by phone or video conference.

Parish Clerk: Clerk@ormesby.org

Tel: 07825 266117

**SUBSEQUENT TO THE MEETING ON JULY 14,
COUNCILLOR STEVE SCOTT GREENARD RESIGNED FROM THE
PARISH COUNCIL.**

THERE ARE THEREFORE NOW 3 VACANCIES.

**IF YOU ARE INTERESTED IN SERVING YOUR COMMUNITY
PLEASE CONTACT THE PARISH CLERK**



LOCATIONS OF DEFIBRILLATORS IN OUR VILLAGES: SOME LOCATIONS CLOSED DUE TO THE VIRUS!

ALL SAINTS PARISH HALL, SCRATBY

BRACECAMP PARISH HALL, ORMESBY

GREEN FARM CARAVAN PARK, SCRATBY

INFANTS SCHOOL, ORMESBY

SPAR SHOP, NORTH ROAD, ORMESBY

RECREATION GROUND PAVILION, ON SATURDAYS,

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rwendt@ormesby.org

Parish Clerk: The Village Centre,

Station Road, Ormesby St Margaret, NR29 3PU

Clerk@ormesby.org Tel: 07825 266117

Further information at www.ormesby.org

GREETINGS FROM ST MARGARET'S CHURCH

We are pleased to have been able to recommence services, observing strict Government and Church of England guidelines.

You are most welcome to join us.

The church is also open all day on Sundays and Wednesdays.

Services are to be held every Sunday at 10:45 am, all being well.

All services are Holy Communion, except for August 2nd and September 13th which will be Morning Prayer.

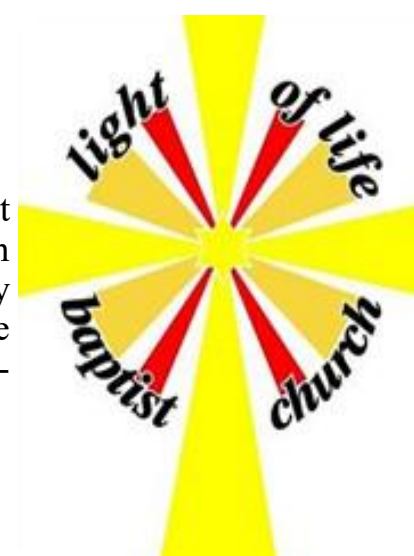
Services may be subject to change, so please contact margaret.parish@hotmail.com (Tel 731557) if you would like to reconfirm.

Margaret Parish. 01493 731557. margaret.parish@hotmail.com.



LIGHT OF LIFE

Light of Life Baptist Church and The Chapel Coffee House remain closed at the present time. The chapel building is too small for us to be able to open safely, whilst adhering to the current social distancing guidelines. Also, many of our lovely volunteers and customers are in the vulnerable category and we don't want to put anyone at risk. Our two paid members of staff are on furlough and the trustees are continuing to monitor the situation regularly.



Our Sunday services are usually held at All Saints Parish Hall in Scratby, which at the moment remains closed. Our leaders are maintaining contact with the congregation through weekly newsletters (by email or by post) and via online prayer requests and pre-recorded Sunday messages. Practical, spiritual and emotional help is given when requested. The Sunday messages and other information can be found on the church website www.lightoflife.org.uk. On a positive note, we are excited that in September we expect to welcome our new Minister, Rev Elizabeth Stoner, who is moving up from Essex with her husband, Kevin. Elizabeth was, until recently, the Assistant Minister at Shoeburyness Baptist Church and Kevin, who is a teacher, will be taking up a new post in Norwich. They are in the process of buying a house and are both thoroughly looking forward to getting to know everyone and to becoming fully involved with the local community. Please look out for them and give them a warm Ormesby welcome!

PICNIC RECIPE NO 1

BEETROOT HUMMUS

Ingredients

cooked beetroots (use vac-packed rather than ones in vinegar) 150g
chickpeas 400g tin, drained and rinsed
garlic 1 clove
tahini 3 tbsp
extra-virgin olive oil 3 tbsp, plus extra to serve
lemon 1½, juiced
flatbreads and crackers to serve (optional)



Method

Drain the cooked beetroot really well and put in a food processor or blender with the chickpeas, garlic, tahini, olive oil and lots of seasoning. Whizz until completely smooth, then taste for seasoning (add more if needed) and stir in the lemon juice. Scrape into a serving bowl and drizzle over a little more olive oil. Serve with flatbreads and crackers for dipping, if you like.

USEFUL INFORMATION

PARISH COUNCIL		
Chair	Kathryn Wendt	07815132808
Clerk		07825266117
SCHOOLS		
Caister High School		720452
Flegg High School		740349
Ormesby Infant School		730298
Ormesby Junior School		730944
PLACES OF WORSHIP		
St Margaret, Ormesby St Margaret: ormesbystmargaretschurch.org.uk		
Margaret Parish email:margaretparish@hotmail.com		
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
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 (Spar Shop)	730228
Scratby	730658
TRANSPORT	
Bus Times/Information	0845 602 0121
National Rail Enquiries	0871 200 4950
RECREATION AND SPORT	
Bowls Club	856510

AUGUST / SEPTEMBER REFUSE COLLECTIONS

GREEN BINS WEEKS BEGINNING 10, 24 AUG AND 3, 21 SEPT

BLACK BINS WEEKS BEGINNING 3, 17, 31 AUG AND 14, 28 SEPT

Village	Arrival	Departure	Stop name	MOBILE LIBRARY TIMETABLE	
Ormesby	1005	1045	Royal Oak	DATES OF NEXT VISITS	
Ormesby	1050	1105	Firs Avenue	SERVICE SUSPENDED UNTIL FURTHER NOTICE	
Ormesby	1110	1125	Beck 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.	
Scratby	1435	1450	Beach Road		
Scratby	1455	1530	Beach Drive		
Scratby	1535	1550	Beach Rd Pages Stores		
California	1555	1610	Rottenstone Lane Bus stop		

Continued from Page 7

Rosé was well known for products such as Mateus and Lancers but it was Zinfandel that caught on. In 1975, Bob Trinchero of Sutter Home ran into a ‘stuck fermentation,’ meaning the sugar could not fully convert to alcohol. As a result, the wine was slightly sweet. Instead of trying to fix the problem or relegate the project to the tasting room, they decided to release the the Sutter Home White Zinfandel.

In the 1990s, the worlds of rosé and fine wine were completely separate. Sommeliers would never serve a pink bottle because serious wine drinkers would never ask for it. Relegated to cafés and cheap restaurants, rosé lay dormant for almost fifteen years until the early 2000s. There are a whole range of rosé available today:

Masi, Rosa dei Masi Rosato, Veneto, Italy, 2019

Mirabeau, Etoile, Côtes de Provence, Provence, 2019

Simpsons Wine Estate, Pinot Noir Rosé, England, 2019

Pierre Jaurant, Languedoc Rosé, Languedoc-Roussillon, 2019

Tesco, Roseline Prestige Côtes de Provence Rosé, 2019.

Tesco, Coteaux d'Aix en Provence, Provence, France, 2019

NEWS FROM THE SCHOOLS

The strangest of school years has come to a close and our thoughts are already turning to September when all the children will return to school and the next phase of the new normal will begin. At the time of writing we are still forming our plans - you can imagine there is a lot to do - in order to be safely ready, but everyone is working together to do whatever is necessary.

We all missed the end of term activities we usually enjoy – end of year concerts, summer fetes, leavers assemblies, etc. We did hold a new kind of Sports Day in each of the schools. The Junior School children were set a series of challenges to do at home such as a 5km bike ride, keepy uppies and welly wanging. We still wanted Sports Day to be a house based competition so we asked the children to send their results in. Points were awarded and a winner announced. This year Filby House won the sports cup. Congratulations to all the members of Filby House and a big thank you to everyone who took part.

At the infant school we held The Rainbow Games, organised through Get Set 4 PE, and invited children at home and at school to take part. Events included Jump My Height, Mighty Memory and Twister. This was also a competition and after all the points were counted up the Green Frogs Team were declared the winners. Congratulations to all the members of that team. Parents and children reported that they had enjoyed these activities even though they were taking part in unusual circumstances.

Both schools have been hives of activity both at home and in the classrooms. Children and staff continued to work hard until the end of term with home learning still being set online and those children attending school, either in the relevant year groups or as part of the key worker and vulnerable children’s bubble, completing a range of activities. In between times, cupboards have been sorted and re-organised and some classrooms have been painted and generally spruced up. At the infant school the library has been relocated, stock has been replenished and a lovely mural painted on one wall. This new space will inspire the readers of the future to love books and enjoy exploring a wide range of topics.

We are so grateful to everyone connected with both schools for their support during this time, whether they have sent us cakes, worked tirelessly at home to keep their children learning or sent messages of encouragement. Parents who have engaged with home learning have done a fantastic job. Staff have met the challenge with energy and enthusiasm, making the best of the situation and going above and beyond to keep the children learning and making sure they are safe and well.

We did find ways to say goodbye to our current children, especially those moving on to the next phase of their school journey – the year 6 children off to High School and the year 2 children moving on to the Junior School. As always we are sad to see them go but wish them all the best in their new schools.

We are looking forward to seeing all the children in September. Meanwhile we hope everyone has a great summer.

Annette McMylor
Deputy Headteacher – The Ormesby Village Schools Federation.

FROM OUR WINE CORRESPONDENT

Breaking News....

Fancy a Châteauneuf-du-PAPIER? New ‘game-changer’ wine bottle is made out of paper. The Frugal Bottle is about to go on sale in the UK in partnership with an Italian vineyard.

Here’s what you need to know -

It's made in **Ipswich** by Frugalpac. It comes with a plastic liner that can be stripped out so the bottle can be put in household recycling. It has the traditional wine bottle shape, but is greener, lighter – and made of recycled paper. The bottle weighs 83g, compared to around 400g-500g for a normal glass one, making it easier and cheaper to deliver around the world. The first wine to go on sale in the bottle is called 3Q 2017, a red sangiovese from the Cantina Goccia vineyard. It will sell at around £13 and will be available here, and in Denmark and Holland over the next few weeks.



Rosé.

The popularity of rosé shows no sign of abating, with sales soaring alongside the temperatures. It seems wine drinkers can’t get enough, and like to share their rosé experience too – there are more than 4.5 million Instagram snaps tagged #rosé.

So what makes the perfect rosé? First, don’t get too hung up on the colour. It’s a fallacy that pale equals better. Yes, most Provence rosé is a paler shade of pink, but that shade is certainly no guarantee of quality – or character. While we may not demand complexity from a wine that we’ll likely be enjoying in the sunshine, we should demand character. Some rosés are just too neutral for their own good. A weight of juicy fruit balanced by crisp acidity: that’s the secret of many a successful rosé.

Freshness is key in any style of rosé, whether it’s meant to be lean and elegant or more robust. If a rosé wine isn’t refreshing, it has lost its raison d’être. For this reason, it’s a good rule of thumb to seek out the youngest vintage possible. The round-up below includes a wine from 2016 which displays great complexity and retains freshness – it’s probably the exception rather than the rule, however.

Most rosés go nowhere near a barrel, vinified in stainless steel to maximise clean, fresh flavours. But you do find the occasional rosé that has spent some time in large, old oak barrels – it can add texture and complexity, and can make for a more gastronomic style. Perfect as an aperitif, rosé in general can also be a great food match – including for tapas, charcuterie, Asian dishes, fish and chicken dishes.

Provence still holds sway in the rosé kingdom, with wines made principally from Grenache, Cinsault and Syrah. Typically you’ll find notes of red berry fruit, (grapefruit) citrus and white flowers in these wines, and a crisp elegance. But take off your Provence rosé blinkers and there’s a world of other exciting rosé waiting to be discovered. Pinot Noir from England, Malbec from Argentina, Sangiovese from Tuscany. And more. We’ve listed some rosés below to help you explore.

Now a bit of history

Many of the first recorded wines were rosé. These lighter libations (a drink poured out as an offering to a deity) were watered-down blends of both white and red grapes. In ancient Greece, it was considered civilized to dilute wine, but these early examples were a far cry from the rosés of today. There was a widespread belief that only barbarians - drunkards who raped and murdered drank pure wine. The Spartan King Cleomenes I, who was driven to insanity and eventually committed suicide in a prison cell, even claimed that drinking undiluted wine led to his downfall.

Greeks and Romans explored separating grapes by colour, and red and (mostly) white wines were born. However, these early examples of red wine were often tannic and hard to drink. For quite some time, the general preference was for the less harsh, lighter-coloured wines. Rosé remained the beverage of choice for centuries.

In the 6th century BC, the Phocaeans (they were the first Greeks to make long sea-voyages, and discovered the coasts of France) brought grapevines to Massalia, (modern day Marseille) in southern France. The wines they produced were blends of white and red grapes, which were naturally light in colour. These pleasant pink wines were well accepted in the Mediterranean areas. By the time the Romans landed in Provence, they had already heard all about the ‘pink wines of Massalia,’ and used their super-connected trade networks to make them popular. Even today, the south of France is still considered to be the epicenter of rosé.

Clubs and Cafes

As you know, all our clubs, cafes and village halls are closed until further notice. Special events such as the VE Day Celebration are also cancelled or postponed. As soon as it is possible, we will announce arrangements for reopening in these pages.

Community Announcements:

GREAT ORMESBY VILLAGE SHOW

With great reluctance, the Village Show Committee has decided that we have little choice other than to follow the example of the Norfolk Show and many other much loved events, and cancel our 2020 show.

We will be meeting as soon as we can, in order to plan an even bigger and better show for 2021.

Keep Gardening, Keep Baking, and Keep Safe.

FUTURE OF THE COMMUNITY NEWSLETTER

In the light of changes imposed by the Coronavirus Pandemic and its impact on the local economy, it has been decided that:

- ♦ The Newsletter will become a bi-monthly publication with effect from August /September 2020
- ♦ From that edition, and provided no further lockdown is introduced, the Newsletter will be produced in both digital and printed form for as long as we are able. This is likely to be to the end of 2020 and into 2021.
- ♦ In view of the difficult times facing many of our local businesses, we do not anticipate actively seeking advertising revenue for 2021. If businesses wish to advertise in 2021, then we will of course be happy to hear from them.
- ♦ In the event that we can no longer afford printing costs, then the Newsletter will continue in digital form.

WE WOULD LIKE TO THANK ALL OUR ADVERTISERS, CONTRIBUTORS AND READERS
FOR THEIR CONTINUING SUPPORT.



ANIMALS OF WHITE COWS FARM:

THE ARRIVAL OF THE GOATS

The first indication of something new was Farmer Fred banging and clattering in the paddock next to Marigold's. She and Fat Pony trotted up to the fence to watch. First he went rushing round the field, mending all the dodgy bits of fencing that Marigold had had her eye on as potential escape routes, had she the mind. Fat Pony had wondered about escape too, but as Marigold had unkindly pointed out, she'd need to go on a diet first to get through any of the holes. They'd all gone now anyway; mended, reinforced and even, in some places, raised higher too.

'Now what's he getting,' wondered Marigold aloud. 'A three-day-event horse?' Fat Pony snorted.

'Not on that grass,' she said. 'Nowhere near smart enough. Look, it's all full of baby trees and weeds.'

It wasn't a very smart field, that was true. It was an odd, triangular corner that had been leftover when the farm had been re-fenced many years ago, and had never been used for much. Occasionally Marigold had a bit of a browse. Sometimes the geese went in to tidy it up a bit. Or the bee hives were put in there at the end of the oilseed season when the oil was about to be harvested and the hives might be in the way. But nothing had been in there recently, and the grass looked green and juicy.

'Perhaps it's for us,' said Marigold hopefully, but her hopes were dashed when a Landrover and trailer turned into the yard. It was the same trailer that had brought Fat Pony.

'Not another pony,' exclaimed Marigold. 'Don't get me wrong Fat Pony, you're a very nice pony, but we don't need any more.'

'There weren't any more at the rescue place,' replied Fat Pony, but just then the ramp came down, the gates were opened, and 6 new arrivals trotted into the newly reinforced paddock.

'It's the goats,' cried Fat Pony with joy. 'Oh great. Come on Marigold, come and say hello. They're great fun.'

There were two very small goats, two golden goats and two goats with big noses and very long ears. 'Are they all goats?' asked Marigold dubiously. 'They all look very different. Two of them are no bigger than Patch. Are they babies?'

'No, they're the Pygmy goats, but do come and say hello.'

Marigold and Fat Pony moved along the fence to be nearer the goats and said a polite hello, as Farmer Fred shook hands with the man from the Landrover, then waved him off.

'You've got some competition now Marigold old girl,' he said to the house cow. 'These produce milk as well.' Marigold looked them over and sniffed.

'You won't get much off those little ones,' she remarked. 'Not even enough for your morning cereal.'

One of the goats with long ears looked up. 'You're right,' she said. 'But they're here mainly for entertainment value. We Nubians and the Golden Guernseys do the milking.'

'Guernseys?' asked Marigold. 'Our families must have been near neighbours once. My family were from Jersey.'

One of the Guernseys came over for a proper sniff and hello, just as the two little goats started a game of hide and seek on the old dead tree trunk lying in their paddock.

'There you are,' said the floppy eared goat. 'I told you they were just for fun.'

Marigold and Fat Pony stood by the fence, laughing at the antics of the two tiny goats. First they jumped on and off the big old tree trunk in a mad game of follow my leader. Then they chased in and out of the long grass, ending with a flying jump back on to the tree trunk. One of them discovered that the sloping trunk was slippery, and slid down it. The other one joined in, as the four bigger goats alternately watched and browsed. Then disaster struck!

One of the pygmy goats slid down the tree, jumped off into the long grass and caught her foot on a half buried stone. She fell over with a cry and disappeared from view. Everyone turned to look, mouths open in horror, in Marigold's case with a big clump of grass hanging inelegantly out. Even Fat Pony stopped chewing to watch. The little goat reappeared, her head above the long grass, but she was limping.

'Oooo' she cried. 'That hurt. I think my leg may be broken.'

One of the Nubian's trotted up and sniffed the dangling leg. 'No it's not,' she said briskly, 'anymore than it was when you did the same thing yesterday. I suggest you are a bit more careful.'

Marigold heaved a sigh of relief. 'I can see these are going to be a laugh a minute,' she said.

Copyright: H L Peck



AUGUST/SEPTEMBER QUIZ: GENERAL KNOWLEDGE



1. Into which sea does the Nile flow?
2. Which three continents lie on the Tropic of Cancer?
3. Which musical features 'Some Enchanted Evening' and 'There is nothing like a dame'?
4. What instrument has been named the Mississippi Saxophone?
5. What is the gemstone for September?
6. What is the common name for the Aurora Borealis?
7. One and half litres of champagne is know as a what?
8. Who has his first UK top ten hit with Wichita Lineman?
9. In mythology, Romulus and Remus were brought up by what animal?
10. The first atom bomb was dropped on which Japanese city?
11. Who was Britain's longest serving prime minister?
12. 'When You Wish Upon A Star' was a song in which Disney classic?
13. Where is the worlds largest restaurant and how many does it seat?
14. What is the name of the official body that elects the pope?
15. What is the 7th commandment?
16. In which Eastern European country is Wenceslas Square?
17. How many spaces are there around the edge of a standard monopoly board?
18. Who was the young hero of Robert Louis Stevenson's novel Treasure Island?

From the Ormesby Quizmaster

Mick Cheetham

Answers on Page 18

Edward Boardman

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Picnic Recipe 2:

Muffuletta Squares



Ingredients

Focaccia: 1 large loaf or 2 small (about 600g in total)

Mozzarella: 2 balls, drained well and sliced

Italian salami: 160g

Emmental: 12 slices

Mortadella: 200g

OLIVE SALAD

Green olives stuffed with pimento: 150g, chopped

Shallot: 1½, finely chopped

Celery: 1 small stick, finely diced

Capers: 1½ tbsp, rinsed and drained

Garlic: 1 clove, crushed

Olive oil: 2 tbsp

Red wine vinegar: 1 tbsp

METHOD

Mix together the olive salad ingredients and leave to marinate for half an hour.

Split the loaf in half horizontally and layer up with alternating layers of mozzarella, salami, emmental and mortadella.

Spread over the olive salad and replace the top.

Wrap tightly in foil then weigh down for an hour.

Cut into squares to serve. Secure each one with a cocktail stick.

IN THE GARDEN: August—September

Hello. I'm having to write about 2 months instead of one, so if you are reading this in August do not forget to save your copy for September!

Okay August! There may be less chance of you going away on holiday so I will miss out the advice about preserving your garden while you are away. However enjoy the height of the growing season in your garden and make the most of a slightly different colour palette of plants as Heleniums, Rudbeckia, Coreopsis, Sunflowers, Day lilies, Echinacea, Cannas and Dahlias come to the fore. We will still have Phlox, Fuschias, Salvias and Roses which should all flower until the frost.



Deadheading is more important now as your plants want to set seed, so if you take off the dead flowers they just have to try again. Feed pots and Baskets to prolong your summer displays, but don't forget to collect seeds and take cuttings where you can.

In the veg patch pick Courgettes, Aubergines, Runner Beans and Tomatoes. Start taking the lower leaves off your toms to make sure the sun gets through to the fruit. Harvest Potatoes, Onions and Sweetcorn.

Just take your holiday in the garden and enjoy the sunshine.

On to September. This is a busier month as the days are getting shorter and cooler.

September flowers are Asters, Japanese Anemones, Chrysanthemums and Grasses. Perennials that have finished can be cut down and divided if necessary, but leave your grasses until Feb/March time. In spaces that have appeared, plant out biennials such as foxgloves, Sweet William and wallflowers. Now you can also start planting bulbs, Crocus, Narcissus, Camassia, and Alliums.

Bedding in pots and baskets will probably have finished. Donate to the compost heap and prepare to make some Winter/Spring displays. Put your bulbs at the bottom (they can be packed in) then add maybe a small shrub and some winter bedding, Pansies, Viola, and Cyclamen. Who wants to look at a pot of earth?

Now's the time to look at the lawn, rake to remove thatch, fork it over then weed and feed.

Pick early apples and pears, late raspberries and blackberries. Sow salad leaves, spring cabbage and plant out onion sets but remember to rotate your veg so they are growing in a different patch otherwise there can be a build up of nasties in the earth.

Put some small pots under strawberry runners so you can have some fresh plants for next year.

That's it. It's been a funny old year so far. But hopefully your garden has helped and with the addition of seed and plant catalogues we maybe able to enjoy looking forward to the next.

See you in October and stay safe.

Hazel

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It is with this passion that I have decided to start my own class.

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SEE PARISH NOTICE-BOARDS OR THE WEBSITE FOR UPDATES

CAT HEAVEN

There is an element of writer's licence in the following true story. Maybe you will notice it.

An incredible event took place one evening as I was working on my PC. My office lights suddenly dimmed, the screen went blank and an eerie but familiar meowing sound filled the room. It sounded like Muffy my cat, but that was impossible because he died 5 years ago. I was so shocked and astonished that I automatically called his name out loud.

Muffy was a feral cat that I found injured as a kitten and took him into my Dubai office at a time when I lived there. After the office secretary gave him a saucer full of milk, I took him home and spoilt him rotten. My office colleagues would ask me how he was doing on a daily basis. As we used to practice speaking Arabic, I responded with, 'Mafi mushkila' meaning, 'No problem'. Later, I would just say 'Mafi' which eventually became his anglicised name, 'Muffy'.

Muffy was 19 years old when he died and I buried him deep in a corner of my Ormesby garden. Today, an hibiscus bush given to me by my kind and thoughtful Caister relatives flowers over his grave.

During the bizarre time when the PC went blank I learned that after Muffy passed away he went to heaven. This somewhat surprised me because he wasn't always such a good cat. He would disappear for days and get into fights with other cats. He used to accompany me on regular trips from Dubai to Switzerland. He would spend most of the flight home looking out of the window. I told him he wouldn't see any birds at 39,000 feet but he just ignored that comment as anyone who has a pet cat will tell you.

It is well known that dogs have owners but cats have staff.

Anyhow, I digress because on arriving at Heaven's gate, St. Peter overlooked Muffy's indiscretions and said,

'Welcome Muffy, my records show that on the whole you have been a fairly good cat. Also, you have what looks like the letter 'M' on your forehead which is a divine mark as established by the ancient Egyptians who worshipped cats. You are most welcome here. If there is anything you want while you are here, it's yours for the asking.' Muffy thought for a minute and then meowed,

'During my earthly life I frequently slept on hard tiled floors that were hot in Dubai & freezing in Norfolk. I would like a warm fluffy pillow to sleep on.'

St. Peter said, 'Say no more I have the very thing.'

Instantly, Muffy had a large fluffy pillow and even a lovely temperature regulated room.

A few days later a dozen mice died of the deadly yellow mouse virus and they all went to heaven at the same time. St. Peter met them at the gates of heaven and made them the same offer that he had made to Muffy.

A spokesperson, or should that be spokes-mouse, said,

'Well we've had a hard life on Earth. We had to avoid mousetraps, poison and had to run for our lives on many occasions from dogs, cats and people that wanted to bash us with brooms and even shovels. If we could just have some little roller blades, we would never have to run again.'

St. Peter answered, 'No problem, it's done,' and all the mice were equipped with beautiful little roller blades.

About a week later St. Peter decided to check on Muffy. He found him sound asleep on his fluffy pillow.

St. Peter gently awakened Muffy and asked, 'Is everything OK? Are you well settled in and happy?'

Muffy replied, 'Oh it is wonderful. I have never been so happy in my life. My fluffy pillow is so warm and those little meals on wheels you have been sending over are delicious.'

Dave Lees



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Report from the Speed Awareness Messaging Units (SAM2)



SAM2 report on Cromer Road Monday 13 July 2020
(January figures in brackets)

Analyses of 4 weeks of 48917 vehicles coming into Ormesby.

Amount of traffic: average of 1750 cars a day
(January 2020: 2000)

17948 (37% of cars) were clocked at 30 mph
15250 (31% of cars) at 35 mph
5367 (11% of all cars) at 40 mph
1204 (2.5%) at 45 mph
182 at 50 mph, 29 at 55 mph, 8 (1) at 60 mph, 4 (0) at 65 mph,

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ODE TO LOCKDOWN

I'm usually a sociable bloke
And like to see my mates
But lately with the virus here
I can't get out the gates.

You see, I'm an old man now.
And have to stay inside.
If you haven't seen me for a while.
You might think that I've died.

You'll never know the things I did
Before I got this old
There wasn't any Facebook.
So everything was told.

I might seem a harmless bloke
Who would never be uncouth
But I grew up in the '60s
If you only knew the truth.

I would do a ton up on my bike
With a bird in a miniskirt.
I'd stay out all night having fun.
And was quite a wicked flirt.

Then I settled down, got married.
And even did some work.
I joined a social club
And became a boring jerk.

So here you see me stuck inside
For 3 months now & maybe more.

I finally found myself again.
Then I had to close the door.

It really doesn't bother me
While I waste away the week.
Playing word games on my PC
And now I'm quite a freak.

Now TV is just wonderful.
I like a gutsy thriller.
I drool over 'Kill Bill Two'
And some other gory killer.

At least I've got a stash of booze
For when I'm being idle
There's wine. Baileys and even schnapps
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope the Chinese bat virus
Doesn't decimate our wealth.

I'll make it through this crisis
And be back with all my mates
Just hoping I'm not too fat
To exit the garden gates!

Author: sort of unknown



How can we keep our rivers healthy and clean?

In a series of articles, Norfolk Rivers Trust will provide advice to help maintain the health of our globally rare chalk streams and lowland rivers in Norfolk. In times of drought and hot weather it is especially important because of the wildlife our rivers support. Endangered white clawed crayfish, brown trout, eels, and water voles are just a few of the iconic species at risk in Norfolk and we can do our bit to help protect them.

Vegetation: while it is tempting to “tidy” the river by pulling out the plants, you are doing more harm than good. The vegetation in the river helps in so many ways! First, plants shade the channel reducing the temperature of the water and keeping the water oxygenated. Second, plants hold back water in exceptionally low flows allowing the invertebrates and fish to survive in the damp conditions. Third, plants take up the excess nutrients and pollutants resulting in cleaner water downstream; plants act as natural filters. And last, by taking out the vegetation you are removing the essential food that most of the aquatic food chain relies on! If you feel the river is “choked” you can call the Environment Agency for advice but generally the vegetation dies down over winter.

If you are a landowner with riparian land and would like to talk to us about restoration and rewilding please do get in touch with us at Norfolk Rivers Trust. We offer a wide range of services including surveys, restoration and management advice. Email info@norfolkriverstrust.org

This Month's Favourite Poem

Leisure

What is this life if, full of care,
We have no time to stand and stare.
No time to stand beneath the boughs
And stare as long as sheep or cows.
No time to see, when woods we pass,
Where squirrels hide their nuts in grass.
No time to see, in broad daylight,
Streams full of stars, like skies at night.
No time to turn at Beauty's glance,
And watch her feet, how they can dance.
No time to wait till her mouth can
Enrich that smile her eyes began.
A poor life this if, full of care,
We have no time to stand and stare.

by W H Davies, contributed by Kathryn Wendt



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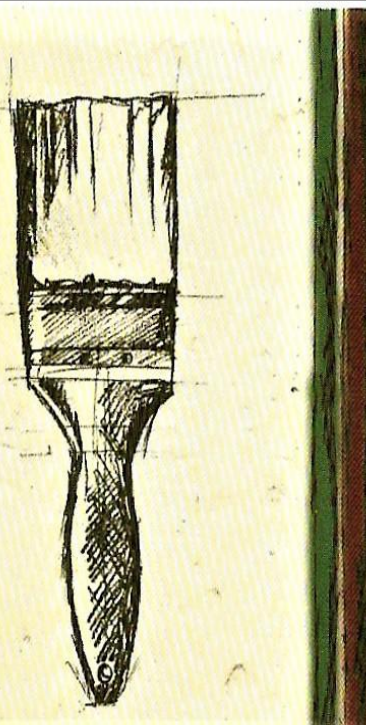
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HEALTH NEWS : AUGUST 2020

Welcome to your health news from your local GP surgery

COVID 19: We hope everyone is staying safe and keeping well during these difficult times. We want to thank everyone for their support and patience in working with us through all the many changes we and others in the NHS have had to make since the COVID outbreak.

Facemasks Before coming to the surgery for any reason please ensure you wear a facemask which covers your mouth and nose, and also gloves. This will protect you and also protect others, so we will be asking you to do this before you come in. Please be patient with our staff if they ask you to do this, as it is to protect the health of everyone.

New website: To help keep people safe during COVID our website has changed and now allows for remote consultations. You can also find health information more easily on the website and links to order your prescription, book an appointment, register or ask questions. The website is available 24 hours a day and any requests will be responded to as soon as possible when the surgery opens. You can still contact us by telephone as not everyone has access to a computer, but we hope this may make it easier for many people to allow them to have their queries answered more quickly. <https://www.coastaldocctors.co.uk/index.php>

Prescription medicine shortages: Some medicines supplies are still affected by the COVID problem so you may find that your local pharmacy cannot supply an item. The first thing to try is to see if another pharmacy has the item in stock, as different pharmacies may have different suppliers, and ask for your prescription to be sent there. If it is a wider out of stock issue, get back in touch with us at the surgery.

Sunshine! Now that the weather is brighter there is a risk of sunburn even if we are staying in our gardens. Please do use a sun cream with a high protection factor of 30SPF or more in the sunny weather to help reduce the risk of burns and skin cancer.

Routine vaccinations: Please remember that routine vaccinations, especially for children, should still be given even during the COVID crisis. If you or your child is due a vaccination please contact us for more information and to book an appointment if needed.

Surgery openings: During COVID one of the many changes made has been the way in which we have had to change access to the surgery for appointments. Over the next month we hope to return to a more familiar pattern of access. Please check on our website or call us for opening times as these may change as national guidance changes.

Flu vaccination: We will be giving flu vaccines from September onwards. As vaccine deliveries will be staggered, we plan to give vaccines in stages and people will be booked in for appointments, rather than just turning up. Nationally there is enough vaccine, and vaccines will continue throughout the autumn and winter, so there is no need to panic if you are not called in the first wave.

Thank you and stay safe!



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2. Australia, Africa and South America
3. South Pacific
4. The harmonica
5. Sapphire
6. Northern lights
7. Magnum
8. Glen Campbell
9. A wolf
10. Hiroshima
11. Robert Walpole
12. Pinocchio
13. Syria. 6014
14. The Council of Cardinals
15. Thou shalt not commit adultery
16. Prague
17. 40
18. Jim Hawkins

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