

Village Voice

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Vol 18-1

Delivered MONTHLY FREE

RESIDENTS CAN LOOK FORWARD TO CHEAP ELECTRICITY

Correspondence sent to Village Voice

A consortium of both Chinese and UK entrepreneurs has purchased 16 acres of fields east of Belton to construct a multi-eco Energy Farm that will consist of 10 acres of high efficiency solar panels and 5 wind turbines. The uniqueness of this installation will be the underground Aproic-lithium battery storage facility. This will allow all excess energy to be stored and be available on days of zero sun and little wind. This combination has proved very successful in many outlying villages in both China and Australia following the development of this high efficiency battery in China.

Mr Foo Arlip Ling, spokesman for the consortium said they picked Belton as one of the first UK installations as it was of ideal size and situated the right distance from a coast line. As this will in effect be a private supply of electricity, residents will be able to be connected to it and then use as much electricity as they require for a £200 tariff each year. This will be a major saving on their normal bills.

A new underground cable will be laid from the farm into the village and properties will be able to be connected to this supply instead of their present supply. A small external box at each connected property will be all that is required. The consortium also said that they could offer this energy supply at such an attractive rate due to the high efficiency of the Aproic- lithium batteries that have revolutionised energy storage. These batteries will soon be a part of every solar panel and wind turbine installation. If you are interested to know more about this development and would like to sign up to be connected then you can go on line at <http://ESolawin.com.cn>. Alternatively, you can write to SolaandWinEnergy, Easter Development Park, Aberystwyth, AP1 4GU. If you have any objections to this development you can also log your protest by sending an email to YourEnergy@SolaWin.com.cn See page 27 for more details

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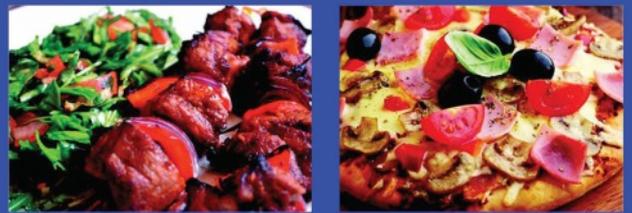


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VILLAGE VOICE

APRIL 2017

This Magazine is a Community Enterprise professionally printed by Blackwell Print - but written edited & delivered free - entirely by volunteers. After printing costs, any profits from the Magazine are paid out in the form of grants to community organisations & groups in our circulation area.

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We welcome your news, views, letters and articles & photographs for publication. No anonymous items will be accepted. If you have a complaint then contact Ernie Tuxford, Chairman of the Board at Berea, 7b Hall Lane, Oulton. NR32 3AT

YOUR VILLAGE VOICE

The closing date for the May 2017 edition of Village Voice will be 14 April 2017.

Please send all contributions or beltonvveditor@gmail.com and for advertising enquiries please contact bcswan50@gmail.com

Please produce information in Rich Text format using Arial. Please do not embed photos in your articles, but send them as J-pegs with min 200dpi resolution. Please send adverts as pdf files.

IN MEMORY OF JOHN

The Village Voice was represented at the funeral of John Rudrum, Chair of the Belton with Browston Parish Council and former member of our Management Board. In John's memory, the magazine board made a donation of £50.00 to The Motor Neuron Association, the charity that was selected by his family.

TWITTER AND THE VILLAGE VOICE

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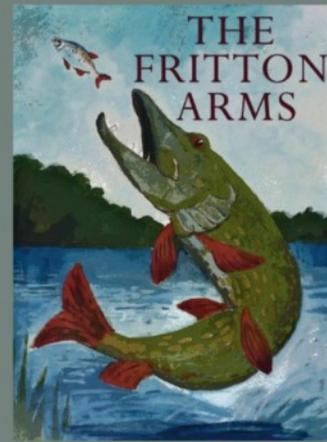
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FROM THE EDITOR'S DESK

As readers may have noted, with this April edition, Village Voice enters its 18th year of publication. The magazine now has a print circulation of around 3000 and reaches many times that number through its website and presence on social media. Sustained by advertisement revenue, it is run entirely by volunteers and donates its surpluses every year to worthy causes in the villages it serves. As always, Village Voice's content includes the serious, the factual and the light hearted (*the latter more evident in some months like April with its All Fools Day connotations*). Over the last year, the magazine has incorporated new columns on health issues, book reviews and food. By all accounts they have been popular with the readers and that in turn is reflected in the healthy support we receive from our advertisers. Please keep your feedback coming in.

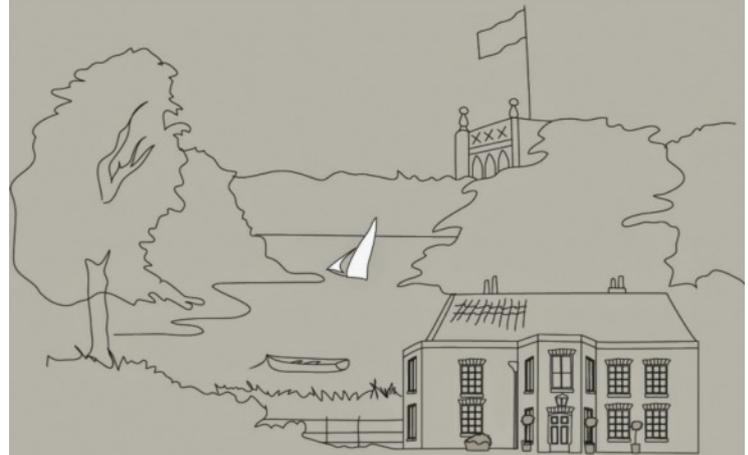
I am grateful to my colleagues-Brian Swan and Bill Richmond, without whose input the task of editing this monthly magazine would be impossible. I am also grateful to Martin Roache and Ernie Tuxford for their wisdom and support and all those involved in the crucial task of printing and distributing this magazine in the five villages.

Dr Regi Alexander, Editor



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BELTON WITH BROWSTON PARISH COUNCIL



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FEBRUARY COUNCIL MEETING

Eleven council members and one member of the public attended the February meeting of Belton with Browston Parish Council, Peter Nichols was in the chair. The meeting started with a silence in memory of chairman John Rudrum who had passed away in the previous week.

In a written report Borough Councillor Adrian Myers stated that there was now to be action taken on the parking problems in Rosedale Gardens. The plans for security cameras at the Bell Lane field and New Road Centre are on going with members due to have a meeting with one of the tenderers to discuss what he is proposing.

Members agreed to a new approach to the parish annual meetings this year, the Annual Parish meeting at which clubs and organisations report on their years activities will be held at New Road on Tuesday April 18th (7.30pm), this will be followed by a shortened Parish Council meeting, whilst the Annual Parish Council meeting when appointments are made for the following year will be held on Tuesday May 16th.

There was one new planning application, a two story front extension and two loft rooms at The Retreat on Beccles Road, Belton (no objections subject to neighbours views) and approval from the Borough Council at 17 Orwell Crescent for conversion of the garage to a bedroom and utility room and construction of a new garage. Members agreed to contact Anglian Bus over their vehicles on the Service 71 route parking on, and damaging the grass verges.

The next meeting of the Parish Council is a New Road on Tuesday March 21st (7.30pm).

COUNCIL DIARY

On Tuesday April 18th the Belton and Browston Annual Parish meeting will take place at the New Road Sport and Leisure Centre at 7.30pm, all residents are welcome to attend. This is when local groups and organisations report on their years activities and the Citizen of the year award is presented. This meeting will be followed directly by a shortened monthly Parish Council meeting. In May it will be the turn of the Annual Parish Council meeting when appointments for the following year are made as well as regular monthly business being attended to, this meeting is on May 16th, also at New Road at 7.30pm. The Parish Clerk, Kate Palmer, is available at the same location monthly on the Wednesday before the council meeting to meet with and take note of residents queries (Parish Clerks Surgery), the next dates will be Wednesdays April 12th and May 10th (between 1 and 2pm). If you wish to confirm that Kate will be available before visiting please ring 01493 602960, e-mail beltonparish@yahoo.co.uk. The clerk can also be contacted in writing at 5, Middleton Gardens, Gorleston, Great Yarmouth, NR31 7AE.

PARISH COUNCILLOR VACANCY

There is currently one vacancy on Belton with Browston Parish Council which the council will fill by co-option. The council meets at the New Road Centre on the third Tuesday of each month (7.30pm), If you are interested in serving the local community further information is available from the Parish Clerk, Kate Palmer on 01493 602960 or e-mail beltonparish@yahoo.co.uk.

COMMUNITY CAR SCHEME



February being a shorter month saw 37 trips undertaken, we look forward to being able to help more people again this month. You can book a car to take you shopping, to social events, connections for holiday travel or medical appointments. We ask for at least 24 hours notice as all our drivers are volunteers, but they are very

willing to do their best to help. We will go to the Norfolk & Norwich Hospital if a driver is available, or get you to the JPH for an early appointment. Drivers usually wait with the passenger but for longer appointments will arrange to return to collect you. If you have a small child you will need to provide a booster seat, pets

can be taken by arrangement. Costs are 45p per mile payable to your driver. To book a car please call 07767 063986.

If you can spare a few hours a week and would like to become a volunteer driver please get in touch (the service is available between 8am and 6pm Mondays to Fridays) 01493 780776 or e-mail mgreenacre532@googlemail.com



BELTON POOR'S ALLOTMENT TRUST APPOINTMENT OF TRUSTEE

Sadly our Chairman, John Rudrum passed away recently and so we are seeking applications to bring our number of Trustees back up to four. The Belton Poor's Allotment is a field of 9¼ acres which was assigned to the villages of Belton and Browston in the 1809 Inclosure Act, with the rent received being distributed annually to the poor and needy of these villages. A trustee would attend a maximum of two meetings a year (unless there is the need for an emergency meeting) and then in early December, with the other Trustees, distribute the allocation received from the annual rent of the field.

If you would like to apply please contact the Secretary of the Trustees, Richard Utting, 17 Minsmere Road, Belton, NR31 9NX, or telephone 01493 780464 if you would like more information. Applications must be received by Friday April 14th, as the new Trustee will be voted in by residents attending the Belton and Browston Annual Parish Meeting on Tuesday April 18th.

BELTON & BROWSTON ANNUAL PARISH MEETING

New Road Sport & Leisure Centre
Tuesday April 18th (7.30pm)

- Everyone welcome -

Your chance to find out what is happening
in Belton & Browston

- To ALL Village Clubs -

Please send your club/group reports to the Parish Clerk
prior to the meeting or hand in on the evening.

*NOTE - A shortened Parish Council meeting
will follow this meeting*

BURGH CASTLE PARISH COUNCIL

All six parish councillors, County Councillor Alan Grey and Borough Councillor Adrian Myers along with over 20 members of the public attended the March meeting of Burgh Castle Parish Council, Trevor Greenacre was in the chair. The meeting started with a silence in memory of council member John Rudrum who had passed away since the last meeting. A member of the public asked how much money the Broads Authority had spent on the new boardwalk on the Hanger Footpath there were concerns over possible vandalism due to its location and its safety aspect as some of the attached netting was not well secured, it was agreed to enquire over costs and report the potential safety issues. Another member of the public again raised the question of the likelihood of toilets being built on the Roman Fort site, he was informed that there had been no news on this topic from the site managers, Norfolk Archeological Trust, the situation was probably still lack of funds preventing this, Various comments were made over the timescale of the Anglian Water closure at Stepshort and how long the whole scheme would take, one comment, unconfirmed, was that it would not be finished till 2019. The coordinator reported that there are now 10 trained speed watch operatives, they are out regularly and the highest speed recorded was 62MPH in the 30MPH area of Mill Road on a Sunday afternoon!

Councillor Myers reported on his concerns that an all year occupancy consent had been granted in response to a recent application for continuous residency at Bure and Yare Villages holiday parks on Butt Lane, although these were conditions set the question was 'who would police them'. It was reported that plans for the Village Fun Day were progressing well, with a £500 ward budget grant having been received from Brian lawn, one of the local Borough Councillors, anybody is welcome at the next planning meeting at the Village Hall on Wednesday April 5th (7pm). There were four new planning applications, no objections raised (subject to neighbours comments) for a rear extension at Seabird Cottage, 4 High Road. Members were all against a bungalow next to Corner House on the Stepshort /Mill Road junction on the grounds of traffic safety and over development of the site. There was a long discussion over plans for a terrace of four 'affordable' houses to be built on the Queens Head overflow car park with parking relocated to the rear of the site. The agent stated that this would secure the pubs future, there were questions over the allocation of land for building however as it was next to the 'village centre' the borough councillor stated that approval was likely, there were also questions on what is classed as 'affordable'. With one councillor declaring an interest and not taking part the other four voted 2-2 with the chairman's vote deciding the councils view in favour of the plans. The other application was for further 10 static holiday pitches at Burgh Hall, councillors had mixed views and objected by a majority stating too many holiday homes, sewage problems and excessive traffic as objections.

Members agreed to the middle quotation of three for refurbishment of the village sign as the cheapest one would require another contractor to remove and reinstall the sign head, plans for planters to defer parking by the sign were again delayed the possibility of smaller planters combined with a post and chains barrier will be costed and checked for permission from County Highways before the next meeting. The next meeting of the Council will be at the Village Hall on Monday April 10th (7.30pm) and the Annual Parish Meeting and Annual Parish Council meeting will both be held on Monday May 8th.

COUNCILLOR VACANCY

There is currently one vacancy on the Parish Council which will be filled by co-option, anybody interested in applying or requesting more information should contact the Parish Clerk, Kate Palmer on 07948 705218 or e-mail burghcastleclerk@gmail.com.

FRITTON & ST. OLAVES PARISH COUNCIL

The Parish Council can be contacted through the Parish Clerk, Gabi Roesch, 'Holme Lea', New Road, Fritton, NR31 9HR, telephone 07866 984 384 or by e-mail on fritton.stolaves.clerk@outlook.com The next meeting of the Council takes place at St Olaves Village Hall on Thursday March 30th with an earlier 7pm start to accommodate the Annual Parish Meeting as well as the meeting of the Parish Council.

MONEY & DEBT ADVICE

Free, impartial and confidential advice and guidance on a range of money and/or debt issues is being offered at the Village Green Childrens Centre, Belton by a representative from D.I.A.L on the last Thursday of every month (1.00 – 3.00pm) , The next sessions are on Thursdays March 30th and April 27th For more information call 01493 789562 or e-mail childrenscentre@moorlands.norfolk.sch.uk.

EASTER REFUSE COLLECTIONS

There will be the usual rubbish and green bin collections made by Great Yarmouth Borough Council in the week running up to Easter with normal collections on Good Friday, April 14th. There will be NO collections on Easter Monday, with that day's round being collected on Tuesday and the whole week's rounds running one day late with the collections for Friday April 21st being made on Saturday the 22nd.

UNLIMITED FINES FOR FLY TIPPING

There has been an increase in minor fly tipping in the Belton and Browston area-heaps of garden waste, dogs mess and dumped general items. There is an unlimited fine, recently increased from a £50,000 maximum, for this offence. The Parish Council will support prosecutions. Please contact the Great Yarmouth Environmental Rangers on 01493 846620 if you witness any instances of fly tipping or similar anti social behaviour..

LOCAL COUNCIL TAX

With various increase in Council Tax for the coming year (2017/18) including the Police and Norfolk County Council elements the increase locally based on the calculation for an average, Band 'D' property is about £66.00 for the year or £1.27 per week. The local parish figures are as follows: Belton up from £1584.96 to £1651.66, Bradwell up from £1563.70 to £1629.72, Burgh Castle up from £1564.17 to £1629.89, Fritton/St Olaves up from £1573.73 to £1641.09. The variations are caused by the addition of the parish councils local precept, the annual figures for our local parishes in 2017/18 being Belton £35.07 (Up 32p), Bradwell £13.13 (Down 36p), Burgh Castle £13.30 (Down 66p), Fritton/St. Olaves £24.50 (Up 98p).

GARDENERS THE BELTON VILLAGE SIGN NEEDS YOU!

Are you interested in gardening and have a little time to spare? Belton Parish Council has a team of volunteer gardeners who look after various flower beds in the parish but nobody to tend the bed surrounding the village sign on Ranworth Close. The Council will pay for any plants that you need to purchase. If you think you could take this on, please contact the Parish Clerk Kate Palmer on 01493 602960. Please e-mail beltonparish@yahoo.co.uk for more information.

MOBILE LIBRARY

There is a four weekly mobile library service to Belton, Fritton and St. Olaves but no service to Burgh Castle.

Belton - The next dates are Wednesdays April 5th and May 3rd with the followings stopping points :- Aldersley (Station Road South) 1.50 -2.05pm), The Tavern 2.10 - 2.20pm, Amhurst Gardens 2.25-2.35pm, opposite Dashwood Close 2.40 -2.50pm, St. Roberts Way 2.55 - 3.10pm and Moorlands School / Children's Centre 3.15 - 4.05pm
Fritton & St. Olaves - They have the same dates, (April 5th and May 3rd) for the next visits, stopping at Priory Close off Herringfleet Road, St. Olaves (10.30-10.40am) and on New Road at Fritton (near the playground (10.45 -11am).

STEPSHORT CLOSURE

Although the closure of Stepshort from March 6 was published on the Norfolk County Council roadworks site and notices were issued to the two parish councils, the closure was postponed. It will now take place between March 27th and April 21st with the diversion running along Mill Road, through Bradwell and onto New Road Belton. The route through Stepshort will however be open during the Easter weekend with the road open between the evening of Thursday April 13th and morning of Tuesday April 18th. The works delay will be further complicated by temporary two-way traffic lights on New Road, rear to Stepshort and Church Lane between March 27th and April 26th also part of the same major Anglian Water sewage scheme to redirect Belton sewage and upgrade the Stepshort pumping station.

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BINGO - Sessions are held on Monday evenings at 7.30pm, everyone welcome.

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OVER 50/60's - Every Tuesday Afternoon (2 - 4pm) Contact Norma on 01493 780447.

BELTON ART GROUP - Every Wednesday (2 - 4pm) For any forms of art & crafts for information call Jan on 01493 488683.

WEIGHT WATCHERS - Meet Wednesdays from 6.15pm.

CRAFT GROUP - Every Thursday (7-9pm) No matter what crafts you do why not come along £3 per session Tel. Linda 07721 599559

LINE DANCING FOR BEGINNERS - Every Friday (10.30am-Noon) No partners needed, easy paced with a variety of music Call 07788 408801.

1st BELTON GUIDES - Every Tuesday (In term time) (6.45-8.30pm. 01493 667311

BELTON W.I.

Belton W.I next meet on Tuesday April 11th (7.30pm) at the JGI, our entertainers are 'The West End Waiters' and we will be celebrating our birthday with a buffet. For any further information ring Sue on 01493 780822. This is also our craft competition evening, please bring entries to the hall by 7.15pm for judging. The monthly competition is for an Easter card.

MONTHLY COFFEE MORNINGS

The next monthly Coffee Mornings at the JGI are on Saturdays April 8th and May 13th. Please note that the finishing time has been adjusted, the new time is now 10am to 11.30am Admission is free and there is always a raffle for a local village group or charity. In April this is being organised by Belton Over 50/60's Club. Thank you to everyone who supported the March raffle for Belton W.I and helped them raise £80.00 which will go towards their funds.

As always there will be the Bargain Stall organised by Belton Charity Fundraisers, the group always welcome donations of items to sell, anything accepted except mains electrical items and used clothing, please call Gloria on 01493 780776 or deliver to 'Skelmorlie', Butt Lane, Burgh Castle, NR31 9PU. Local collection of items can always be arranged. At 11am at the April Coffee Morning the Fundraisers will be presenting nine grant cheques to various local groups and organisations funded out of the income from the Bargain stall and their quiz sheets. For the next few months all proceeds from the refreshments at the coffee mornings will be shared between three local charities :- The Sandra Chapman Unit at the JPUH, The East Coast Hospice appeal and the Louise Hamilton Centre at the JPUH

MAMMOTH SALE

Belton Charity Fundraisers are holding their next Mammoth Sale at the John Green Institute on Saturday April 1 (10am - Noon), as usual admission is free. Donations of any Bric-a-brac, toys, jigsaws, games, kitchenware, books, C.D's, jewellery, fabric items etc. welcomed, in fact anything except mains electrical items and clothing. Please ring 01493 780776 or deliver to

Skelmorlie, Butt Lane, Burgh Castle. At the moment we are particularly short of CD's. We also have a stall at the JGI monthly coffee mornings on the second Saturday of each month.

BELTON HISTORICAL SOCIETY

Belton Historical Society was formed 11 years ago in 2006. It was started by Ian Walker and Kenny Lindsay with the objective to provide the community with knowledge of local history and to collect material of the past associated with Belton and the surrounding area. Another major objective was to help local people and organisations from any accumulated funds. This has been achieved very successfully. The Society meets every third Sunday afternoon at the JGI for presentations by speakers on a wide variety of subjects. Many local and historical artefacts have been collected and displayed on various occasions for all to see. www.beltonhistory.co.uk has been set up with vast information on it about the local area including hundreds of interesting and old photographs.

The Society encourages people to become members for just £5 per year and £10 for a full family membership. This is now the time to encourage the younger generation to find out about their past and about the local area. It's amazing how interesting it can be? If you have never been to one of our meetings then give it a try, come and talk with us and become involved with what made Belton and the surrounding area what it is today. There are many people who know nothing about the vast nurseries that existed in Belton and how they operated and where the railway ran through the Village with its own station. Life moves at such a fast pace these days and it is important to be able to recall history. It is the generation born after the 70's that will be the ones who can pass this information on to their children.

If you are interested then look at the web site or contact Ian Walker on 07887 640 385 or Ken Lindsay on 01493 782043 for more information, or better still come to a Sunday meeting. Dates and topics are always published in

the Village Voice each month, available in the Great Yarmouth Mercury or on our BDHS website

Bill Richmond
(Committee member)

QUIZ NIGHT

The next Quiz Evening at the JGI will be on Friday April 28th commencing at 7.30pm, entry is just £5 for a team of up to four players, for more information please contact Barbara on 01493 781294. There is always Good company - Good prizes and a Good raffle. Why not get a team together from family, friends or colleagues and have a go.

QUIZ SHEET NEWS

In the "Literary Classics" quiz there were ten all correct entries from N McNorton, B Rose, M Greenacre, R Coe, S Richmond, J Evans, A Bond, The Drivers, The Coles and S Gill. Ann Bond was draw out as the winner and has received the £10 shopping voucher. There were five runners up with one incorrect answer.

Our next quiz 'Where's My Home' is now available from Belton Pet & Hardware or Skelmorlie, Butt Lane, Burgh Castle (or by e-mail from bcswan50@gmail.com) and needs to be returned by Thursday April 6th to either of those addresses, why not pick up a copy? It only costs £1 to enter.

Having set well over 100 quizzes it has become difficult to come up with new ideas therefore we have decided to call a halt after 11 years and make this the final quiz. Our thanks to everyone for supporting us over the years.

EASTER BINGO

Belton Events Committee are holding an Easter Bingo Evening on Friday April 21st (7.30pm) at the JGI. Everyone welcome, for any further information please ring Barbara on 01493 781294

HISTORY OF THE BELTON & LOTHINGLAND PRODUCE & CRAFTS SHOW

According to records the Belton Village Produce and Crafts Show was restarted in 1991 prior to this date there was a similar event, part of the Village Fete and Carnival based at the Breydon School/Community Centre (now Moorlands) site, if you have any information on this I would be pleased to hear from you.

The 1991 event was held in September at the Belton Institute (now the John Green Institute) and funded by the Parish Council, with classes restricted to gardening, home produce and children's sections open to all residents of the village. There were eight committee members, including Valerie Fiske, Laurie Fiske, and Dulcie Gunstone. The secretary's report in 1992 (Mrs L Jeal) shows Belton now included Browston There were 2 Judges for Flowers and vegetables, 4 Judges for Wine, 1 Judge for the Children's section and 1 for cakes, jams et. Was Belton with Browston a boozy village in the 90's I ask? The Schedule for 1993 shows 50 classes with homemade wine again being a dominant feature there being six classes to enter! Mrs D Gunstone was the Chair and Mrs L Jeal the Secretary. In 1994 there were 54 classes and it was reported to be the most successful show to date. 1995 saw the demise of the Wine Classes through sudden lack of support! But the show was reported to be going from strength to strength. In 1998 under the chairmanship of Brian Swan who had taken over in about 1997, adult classes for Arts/Crafts/Photography were added there being just one class for a 7" x 5" max. Scenic Colour Photograph. In 1999 The Institute was closed and put up for sale by the church which meant that at very short notice a new venue had to be found this being Breydon Middle School which proved to be very successful. With no resolve to the problem of The Institute the 2000 (Millennium) show was again held at the school. One advantage being much more space for exhibits and room to sit down for teas and coffees. It was hoped to include a mini-fete but sadly plans for this did not come to fruition. Years 2001, 2002 continued to be held successfully at the school. In 2003 four

classes were added to the Photography section one being the Parish Council Photographic Competition for a Belton Village Photograph. There was also a W.I. Cake and Gardening Club Stall. The chair in 2003 was Elizabeth Myhill.

In 2004 the committee decided to change the name to Belton & Lothingland Produce and Crafts Show because so many more households in the local villages were receiving the schedule through Village Voice that it was only fair that they should be allowed to enter. In 2005 the show was held in the newly renovated John Green Institute having been bought by local business man John Green. To celebrate the show was held over a weekend and included a Fish & Chips supper and Seasonal Entertainment organized by the Events Committee. Throughout its many years until the present day the Show has continued to flourish with various committee members and helpers some of which sadly are no longer with us. However, Brian Swan who has recently retired has chaired the Show for many years. I would like to take this opportunity to thank him for his dedication over the years.

Liz Myhill
Chair of The Belton & Lothingland Produce & Crafts Show.

PHOTOGRAPHY COMPETITION VILLAGE SHOW 1 OCTOBER 2017

The classes of the photography competition are shown below to give all entrants plenty of time through the Spring and Summer months to capture their subject. This information together with all other classes can be found on www.beltonandbrowston.com and click on "Village Show". Maximum print size 6" x 8" (15 x 20 cm). All photos must be mounted on card, max 2" (50mm) border. Marks given for presentation.

Subjects: 54 Farming, 55 The Broads, 56 Machinery, 57 Beach Huts, 58 Roof Tops, 59 Glass, 60 Still Life 'A bowl of Fruit,' 61 Own choice, 62 Photo Montage (Max size A4), 63 A photo taken in either Belton/Browston/ Burgh Castle/Fritton or St. Olaves

WEDNESDAY MORNING DROP IN

As usual we meet at the JGI at 10.30 to noon for a coffee/tea and cake. Everyone made welcome. Come and meet new friends and catch up with the latest news. For further details call Sue on 780822.

DIGITAL CAMERA CLUB

Our next meeting will be on Friday April 7th at the JGI at 7.30pm. All welcome. Bring your monthly shots of "Below Knee Level". Either as a print or on a memory stick. We will be looking at various camera functions to optimise its use. Also we will revise Elements on the use of "Layers" For further information contact Bill on 780822 or go to www.beltonandbrowston.com and click on the Digital Camera page.

ST OLAVES VILLAGE HALL

Coffee Morning. - This is at the Hall on Saturday April 1st (10am-1pm). There will be coffee, teas, cakes, raffle, crafts and other stalls. All funds raised support the improvement of the Village Hall facilities.

Chilli and Quiz Evening - Wednesday April 26th food served at 7pm... Quiz starting at 7.30pm. - Eyes down and here we go again for another of our famous Chilli and Quiz nights. As usual tickets £5.00 per person (6 maximum per team). Chilli not your thing then come along for the Quiz tickets £3.00 per person. Get your tickets quickly as the tables get booked up in advance. 01493 488439... 488268.. or contact your usual number. Licensed bar available for the evening. See you there. The next planned Quiz night will be June 7th so make sure you get that date noted.

Coffee and Craft Morning - 20th of May 10am - 1pm - Come along for a lovely morning enjoying a coffee with a fabulous slice of delicious cake, chatting to your friends and taking in the fantastic crafts we have on offer. Many of our usual crafts that you've supported in the past will be there. If you'd like to join us with your own creations please call Pam on 01493 488439 (space is limited).

FRIENDSHIP GROUP

A new friendship group for people with memory problems and their cares will be held on the fourth Wednesday of each month at the Pub on The Shrubs, the next meeting is on Wednesday April 26th (12 -2pm). To book lunch call Wendy on 01493 603780, for information 07818587410

THE JGI Belton Village Hall 46, Station Road South

- Great Facilities
- Great Hire Rates
- Great Kitchen
- Parking near by
- Licensed for Music
- Can seat 70 people



- Large Hall and/or
- Rear meeting room available
- Ideal for Groups,
- Parties and Functions
- Disabled facilities and Entry

For further information and hiring rates please contact Lin on 01493782224 or Bill on 01493780822 or go to www.beltonandbrowston.com

PRIMROSE BRIDES

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Affordable Wedding Dress Hire
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Also for sale new and ex hire
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 All with a true personal touch

To make your perfect day call Jayne
 for an appointment on

01493 782428 or 07743 408929



The Passover Meal

Thursday 13th April 2017

7.00pm

All Saints Church, Belton



The Passover meal is the last meal that Jesus ate with his disciples. Come and enjoy a wonderful evening; celebrate Passover and enjoy a good social gathering (all rolled into one). It was great last year.

Please bring your own drink (wine or juice) and a donation towards the cost.

Offers to provide a dessert to An Howell (lifewithsammy@gmail.com)

Sign up for a place or contact Rosie (780210) An (780476) or Margaret (781747)

Good Friday
14th April 2017

10.00 am

Service for Good Friday—Burgh Castle

11.00 am—3.00pm

Opportunity to Reflect on "One Friday" with art work and displays at All Saints Belton

Act of Worship at 2pm

Including activities for children

GORLESTON COMMUNITY CINEMA

Gorleston Library

Adults: £4 Friends/U18 £3

Thur 6th April 2.30pm
Moana (PG)

Thur 20th April 2.30pm
A United Kingdom (12)

For further information go to
www.facebook.com/GorlestonCinema

KINGFISHER BAR QUIZ SUCCESS



At the end of February the quiz masters and teams from the charity quiz nights at The Kingfisher Bar, Burgh Castle welcomed a representative from the East Anglian Air Ambulance who accepted a cheque for £2829.40, raised over the previous twelve months. This was the third year that money had been raised for the Air Ambulance and a vote had also been taken to continue raising funds for them in the current year. The Quiz Nights are held on Wednesday evenings (8pm) at The Kingfisher Bar on Butt Lane, new teams are always welcomed, maximum of six players at just a pound each to take part.



The Veterinary Hospital

We've moved to a new state-of-the-art veterinary hospital in Gorleston



NOW OPEN

Exciting New Offers

FREE 1st CONSULTATION
For all new client registrations*

MONTHLY FREE PRIZE DRAW†

ONE FREE ENTRY WITH EVERY CONSULT

Top Prize: One year's free HPC membership

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when you recommend a friend and they quote your name when registering with us

*Free 1st consultation – applies to a professional consultation fee only and does not include medication prescribed or products purchased. No cash alternative. †Any client who visits for a consultation with a vet will automatically be entered into the monthly draw. Winners will be notified within 7 days of the last day of the month.

Magdalen Way, Gorleston, Norfolk NR31 7BN Tel: 01493 661833 www.veterinary-hospital.co.uk

The Veterinary Hospital and Surgery is part of CVS (UK) Limited, a company which owns over 300 veterinary practices within the UK. Company Registration Number 03777473 – Registered Office: CVS House, Owen Road, Diss, Norfolk IP22 4ER.

EVENTS AT THE NEW ROAD SPORTS AND LEISURE CENTRE



**CENTRE POST CODE
NR31 9JP**

**Bookings
Tel Kate (01493 602960)
or Peter (01493 780703)**

MONDAY ACTIVITY MORNINGS



The following activities are on at the New Road

Sports Centre on Monday mornings, all sessions are £2.50 per session.

Chair Based Exercise: 9.30am to 10.15am. This session aims to improve your daily functional actions and can increase your

confidence, improve posture, balance and co-ordination essential to living.

Senior Circuits: 10.45am to 11/30am. Will continue by special request for a further 12 weeks not including bank holidays and will end on the 10th July. This session will be more challenging, helping to improve your fitness & Stamina. Places are available in this class and you are most welcome to try it out?

Nordic Walking for health: 10.30am to 11.15 am. Existing Nordic Walkers are welcome to come along to use the poles if the weather is dry. This is a gentle approach to Nordic Walking which will improve your general fitness with less effort. Using the poles will enhance your natural walking movement, allowing you to walk a little further. Although a 45-minute session this is at your own fitness level.

News Update: Sallyann recently presented at Potters Resort Hopton, Exercise & Dance weekend where she held Nordic Walking Taster sessions for over 60 guests throughout the weekend. So, for 6 weeks during the Summer Nordic walking is Back with Taster sessions and walks around Belton. Watch this space!!!!

Suffolk Walking Festival - Sallyann is providing 2 separate Nordic Walk Taster sessions in the Lowestoft area and a Discover Kessingland (Not N/W) If you would like to come along or find out more details, contact Sallyann or visit Suffolk Walk festival web site. Sallyann would like to trial a monthly payment scheme using a mobile electronic card payment machine. Members could pay for 4 sessions which would expire after 3 months if unused. Hopefully this would reduce the amount of cash being transported and change needed on a Monday morning. Let her know if you are interested.

Lowestoft Nordic Walking group came to Belton in March. It was a great success, we had some sunny days and everyone loved walking around the village. During April, they hope to walk from Lound Lakes and Ashby Dell. If you can Nordic walk you are welcome to join us. Please ask for details. These walks are £4.00 and poles are provided if needed. Special Thoughts to Tony and Kathy Jennings all the best for the future and Thank them for their support over the past few years your always welcome to come for coffee. Also, a hello and quick recovery is wished for Jan Skinner and Les Read who have been poorly recently. We look forward to seeing you soon. Finally- contact Sallyann on 07599044806 or up4fitness@gmail.com with your name and contact number for further details of the above



PILATES WITH HAYLEY

There are two weekly Pilates classes for beginner and intermediate level at the Premier Room New Road Sport & Leisure Centre, Belton, on Monday evenings the times are **6.00-7.00pm & 7.05-8.05pm**. To book call her on 07767 864568 or email hayley@haylallenpilates.co.uk. Hayley runs numerous local classes and currently has vacancies at nearby sessions at Lound Village Hall on Wednesday mornings 10-11am and 11.15 to 12.15, contact details as above.

GREAT YARMOUTH STROKE GROUP



The Great Yarmouth Stroke Group meetings are held at the New Road Sport & Leisure Centre, Belton on Thursdays (2-4), our members come from various local towns and villages as far as Acle, Caister, Beccles and Lowestoft. The

group recently had a visit from the Mayor, Councillor Malcolm Bird and his wife Debbie, he spoke of his eventful year in office so far and they both joined the group for tea, and spoke to every member, they even went to visit one member who was unwell at her home, this was very much appreciated. Pictured, from the left, with the Mayor and Mayoress are Tom, Neville, Peter, Eddie, and Rex one of our volunteers. Please contact. Sue Casey on 01493 781846 for further information on the group.

KALI ESKRIMA

This is a Filipino Martial Art, it incorporates empty hands techniques such as punching, kicking and locking. Kali Eskrima is better known for its weapon based art, mostly rattan sticks that are 28" long, we train single and double stick. It is a very fast martial art which consists of different fighting drills which builds focus, coordination and exceptionally fast reactions. Once a student has learned the stick drills then the empty-handed self-defence comes to life. This is the chosen martial art used in the Hollywood movies such as Bourne Identity, Mission Impossible, Batman as well as the Raid 1&2. We also have stick fighting competitions held by WEKAF (world kali arnis federation). The main Instructor Grand Master Terry Nixon holds 8 black belts in 8 different styles and is a 2nd generation instructor under the late great Sijo Bruce Lee. GM Terry Nixon's lineage includes some of the world's most prestigious instructors including most of Bruce Lee's best original students as well as top Eskrima instructors from the Philippines. Classes are for 13yrs and over. Male and Female. Sessions are now being held at the New Road Sport & Leisure Centre Belton on Thursday evenings weekly 7.00- 9.00pm (please note that one session a month, in April on the 20th, will take place between 4.30 & 6.30pm.) Further information is available from Terry on 07494 301472. It will be taught in a relaxed but strict and friendly class, with regular gradings if you wish to participate.

Gm Terry Nixon

THE PREMIER ROOM

New Road Sports & Leisure Centre - Belton

Day & Evening Hire

Children's Parties from £35, Hire rates from £7/hr

Full Kitchen facilities

Functions, Parties, Corporate & Business Events

Safe Secure Environment, Ample Parking

To Book call Kate 01493 602960

Email: beltonparish@yahoo.co.uk

BEEBOPS PRE-SCHOOL

Beebops Pre-School Sensory Music and Dance classes are at Belton New Road Sports and Leisure Centre on Tuesday Mornings (10am for Family Time and 11am for Babbies). Beebops classes are structured and expressive and can help children develop in many different ways through a lively, fun, safe and educational 'grown-up' and child interactive sensory, music and dance class. Classes adhere to the Early Years Foundation Stages and have both structured elements and free play to enable your child to develop all the necessary skills required for when they start nursery and school, including social interaction with the other children in the group. The classes use lots of different ways to encourage and engage your child including: Singing, Dancing, Nursery Rhymes, Popular Songs. Exciting Props (such as Bean Bags, Parachute, Lycra, Ribbon Bangles, Space Blankets to name just a few), Sensory Mediums (such as rice, pasta, Water Beads, Bubbles, Lights etc). The main aim of our classes is to have fun and spend some quality time with your child. To find out more about our classes visit our webpage www.beebopsltd.co.uk, email enquiries@beebopsltd.co.uk or see [facebook www.facebook.com/beebopsltd](https://www.facebook.com/beebopsltd)

BELTON FUN DAY & CLASSIC CAR SHOW

This is at the New Road Field and Centre on Saturday August 5th (Noon – 5pm). We have been busy booking new attractions and stalls, we are delighted to announce we have a couple of beautiful steam engines exhibiting, along with a host of classic vehicles. No booking needed to exhibit classic cars, we have an open policy on day to come and leave at your leisure.

We also welcome The Dragon Shields to the display arena providing a full costume Viking battle enactments, live workshops & merchandise. We have charities attending including Help the Heroes, GOSH (Great Ormond Street Hospital) & their purple car, muscular Dystrophy, Gateway stall, Diabetes UK, Breast Cancer Awareness and lots of other worthy causes for you to come to support. All stalls are fully booked up now but we still have spaces for any Auto jumble stalls in the classic vehicles exhibitors' area. FREE entry to the funday, car parking is £2 all day - Disabled parking & disabled & baby changing facilities available - Sorry but no dogs allowed on field. For any event information please contact Karen Welsby on 07904 752456 or karenskoyles@btinternet.com or via Facebook event page.

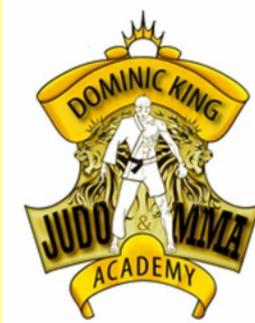


JOLLY TOTS

'Jolly Tots' is a friendly, relaxed stay and play group open to all Parents, Grandparents, Childminders and Carers, with children from birth to preschool (under 5's). We open every Wednesday morning in term time at New Road Sport and Leisure Centre. There are 2 groups available every Wednesday. JOLLY TOTS is aimed at those walking - preschool age (under 5's) 9.30am - 11am and provides free play, crafts, messy play, outdoor space, song time and a snack. £2.50 per child (additional siblings 50p) JOLLY BABIES is aimed at

those from birth - walking 11am - 12pm and provides free play, messy and sensory activities, outdoor space, song time and snacks. £1.50 per child (additional siblings 50p). A lovely way to meet other families in the area whilst the little ones explore fun and stimulating activities Both groups are supported by The Village Green Children's Centre, so advice and support is always available. For more information please contact Shelley on 07767 389789 or email jollytots@yahoo.com Or request to join us on Facebook, JollyTots.

BELTON JUDO



Belton's judo club has been running very successfully for just over a year now and has a very enthusiastic group of students making excellent progress. Many of the students are now progressing through their grades and several have entered competition and won medals. Dominic King Judo & MMA Academy is run by Dominic King who is a former British Champion at both junior and senior levels and competed at a very high level for many years before retiring to become a professional coach. He is assisted by his son, 11-year-old Ryan who is already British No.2 at his age and weight and has won several major competitions including becoming Southend International Champion in October. He is now available to attend all the Belton sessions to assist with the progress of all the students. The judo club run sessions at Belton New Road Sports Pavilion so anyone wishing to join the club and train alongside the likes of Ryan can come and try this excellent Olympic sport. The first month is completely FREE OF CHARGE so come along on any Tuesday after school (under 8 year old start at 4.30 and over 8 year old start at 5.30) or alternatively contact Dominic on 07977 432756 or email on or contact him via Facebook . We have spaces on both mats so why not come along and give it a try.

CRIME FIGURES

This is a list of the crimes recorded for Belton, Burgh Castle, Fritton and St Olaves in January 2017 according to the figures supplied by Norfolk Constabulary to the Police UK web site.

Burgh Castle: 1 x Criminal damage / Arson., 1 x Burglary, 1 x Arson.

Belton: 2 x Criminal damage, 2 x Burglary, 5 x Violence, 1 x Theft, 1 X Possession of a weapon

Fritton: 1 x Burglary.

St. Olaves: 2 x Violence.

POLICE SNAP MEETING

The next SNAP local policing public meeting will take place at the JGI, Belton on Wednesday April 12th (7pm). This is an open very informal meeting covering policing in Belton, Burgh Castle, Fritton, St Olaves and Hopton, representatives of the police will be on hand to generally discuss local policing matters and take note of concerns raised.



Mascot Mania will be descending on the New Road Sports Field at Belton this Summer, On Bank Holiday Monday, August 28th over 30 superheroes, princesses and cartoon characters will arrive for a day of fun. Special 'meet and greet' areas will allow you to get some fantastic photos with your favourite

characters, there will be bouncy castles, a special super hero obstacle course, a scary dinosaur enclosure and a nerf gun firing range all included in the entry price. Stalls food and other activities will also be available. For more information please contact Phil Welsby on 07841 716677.

ALL SAINTS BELTON



Rev Rosie writes

What event changed your life for ever? It may have been meeting the person of your dreams and

getting married, or landing a really special job that changed the course of your career. But it also could have been a negative event, which pulled the plug on your hopes for the future. Last year, the Brexit vote changed the course of our nation's future (whether it will be for good or for ill, we will have to wait and see) and it has made us re-think how we relate to the rest of the world, and to one another as part of the United Kingdom.

The events of one Friday – Good Friday – nearly 2000 years ago, also changed the world, forever. The death of a 33year old Galilean man at the hands of the Romans on a barbaric cross has been remembered down the generations since that time. His death, and his subsequent resurrection on the Sunday after has changed lives ever since. Why should this be so? Jesus, born of Mary, but sent by his Father in heaven, came to reveal the love of God to his people and to put right what had gone wrong in the Garden of Eden, when sin entered in to the lives of the first human beings. The stories in the four gospels of Matthew, Mark, Luke and John in the Bible tell us how Jesus lived on this earth; they also include the accounts of what happened that caused Jesus' death. On the day we remember as Palm Sunday Jesus rode into Jerusalem on a donkey, acclaimed King by the people as they threw palm branches and their cloaks on the rode in front of him. However, the rulers and teachers of the Jewish faith did not approve, and fearful of what the Roman response might be, conspired to have Jesus put to death, which eventually they were successful in, but not before Jesus had spent time with his followers and in the great temple of Jerusalem teaching them of the kingdom of God and of what was about to happen. On Maundy Thursday Jesus celebrated the Passover Meal with his followers, remembering the freedom of his people from the tyranny of the Egyptians, and giving us what we know of as The Last Supper. He washed his disciples' feet, enjoyed a fine meal and then prayed for strength in the Garden of Gethsemane to fulfil the purpose he had come for. It was there in the garden that Jesus was arrested and the sham of a trial followed. Good Friday changed the world forever. Jesus, the Son of God, died for the sins of the world and then on the third day (Sunday) rose from death to life. That's what Christians the whole world over believe. The Christian faith has shaped so much in our history: the way we record our calendar (2017 years since the birth of Christ) and influenced our society (many of our laws were originally faith-based)

This year the church in Belton is remembering Good Friday in a different way. There will be 14 posters put up around the village for people to find using a map. (to find out more, go to www.allsaintsbelton.org.uk or pick up a map from Belton Hardware). The church will also be open from 11am – 3pm with a service to be held at 2pm that day. There will be pictures on display for reflection, and an opportunity to claim your reward if you find all fourteen posters. Burgh Castle will also have a service at 10am on Good Friday. A highlight of Easter morning for me is the Sunrise Service held at the Fort, when we remember how some of Jesus' followers went to the tomb at sunrise on that first Easter morning only to discover that he was not there; he had risen. This year the Sunrise Service will start at 5.45am and be followed by a good hearty breakfast. If you can't make such an early service, there is always the 9.30am service at Burgh Castle and the 10.30am Café Church at Belton. I would love to see you at one of these events. Happy Easter!

BELTON CHURCH: GOOD FRIDAY ART TRAIL / EASTER SUNDAY CELEBRATION!

In the week before Easter, you may see around the village of Belton, colourful posters, all related to the events of the first Good Friday. If you would like to have some fun looking for all 14 of them when the time comes, (maybe it could be a walk around with the children?), there will be a downloadable map on the Church website

www.allsaintsbelton.org.uk from the weekend before Easter. If you prefer a printed copy of the location of the posters, you will be able to pick one up from Belton Pet and Hardware, Bell Lane. There will be then a time in Church on Good Friday (April 14th – time to be confirmed nearer the event). This is for any age. Children as well as adults, will be able to find out more about the pictures in an age-appropriate way. This is the first part of the Easter Story of Jesus and His death on the cross, and what it means for us. On Easter Sunday (16th), in Church at 10.30a.m. we will celebrate the joy of His resurrection! This will be a Café Church style service with activities for all ages. *(Bring along your completed maps to either of these events for your reward!)* We hope you will enjoy the hunt.and that, in any event, you have a great Easter!



Local carpenter, Terry Casey, of St Johns Road, Belton working on the entrance of All Saints Church.



YOUNG AT HEART BIRTHDAY SURPRISE!

What a lovely surprise we all had, when Sue Casey turned up at Young at Heart with a birthday cake one Tuesday for Pauline. (Pauline also attends the Stroke Group

that Sue is involved with). Little did she know that Janet, another of our members had her birthday that day too, making it a double celebration! Thank you Sue- made our day!

YOUNG AT HEART IN THE PUDDING CLUB



Young at Heart had a great afternoon last month, hosting a Pudding Club! What a delicious array of puddings there were, all provided by members of the group and mainly low – sugar desserts, too. We could taste new recipes to our hearts' content and in so doing, also raised £125 for the East Coast Hospice. All in all, a very enjoyable afternoon! More

“normal” meetings (!) are every Tuesday in the Church between 10.00a.m. and noon. All over- 50's welcome, whether Church members or not. For more information, you can contact Jane Mill (781122) or visit the Church website www.allsaintsbelton.org.uk



THE VILLAGE VOICE KITCHEN

Do you enjoy cooking or at least watching someone else cooking?
 Do you love hearing the stories behind the dishes as much as learning how to make them?
 This new column in the Village Voice introduces you to culinary experiences, *just that little bit different*.
 Please send in your suggestions, comments and contributions to Beltonvveditor@gmail.com

VEGETARIAN MEAL FROM THE MOUNTAINS OF SPAIN

Bill Richmond



The Alpujarra mountain area in Spain is famous not just for its cured hams that are air dried at high altitudes throughout the year, but also for many other great dishes that come from there. Many English people have settled in the area around the White Villages region of the Alpujarra with its administrative centre in Orgiva. .

There are many retreats and health organisations in this region where vegetarian recipes play an important part of the diet. This is one of the great vegetarian recipes that has been developed, a genuine heart warmer for any time of the year, even in warm climates.

Cauliflower and Ginger Curry

Ingredients to serve four

- 1 aubergine, diced into centimetre square pieces
- Salt and freshly ground pepper
- Sunflower oil
- 1 large onion -- finely minced
- 3 cloves of garlic -- crushed and finely chopped
- 1 teaspoon of cumin
- 1 teaspoon of turmeric
- 1/4 teaspoon of chilli powder or chilli paste
- 4 tablespoons of tomato purée
- 1 small cauliflower -- cut into separate florets

Sprinkle the aubergine with salt and allow to sit for 20 minutes. Rinse off the salt, then sauté in 2 tablespoons of oil until soft and just starting to toast. Put aside.

Now take the onion and garlic and sauté them until just starting to brown. Add minced ginger and cook for 1 minute, then add cumin, turmeric and chilli with pepper and salt and cook for a further minute.

Stir in tomato purée and add aubergine. Cook for a further 4 minutes combining all together.

Add the cauliflower florets and a few tablespoons of water so that

the rich curry sauce will coat the cauliflower, without being watery. Cover with a lid and simmer until the cauliflower has become soft.

Serve with white rice and enjoy.

Ingredients (Wine is for the Chef)





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THE VILLAGE VOICE HEALTH CHECK

Health Check is a new regular column in your Village Voice. Each month, a health topic of interest to the general public will be discussed by a health or social care professional. Please feel free to write to beltonvveditor@gmail.com with suggestions about topics that you would like covered in the future.

BEREAVEMENT AND GRIEF



*About the author:
Dr Kallur Suresh is a Consultant Psychiatrist and Clinical Director at North Essex Partnership NHS Foundation Trust and is based in Harlow, Essex. He is a Fellow of the Royal College of Psychiatrists @Kallur_Suresh*

We all experience bereavement at some point in our lives. The loss of a loved one is an undoubtedly upsetting experience for anyone. As it is a 'normal' life experience, the vast majority of bereavements are not considered 'a disorder' or an illness but in certain circumstances, they can become mental disorders and/or lead to more serious illnesses such as clinical depression. In this article, I will clarify the meanings of words used in connection with bereavement, explore its stages and look at treatment options.

What is bereavement, grief and mourning?

Although often used interchangeably, each of these terms has a separate meaning. Bereavement is the loss of a loved person through death. Grief is the involuntary emotional and behavioural response of the survivor to the loss. Mourning is the voluntary expression of behaviours and rituals that are the accepted social norms in response to bereavement. These behaviours vary between countries, societies, religions and cultures.

The stages of a grief reaction

Grief is a continuous process of adjustment to a loss and is best understood as consisting of various stages. These stages do not necessarily occur in the same order or even progress forward all the time. Individuals can spend different amounts of time in each of these stages. The first stage is one of denial, disbelief ('*Oh, no! This can't be happening!*') and numbness where there is little or no emotional reaction. This could last for up to several days.

The next stage can consist of one or more of several emotions and behaviours such as sadness, weeping, yearning for the dead person, anxiety and restlessness. It is often accompanied by poor sleep, diminished appetite and panic attacks. Feelings of guilt ('*I did not do enough for the deceased person*') and anger (blaming the doctors or the hospital staff) are quite common. Survivors often experience the presence of the dead person in the form of hallucinations (seeing or hearing them). Preoccupation with memories of the dead person and social withdrawal are

frequent. It is not uncommon to long to be with the dead person and have fleeting death wishes.

After several weeks or months, these symptoms subside and there is gradual resumption of everyday activities. The bereaved person 'accepts' or comes to terms with the loss and recalls the good times shared with the deceased in the past. On the anniversary of the death or around important family occasions such as weddings or Christmas, there is a temporary return of symptoms. A normal grief reaction usually lasts up to six months. Sometimes, grief can be abnormal such as being very intense, prolonged (lasting more than six months), or delayed. It is more likely if the death was sudden or unexpected, the survivor had a very close and dependent relationship with the deceased, or is insecure in some way. Such grief usually needs medical attention to check for more serious problems such as depression and/or suicidal ideas.

The vast majority of grief reactions are self-limiting with time and support from informal networks of family and friends. They do not need formal counselling.

Managing grief

Most people pass through a grief reaction with help from friends and family and the rituals of mourning. If such support is not available, family doctors have an important role to play in helping the bereaved. Occasionally, psychologists and psychiatrists may be called upon to assess the survivor and help them with medication and/or psychotherapy.

Most bereaved people have some common problems but many of the issues can be related to individual circumstances. A young widow with school-age children needs a different kind of support compared to an elderly widow with grown-up children who can support her. Any plan to manage grief should take account of the survivor's unique circumstances.

Counselling is the most common type of help that is offered and is aimed at helping the survivor adjust to their new life situation. They need to talk about their loss, express their feelings, and understand the normal course of grieving. Help may be needed to accept that the loss is real, work through the stages of grief and adjust to life without the deceased, including developing their own routines and positive activities.

Medications are only needed occasionally. In the first stage, a sleeping pill may be needed to ensure adequate sleep, or medication to reduce severe anxiety. If depression is diagnosed, it will

need to be treated with antidepressants by the GP or under specialist supervision.

Support groups often help individuals to cope by sharing experiences with, and learning from, others in similar situations. Formal psychotherapy is only needed in exceptional circumstances.

Where can I access more information, advice and support?

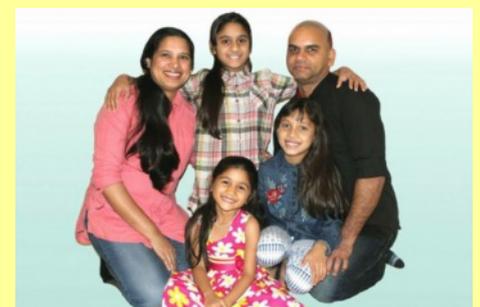
For bereavement counselling, call 0808 808 1677 or visit Cruse Bereavement Care where you can find contact details of your local Cruse branch. The Royal College of Psychiatrists and the NHS website are useful sources of information and advice on all aspects of bereavement. Consult GP if you are worried about either a prolonged grief reaction or one that affects an individual severely.

Acknowledgements: The material in this article is sourced from the Shorter Oxford Textbook of Psychiatry.



JAMES PAGET HOSPITAL COUPLE AND FAMILY RAISE OVER £3000 FOR LOUISE HAMILTON CENTRE

A Gorleston family raised £3387.50 for the Louise Hamilton Centre in James Paget Hospital by donating over 5 feet of their hair collectively to charity. The cheque presentation ceremony was held on March 14, 2017. Stroke Nurse Priya, her husband George, a ward clerk at the hospital and their three children Asin, Michelle and Hannah were warmly applauded. It is possible to support their fund raising efforts till May 2017. Please search for their page on Facebook by typing in **George N Priya**.





BRANDON LEWIS MP

As I write this month's column, it is the morning after what I suspect will be one of the most important Parliamentary votes I will see during my time as a MP. Parliament has cleared the way to allow the Prime Minister to trigger Article 50 and start the negotiations required as we exit the European Union. By the time, you read this article the formal process will have begun. This is a new chapter for Britain and there will be both opportunities and challenges ahead. But because of the decisions this Government

has taken, the British economy is fundamentally strong and will continue to be strong as we negotiate our departure from the EU. We've seen that economic strength demonstrated during the recent Budget announcement and the measures being taken to secure our economy.

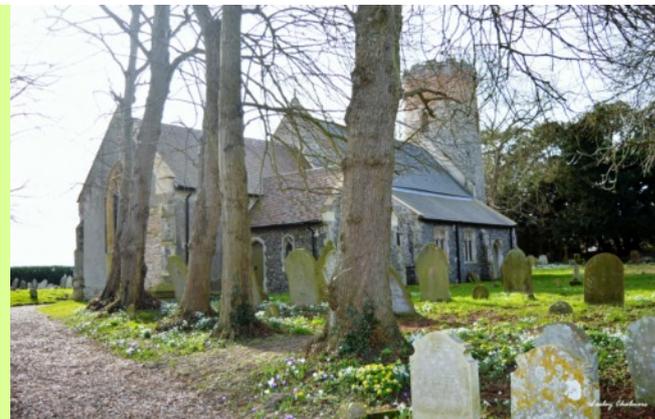
Of course, there are now other challenges on the horizon as Nicola Sturgeon and her nationalist colleagues have used our exit from the EU as an excuse to trigger another referendum seeking Scottish independence. This is absolute political opportunism and will do little to protect Scotland or the rest of the United Kingdom as we enter important negotiations in Brussels. Other issues important to Great Yarmouth residents, which I've been tackling for many years now include the need for additional local jobs, particularly for young people and an overdue refurbishment of the station and surrounding gateway area to the town. I was delighted with the success of my latest jobs fair held at Great Yarmouth Racecourse. With a wide range of employers present and experts providing advice about CV writing and interview techniques. It was good to see so many students from local schools taking the chance to meet exhibitors and discuss their next important step in their lives. Likewise, the current consultation on the £2 million plans for enhancing the station area and route to the Market Place is an important step forward in my long-term campaign for refurbishment to an important gateway to our town. The station is the first thing that many visitors to our town see, and it is fantastic that funding has been granted to improve the link between the station and the town. I encourage residents to take their opportunity to have their say on this exciting project for Great Yarmouth. We can still go much further in improving the town's station and I continue to take every opportunity to remind the rail companies of their responsibility and the need for a long overdue refurbishment.

M.P's SURGERY: Watch this space for the next surgery in May's Village Voice. Appointments only, to book please email: office@brandonlewis.co or phone: 01493 854550.

BURGH CASTLE CHURCH RESTORATION FUND



Quiz Evenings - The March Quiz raised £111.00, thank you to all who came, the next one is at The Queens Head on Friday April 7th (8pm). Please arrive early if you wish to eat in order for the kitchen to get your meals out to you before quizzing begins. Craft Fair - Easter will see a craft Fair on the Saturday, Sunday and Monday April 15th -17th (10am -4pm daily). All the usual stalls will be there but we have room for a few more, if you would like to book please call the number below.



St Georges Night - Our next function will be a St Georges Celebration on Friday April 21st (7pm) at the Village Hall. Tickets will be available from April 1st at £10 per person. This was great fun last year with music, good food, games and conversation



enjoyed by all. To reserve your place call Margaret on 01493 780126 or e-mail mgreenacre532@googlemail.com (photos by Lesley Chalmers).

BURGH CASTLE FUN DAY

Plans are well in hand for this exciting event on Sunday June 25 based at the Village Hall, Playing Field and Roman Fort area of the village. Great Yarmouth Brass and other local groups will provide entertainment. There will be games and competitions for the children, craft stalls, charity stalls, food stalls, beer tent, Grand draw (1st Prize £100!!), historical exhibits, guided tours of the Roman Fort and a display of the 'finds' from the archaeological digs around the village. More events are being added each month so watch this space. If you would like to be part of the organising team please call or come to the next meeting on Wednesday April 5 (7pm) at the Village hall. Contact Margaret on 01493 780776/ mgreenacre532@googlemail.com



Low level shot Camera Club (Mike Howell)



ENTUA (East Norfolk Transport Users

Association) is a voluntary independent body which monitors bus and rail provision in the East Norfolk Area. Please visit our website at www.entua.org.uk

Unfortunately despite my optimistic review of Service 71 in the March issue of Village Voice the bad news is that Anglian are withdrawing this service and Service 81 (Bungay –Great Yarmouth via Bradwell) with effect from 18th April, 2017. Regrettably neither service were taking in enough money to cover the running costs. Most local bus services are operated on a commercial basis and as such they have to bring in enough revenue to cover the running costs. Gone are the days when County Councils could provide reasonable subsidies. Cash strapped County Councils have little leeway in providing the subsidies required to keep these routes running. Governments often preach that they want to see better use of public transport, but they do not provide sufficient subsidy to the County Councils to achieve this.

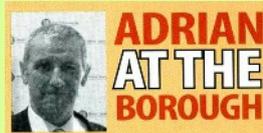
Whether Norfolk County Council will be able to arrange something to cover Beccles Road in Bradwell remains to be seen, but from Belton’s point of view from 18th April, 2017 we will be left with the X11 service.

Now from a positive point of view, the X11 does provide a very good service for Belton residents, a half-hourly service (Mon-Sat) with the first bus leaving Bracon Road at 0706 and the last one leaving at 1852. After this the No 7 runs at 1922,2022 and 2152 with last bus No 6B leaving at 1102 to Blue Sky via Burgh Castle. Most double-deckers used on the X11 have leather seats and wi-fi and are all reasonably new vehicles. Rumour has it that the entire X1,X11 fleet will be replaced at the end of this year with a brand new fleet – 26 buses in all to be ordered. Such is the success of the X1/X11 bus that First Group are anticipating purchasing this new fleet of vehicles. Oddly enough there are still 2 No 7 buses operating during the day travelling via Beccles Road, Bradwell Mon-Fri the No 7 leaves Bracon Road at 0752 whereas on Sat it leaves at 0800. From Great Yarmouth the No 7 leaves Market Gates at 0745 (Mon-Fri only) arriving at Bracon Road at 0810, this then becomes the 0812 X11 departure to Norwich via Great Yarmouth. Last buses from Great Yarmouth are X11 at 1855 (this does not travel via Waveney Drive, but goes straight down New Road to Bracon Road) and becomes the 1922 No 7 back to Market Gates, No 7 at 2000 and 2130 and 6B departing at 2230. You can obtain timetables from Belton Pet and DIY, Jhoots Pharmacy and Belton Post Office or go on line to www.firstgroup.com/norfolk-suffolk.

A last reminder that ENTUAs public forum will be held in the Lecture Hall, Gorleston Library on Wednesday 19th April, 2017

commencing at 2.00 pm. At the time of going to press we hear that Anglian Service 61 between Kessingland and Great Yarmouth will also see changes from 18th April, 2017. Its frequency between Lowestoft and Great Yarmouth is being reduced to hourly, will no longer serve Barrack Estate and will discontinue its Sunday service. However on the plus side it will run to Gapton Hall, Tescos and on to Market Gates via Cobholm. More news as we get it.

If you would like to become a member of ENTUA we only ask a minimum donation of £5.00 per annum which helps us cover the cost of printing and postage of our very informative quarterly newsletter (published in March, June, September and December) to join please write to ENTUA, 18 Wensum Way, Belton., NR31 9NY



I was asked by the parish councils of Burgh Castle and Fritton St Olaves to raise objections against the

application for all year round use of holiday homes. Environmental health were against the proposals and concerns were raised by both parishes regarding retrospective planning applications. I shared those concerns with the planning appeal committee. The planning department recommended approval providing certain conditions are put in place first. It would seem to me that if you have to put several conditions in, and there were, then without those conditions the application must be detrimental. I stated at the appeal that the council can put as many "conditions" in as it likes, it is the council's ability to enforce such conditions that concerns me. I also stated that in granting this application, the committee will be setting a precedent for any future applications of this nature, making them almost impossible to reject.

At the Burgh Castle parish council meeting last night, Cllr Grey UKIP who was on the committee stated that he felt the chairman, another UKIPPER allowed the application (the vote was split 50/50 he had the casting vote), because he was worried about having the decision appealed.

To follow that logic, if the planning committee are not going to challenge planning applications against the planning departments recommendations, then the committee is reduced to a rubber stamping forum for those planning applications, and the special responsibility payment that the chair of planning gets would be better spent on providing social care for someone in their home. There is another application to planning to turn yet another holiday cabin into a permanent residence, another retrospective planning application.

Cllr Adrian Myers
Lothingland Ward
GreatYarmouth Borough Council



EAST ANGLIAN DRAGON BOAT FESTIVAL

The 11th East Anglian Dragon Boat Festival which attracts teams from across the region



takes place on Oulton Broad in Lowestoft on Sunday 14th May. It helps raise funds for East Coast Hospice. Hospices play a key role in providing support and care to people with



incurable illnesses as well as their family and friends. At present, there are no inpatient hospices in the Waveney and Yarmouth area but East Coast Hospice is working to change this. Margaret Chadd House will support patients and their families to live as well as they can for as long as they can and when the time comes, to support a dignified and peaceful journey at the end of their life. The team raising the most money for East Coast Hospice will be treated to a celebratory meal at the Hotel Victoria in Lowestoft.

To take part in the dragon boat racing and help 'Raise the Roof' of East Coast Hospice, no previous experience is required; just plenty of team spirit and enthusiasm! The dragon boats, qualified helms and all racing equipment are provided and each crew is guaranteed a minimum of three races. The Festival promises a fantastic day for competitors and spectators alike with street entertainment, funfair rides, inflatable activities and plenty of food and drink for all the family on the bankside at Oulton Broad. For further information and an entry form please visit www.dragonboatfestivals.co.uk/eastanglia or call Gable Events on 01780 470718. To find out more about the services of East Coast Hospice call 01493 718707 or visit <http://www.eastcoasthospice.org.uk>

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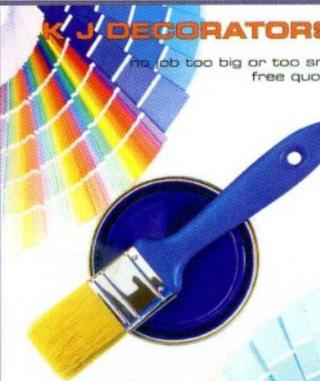
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1st BELTON SCOUTS

Beavers

The beavers have spent February doing their space activity badge. They have each looked at a recent space mission, designed their own space ship, and looked at the plants in our solar system, looking at how far the plants are from the sun. The beavers made pictures of constellations, the Milky Way, played plant Kim's game and plant stations. They are looking forward to a clear sky one evening to have a look at the stars. They had a fun evening in the middle of this making pan cakes, making lent promises to open after Easter to see if they were able to keep their promises and had a go with the mini bows.



Cubs

The cubs have this term completed their DIY badge they did this over two weeks. The first week they learnt about the properties and different types of wood and how they are used in every day life. They also practised sanding a piece of wood/sandpaper and learnt the safety of the tools they would have to use the next week. The next week they made a simple whistle, a keyring and they painted a fleur de lie, using skills such as sawing, cutting, sanding and using drills to make holes. This was very much enjoyed by everyone.

Scouts

This month the Scouts have been busy making gifts for someone special. By the time read this we will have celebrated Mother's Day so we can share with you what the Scouts made. As the theme of our annual district cooking competition is "Mother's Day" this year we decided to make a



decoupage vase and carnations as a table decoration for the event. The Scouts can then give these to their special person. We also decorated a table cloth and are busy practising our meal. We will be coking Cowboy Stew, which is sausages, bacon, tomatoes, potatoes and beans, followed by a no cook chocolate cake served in the shape of a heart. We are also preparing for the group's annual Jumble Sale at the JGI on 24 March 2017.

Group

Our thanks must go to Gloria and the lady from Station Rd North for the adult cloth aprons, thank you they are great.

SCOUTS NEWSPAPER COLLECTIONS

Belton Scouts will be collecting old newspapers (in Belton only) on Saturdays April 1st (note early date) and May 13th. Papers need to be put outside properties by 8.45am to ensure collection, please remember not to make bundles too large as some of the collectors are younger members of the group. Glossy magazines, leaflets and old telephone directories can be included with your papers. For information about the local Scouts or for any further information on the above please call 01493 780965.



Guides have been busy recently, working towards their Personal Safety badge which they have been putting a great deal of thought into and have had some interesting discussions about differences in ideas and opinions. The older Guides have begun work on their Baden Powell Challenge with the help of Saffron, our Young Leader who herself gained this prestigious award almost two years ago. Saffron is now training to become a qualified leader with our group and also helps with 1st Bradwell Brownies. Four new members made their Guide promise in February and we have two more due to make their promise soon. It is good to see numbers increasing in the group since our move back to Belton JGI.

Everyone enjoyed an evening recently doing one of their favourite things of cooking and baked delicious mini Victoria sandwich buns and also flapjacks. We are all looking forward to a trip to the Odeon Cinema to see Beauty and the Beast at a showing exclusively for Girlguiding. There is also a district day trip to Bewlinderwood in May being organised which Guides are invited to and in July there will be a sleepover at Cliff Park School and day trip to Pleasurewood Hills. So we have plenty to look forward to. We meet term time at the JGI Hall, Belton Tuesdays 6.45pm – 8.30pm and have spaces for girls aged 10 – 14 years old. We are a very friendly group and welcome new members. Come and give us a try. For further details please contact Linda 01493 667311 or 07919620759 Email 1stbeltonguides@gmail.com Please note new email address.



Wednesday 12th April
6.00-7.30pm
All Saints Church, Belton

*A re-telling of the
 Easter Story
 for all the Family*

Why not come & join in!





THE MALCOLM METCALF COLUMN

Malcolm Metcalf is the past president of the Great Yarmouth Naturalists Society. His Nature Notes is one of the Village Voice's longest standing and best loved columns. He can be contacted on 01493 661138.

You can also write to him at 43 Magdalen way, Gorleston, NR31 7BW or on 43ironhorse@gmail.com

MALCOLM'S NATURE NOTES



Recently Michael Simmonds of Veronica Green, Gorleston had a rare visitor to his back garden, a Tawny Owl (*Strix aluco*). also called the Brown Owl. He and his wife Judith were able to get a close-up view as it perched on their fence. Tawny Owls are often heard at night, but rarely seen during the day. Always associated with trees, they nest in hollow trees, lay 3-5 white eggs at intervals. 15 inches in size, they have large dark eyes and broad wings

which they flap with slow beats. Owls appear short-necked but their necks are rather long and flexible, their eyes are less mobile in their sockets than most other birds whose eyes on either side of the head give them a far wider field of vision hence Owls turn their heads to see things on either side or behind and can turn them around a full 180 degrees.

Owls usually swallow their prey whole and strong juices remove all the nutrients. Indigestible bones and fur are coughed up. They usually bring their prey back to a favourite perch. When pellets are dissected various skulls and bones of mammals reveal what they have eaten. I spent several hours looking for Owl pellets in Gorlestons old and new cemeteries without success, and asked friends to look out for some. After a recent talk I gave in Loddon with the help of my Godson Alan Collier, we decided to look for Owl pellets in that area. Churchyards are sometimes good places to find them, but the three we visited had none. However later in an old disused windmill we were

lucky. The five pellets found contained various skulls and bones, and Alan's photograph complete with Owl pellet shows the result (see first photo).

On our way back home we stopped at the Owl Sanctuary at Fritton, here we met Mark the owner and his helper Louise. Mark was letting a young girl with a gloved hand hold his Tawny Owl, 'Shadow'. The girls parents were busy taking photos. I was most impressed by the patience and time that Mark gave and by the pleasure it



gave this child, who wanted to keep on holding the Owl. As well as "Shadow" many other Owls kept in superb pens can be viewed

including a pair of rare Snowy Owls. The Owl Sanctuary is open 7 days a week 10am-4pm. and Admission is FREE.



If you drive towards Fritton on the Beccles Road, just past the the new roundabout on the right you may notice three very large Owls carved from a tree, these are the work of Luke Chapman. Another keen helper at the Owl Sanctuary Tracie, gave us permission to photograph them. The Owl Sanctuary is holding an Easter Charity Event on Sunday April 16th. 10-4pm. Its hosts of events include Hawking Experience, Easter Egg Hunt, Luke Chapman Carving, Tombola and Raffle, Hold an Owl, Hold

Birds of Prey. Again this is FREE entry I am looking forward to attending. In closing, my thanks to Alan for the three photographs that accompany this article.

Easter Day **16th April**

Sunrise Service **5.45am**

Burgh Castle Fort **followed by breakfast**

9.30am Holy Communion at Burgh Castle

10.30am Café Church at Belton

Belton W.I.

Belton WI held their annual Photographic Competition at the March meeting.

The entries, with categories of Rooftops, Ruined building, an Animal and Still Life were judged by Mr Bill Richmond. He also gave us a presentation to help with our understanding of cameras and how to use them more adventurously. This would allow us to take good photographs without relying only on the AUTO setting. The results were as follows - 1st - Norma Hadden; 2nd - Lin Hillier; 3rd - Teresa Evans.

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Beccles
Exchange Square T: 01502 718 700
Gorleston
66a Bells Road T: 01493 652 204

Great Yarmouth
141 King Street T: 01493 849 200
Halesworth
52 Thoroughfare T: 01986 872 513
enquire@nortonpeskett.co.uk
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GUIDE TO EVENTS**EVERY MONDAY**

Chair Exercises (9.30am)
Nordic Walking (10.30am) -
New Road Sport Centre -
Supervised instruction 07599
044806

Yoga (10.15 - 11.15am) JGI -
bring your own mat or towel
**Play & Weigh Baby Group &
Baby Cafe** - Breastfeeding
support (1.30 – 3pm) Village
Green Childrens Centre.
Refreshments 01493 789562

Bingo Night (7.30pm) JGI All
welcome

**Projection Youth Worship
Band** (7.30-9pm) Belton
Church 07762 817454

Ring Craft (8pm) St. Olaves
Village Hall, Training
dogs/owners for the show ring
01502 569243

Belton Bowmen - Wroughton
Sch. Juniors/family (6-7pm)
£3.50, Adults (7-9pm) £5
01493 780418

**Pilates
(Beginners/intermediate)** 6 &
7.05pm New Road Sport
Centre 07767 864568

EVERY TUESDAY

Pilates Fitness (9am) JGI –
£6. Improve posture/core
strength 07747 720139

Baby Massage (10-11.30am)
Village Green Children's
Centre 4 week parenting
course for parents/referrals,
must be booked/paid in
advance £8 01493 789562

Beebops Pre School (10am)
Family Time (11am) Babees
- New Road Sport Centre
07934 276167

Young at Heart (10-noon)
Belton Church. Get together
for over 50's – church
members or not

Childminder Drop in & Play
(1-2.30pm) Village Green
Childrens Centre -
Childminders drop in & play &
meet other childminders.
Refreshments available 01493
789562

Belton Over 50/60's (2pm)
JGI cards, bingo, refreshments

Judo group for Juniors (4.30
& 5.30pm) New Road Sport
Centre 07977 432756

1st Belton Guides (6.45 -
8.30pm) JGI- 01493 667311

Belton Badgers Youngest
sec of St. John Ambulance
(6-7pm Term Time) Compass
Centre, Boys & Girls 7-10
years 01493 780418

St.John Ambulance Cadets
(6-7.15pm Term Time)
Compass Centre Boys & Girls
10-16 years 01493 780619

St. Olaves Art Group (7.30pm)
St. Olaves Vill Hall Tel: 488276

EVERY WEDNESDAY

Jolly Tots (9.30-11am) Under 5's
(11am-Noon) Birth to Walking -
New Rd Sp Centre 07767 389789

Drop In Coffee Morning (10.30-
noon) JGI All welcome

Community Connexions (11.45-
12.30pm) The Tavern Belton Car
Park - Fresh fruit & veg. Van

Lunch & Social Club (Age
Concern) (12-3pm) Kings Head,
Belton 01493 262052

Belton Art Club (2-4pm) JGI
Arts/crafts/hobbies 01493 488683

Slimming World (5.30-7.30pm)
Kings Head 07796 263627

3rd Bradwell Rainbows (5.30-
6.30pm Term Time) Burgh Castle
Village Hall

Weight Watchers Sign in
6.15pm, talk 7pm JGI 07546
023143

Team Quiz (8pm) Kingfisher Bar
B/Castle (6 per team max. £1
each)

EVERY THURSDAY

Chatterboxes (9-10.30am)
Village Green Children's Centre
0-5 years. Fun activities,
language & literacy £1 Only
during term time 01493 789562

Baby Bloom (10-11.30am)
Village Green Children's Centre
4 week parenting course for 1st
time parents/referrals Cost £8,
must be booked/paid in advance
01493 789562

Gt. Yarmouth Stroke Group (2-
4pm) New Rd Sport Centre
01493 781846

Rock Solid (5-6pm Term time)
Ages 8-11. Belton Church) Free
07762 817454

Crafters Group (7-9pm) JGI
Informal needlecraft group 07721
599559

NEW Kali Eskrima (Martial Art)
(7-9pm) New Road Sport Centre
(once a month 4.30-6.30) 07494
301472

Youth Group (7.30-9pm) Belton
Church Exploring Christian Youth
& Fun. Free 07762 817454

EVERY FRIDAY

Line Dancing for Beginners
(10.30am-Noon) JGI, Ring 07788
408801.

**Cornerstone Open Youth
Group** (6-7.30pm) Belton Church
-years 6/7/8 - 07762 817454 (

F/nightly term time))

The Hub Open Youth Group
(7.30-9pm) Belton Church For
High School Age Children 07762
817454 (F/nightly term time)

NOTE Belton Scouts (Beavers,
Cubs & Scouts) meet in Belton
weekly, details 01493 780965

EVERY SUNDAY

Pooch Paws Dog Training (9-
noon) 1 hour sessions St. Olaves
Village Hall 07841 040171

Childrens Sunday Club
(10.30am *NOT 3rd Sun of month*)
Belton Church 07762 827454

**SS. Peter & Paul Church,
Burgh Castle** (9.30am)
Traditional Prayer/communion

All Saints Church, Belton
(10.30am) Modern services &
activity group for children *Find
details of services below*

DATES FOR THE DIARY

Thu Mar 30 (1-3pm) Village
Green, Childrens Centre.
Money/debt Advice

Thu Mar 30 (7pm) St Olaves
V/Hall. Annual Parish Meeting &
Parish Council Meeting

Sat Apr 1 From 8.45am Belton
Scouts Collecting Newspapers -
Belton only

Sat Apr 1 (10am-Noon) JGI
Mammoth Sale Tel 780776

Sat Apr 1 (10am-1pm) St Olaves
V/Hall. Coffee Morning

Sun Apr 2 (9.30am) Holy
Communion @ Burgh Castle

Sun Apr 2 (10.30am) Morning
celebration @ Belton

Tue Apr 4 (11am) Traditional
Service of Holy Communion @
Belton Coffee from 10am

Wed Apr 5 (10.30am) Burgh
House - Holy Communion

Wed Apr 5 Mobile Library. Priory
Cl., St Olaves (10.30-10.40am),
New Rd. Playing Field Fritton
(10.45-11am), Belton from
1.50pm (times in article)

Wed Apr 5 No Messy Church
see 12th.

Wed Apr 5 (7pm) B/C Village
Hall, Burgh Castle Fun Day
Open meeting all welcome

Fri Apr 7 (7.30pm) JGI - Digital
Camera Club - 780822

Fri Apr 7 (8pm) Burgh Castle
Queens Head -Team Quiz max 6
per team

Sat Apr 8 (10am-11.30am) JGI
Monthly Coffee Morning

Sat Apr 8 (10am-6pm) Belton
Church - Church open for
sponsored musicians event
(teas/Coffees available)

Sun Apr 9 (9.30am) Morning
Prayer @ Burgh Castle

Sun Apr 9 (10.30am) Holy
Communion @ Belton

Sun Apr 9 (6.30pm) Evening
Celebration @ Belton

Mon Apr 10 (7.30pm) B/C
Village Hall, Burgh Castle Parish
Council

Tue Apr 11 (7.30 pm) JGI-
Belton W.I. Birthday,
entertainment & Craft comp.
Wed Apr 12 (1-2pm) New Road
Sport Centre. Belton Parish
Clerks Surgery

Wed Apr 12 (6-7.30pm)

Belton Church - Messy
Easter (Messy Church &
Rock Solid)

Wed Apr 12 - (7pm) JGI -
Police Southern Parishes
SNAP open meeting

Thu Apr 13 (7pm) Belton
Church - Passover Meal for
Belton & B/Castle.

Fri Apr 14 (10am) Good
Friday service at B/Castle
Church

Fri Apr 14 (11am-3pm)
Belton Church open TBC
(Noon-2pm short reflective
services)

Sat Apr 15 - Mon 17 (10am-
4pm Daily) Burgh Castle
Village Hall. Craft Fair
780126

Sun Apr 16 (5.45am)
Sunrise Service at Burgh
castle fort followed by
Breakfast.

Sun Apr 16 (9.30am) Holy
Communion @ Burgh Castle

Sun Apr 16 (10.30am) Cafe
Church with Communion @
Belton

Tue Apr 18 (7.30pm) New
Road Sport Centre. Belton w
Browston Annual Meeting
followed by Parish Council

Fri Apr 21 (7pm) Burgh
Castle V/Hall St. Georges
Day Celebration £10 780126

Fri Apr 21 (7.30pm) JGI -
Easter Bingo - 781294

Sun Apr 23 (9.30am)
Morning Prayer with APCM
@ Burgh Castle

Sun Apr 23 (10.30am) Holy
Communion @ Belton
(special for the ladies)

Sun Apr 23 (2.30pm) JGI
-Belton Hist Soc. AGM
&Illustrated talk 'Burgh Castle
Roman Fort' Caroline
Davison (Guests Welcome)

Wed Apr 26 (7pm) St Olaves
V/Hall. Chilli & Quiz Evening
(Quiz 7.30) 01493 488439

Thu Apr 27 (1-3pm) Village
Green, Childrens Centre.
Money/debt Advice

Fri Apr 28 (7.30pm) JGI
Team Quiz Night (teams
Max 4, £1 per person)
781294

Sun Apr 30 (9.30am) Holy
Communion @ Burgh Castle

Sun Apr 30 (10.30am)
Morning Celebration with
APCM @ Belton

Tue Apr 2 (11am) Traditional
Service of Holy Communion
@ Belton Coffee from 10am

Wed May 3 (10.30am) Burgh
House - Holy Communion

(Continued on page 24)

VILLAGE SMALLS

It is free to advertise jobs, events, property or items for sale. Send details to Village Voice Smalls, 'Skelmorlie', Butt Lane, Burgh castle, NR31 9PU Tel 01493 780776 or email bcswan50@gmail.com by noon on April 4 to appear in the May 2017 issue. We will run your advert for 3 months but please let us know if you sold it so we can remove the advert. (Commercial entries charged at 25p per word)

SITUATIONS VACANT

Cleaner needed for busy couple 2 hours week Friday AM - Selwyn Drive (other jobs as required) (person who takes pride) £7.20p.h. Tel 07939 323895 / 07818 020025

WANTED

Ant odd quantities of Hammerite metal paint - colour not important for Scout group. Tel 01493 780965.

Preformed Fibreglass pond liner Tel 01493 484948

Burgh Castle Remembered book by Sheila Hutchinson. Tel 01493 665459

Broken chest freezer but with seal still intact. (can collect) Tel 07919 281675

Belton Charity Fundraisers welcome donations of Bric a Brac, Books, jigsaws & toys (no mains electric items/used clothes) for their stall. Tel 01493 780776

Soft Toys to raise money for local charities. deliver to 34 Orwell Crescent. Belton, or Tel 01493 782043

FOR SALE

Round white plastic patio table & 4 chairs & cushions still in box. £15 ONO Tel 01493 781817

Mirror with gold filligree surround overall 34"h x 15"w (glass 24"h) £15. Tel 01493 780687

Air Conditioning Unit £30 Tel 01493 780317

Bosch Electric Lawn Raker & Bosch Electric mower. Both good cond £50 the two (will sell separately) Tel 01493 781580

23.6ins wide TV 1 year old. Technika LED with HD & Freeview. Exc. Cond. Genuine sale £35ONO. Wharfedale 15.5ins TV used twice no remote . Exc. Cond. £15. Tel 07909 832814 B/Castle.

3 drawer chest & 3 drawer cabinet white VGC £90 Tel. 07960 913116 (buyer collects)

Mothercare Travel cot & playpen. As new £20. Tel 01493 781112

FitnessForm P1100 Cross Trainer 2 in 1 Elliptical exercise bike. Compact, adjustable machine with computer readouts & Pulse/hear monitor. Little used £75 Tel 07756 268142

Myers 620 Mk2 Heavy duty precision paper cutter. Cuts up to A2 & 1.5mm thick £75. Tel 01493 781094

Ladies Size 7 Hotters shoes New £20. Tel 01493 780317

AERO GEM Pressure washer- Good working order/ hardly used £10 Tel 01493 789402

Garmin Nulink 2320 GPS Bluetooth Sat Nav 4.3" screen. C/w in car charger, USB cable, windscreen mount & manual. Boxed/hardly used £75. Tel 01493 781094

2 seater 3 piece cottage suite VGC £40 Tel 07508 493422 (buyer collects)

Ladies size 18 CLOTHES Leather coat (new) £20, Trouser suits £5, Cardigan £3, Trousers £2, Tops £2 Tel 01493 780317

Boat Mooring To Rent - St Olaves 30ft x 10ft - £650 per year. Tel 01493 789049

Leitz 6 drawer desktop unit Grey & blue. Size 13.75" deep, 11" wide, 9.5" high As new £40. Tel 01493 781094

2 RETRO paraffin Blowlamps & a Tilley lamp OFFERS Tel 01493 789402

Petrol lawn mower only 2 yrs old, with handbook. Cutting width 400mm (16ins) £50. Tel 01493 782327

2 metal 36 drawer storage cabinets (18 draws with 3 way segregation) Size W 25.25", D 6.75", H 17" As New £65 each. Tel 01493 781094

Ladies 1960's style cycle 23" wheel, never used VGC. Rear carrier & front basket only 3 speed trigger action £40 Tel 01493 789402

Solid wood double Garage Doors, each 48"wide x 78" tall £50 ONO Tel 01502 732740

3 Drawer chest & 3 drawer cabinet Oak. VGC £60 Tel 07960 913116 (buyer collects)

Yearntree 10 drawer desktop unit Grey & blue. Size 15.5" deep, 11.25"wide, 13.75" high. As new£40. Tel 01493 781094

3pce. Cane suite Exc. Cond. £70. ONO Tel 07468 435109

Red Spalding Golf trolley + 11 clubs also balls/tees. £10 ONO (more clubs available) Tel 01493 780776 Proceeds Belton Charity Fundraisers.

Shopping Trolleys - Choice of two, both VGC .One £5, One £7 Tel 01493 781506 (after 6pm)

Cash Drawer. Metal casing & strong plastic removable tray (3 sections notes, 4 for coins) W12.5", H 3.25", D16" 3 Keys.. £35. Tel 01493 781094

2002 Jaguar S Type V6 Sport Auto. 4 door saloon 2967cc red £2000. Tel 01493 781112

Set of Mens bowls £30. Tel 01493 780317

Black 24in TV £20 ono. Tel. 07933 786133 (Collect from Hopton)

Tubular steel step. Ribbed mat platform/non slip rubber feet H 10", W 17.25", D 15". Hardly used £20. Tel 01493 781094

Disability 4 wheel walker with seat (used twice) £40 ONO Tel 07468 435109

Parrot Cage (Large) £30. Tel 01493 780317

2 Armchairs light beige with flower pattern (bought @ Dovetail, made in Norwich) £150 ONO Tel. 01493 781198

DVD Player £10., Clock radio £5 Tel 01493 781112

Dining table & 6 chairs (chairs newly covered) VGC £80. Tel 01493 780022

Roller blind, white 100% Polyester 25in wide, 63in drop. C/w fittings new/boxed £20. Tel 01493 781094

2 x 3 piece silver plated tea sets on trays New/boxed £20 ONO each. Tel 01493 781112

Ladies coats, as new Size 18. £10 - £15 Tel 01493 780317

Tree Loppers, sturdy wooden handles. Good cond. £15. Tel 01493 781094

C.D.A Electric Hob. Black ceramic/ touch controls/ 9 power levels/ easy clean 508mm square, 6mm high VGC £60 ONO Tel 01493 603860

Stationary Car Activity Centre for baby/toddler. Overall 30insx19ins £5 Tel 01493 780776 (Proceeds Belton Charity Fundraisers)

Chest freezer, white 32ins H, 22ins Squ. GWO £60. Tel 01493 780952

Cuprinol Power Spray (hand held). Used once includes instructions & 24 new batteries £10 Tel 07757 393805

Riding hat 71/8 - 7¼ (nearly new), Riding whip, 3 pr jodpurs size 10/12 (1 never worn) £24 the lot. Tel 01493 780471

PLEASE REMEMBER TO LET US KNOW BY NOON ON THE 13th OF THE MONTH IF YOU WOULD LIKE YOUR ITEM REMOVED

MOORLANDS RECYCLING

A reminder that there is now a Salvation Army textile recycling bank (*Recycle with Michael*) in the grounds of Moorlands Primary Academy which is accessible in term time between 4pm and 5.30pm.



Every time it is emptied the payment from the items collected goes to the school PTA to add to their fundraising for projects at the school. Please support the school whenever you can. A list of what can be recycled is available at www.salvationarmy.org.uk/recycling.

(Continued from page 23)

Wed May 3 Mobile Library. Priory Cl., St Olaves (10.30-10.40am), New Rd. Playing Field Fritton (10.45-11am), Belton from 1.50pm (times in article)

Thu May 4 (All Day) All areas - Norfolk County Council Elections

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4Bs GOOD NEIGHBOUR SCHEME

Covering the districts of **Belton, Bradwell, Browston & Burgh Castle**



Our Good Neighbour Scheme is able to offer a range of **free services** to all our residents that need help. Here are some of the tasks we completed this year.

Mr & Mrs P	Belton	Temporary Garage Door Repair
Mr P	Browston	Internal Furniture Moving
Mr & Mrs P	Bradwell	Emergency Repair to Bollard Cavity
Mr B	Burgh Castle	Gardening After Hospital Stay
Mrs C	Bradwell	Unblocked Guttering
Mrs K	Bradwell	Repair Keysafe
Mr & Mrs T	Browston	Light Gardening (Hedge Trimming)
Mrs C	Bradwell	Arrange Lighting Repair
Mrs H	Belton	Assistance With Lost Cat
Mrs R	Bradwell	Make Safe Uneven Back Garden
Mrs C	Belton	Care Home Visit
Mrs C	Bradwell	Minor Fence Repair
Mr & Mrs T	Browston	Light Gardening (Strimming)
Mrs D	Burgh Castle	Shopping
Mr & Mrs W	Belton	Assistance With Travel Insurance
Mr P	Bradwell	Hospital Visit
Mr & Mrs T	Browston	Temporary Fix to Shed Roof
Mrs L	Bradwell	Dog Walking
Mr T	Browston	Arrange Emergency Gas Repair

If you know of anyone who needs similar help, then please contact our helpline on 07544 161848 or email us at gns4bs@hotmail.com.

VOLUNTEERS NEEDED

Can you spare a few hours to help other people in our Villages?
If so, please call 07544 161848 or email gns4bs@hotmail.com



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For an appointment at our
Bradwell Clinic
ring

Garry on 07855539483



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Alice.Aves@yahoo.co.uk

Belton and Surrounding Areas

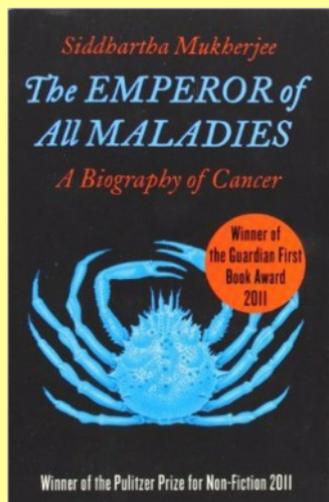
Useful Contacts

Jhoots Pharmacy	Belton	01493 222299
NHS	Out of Hours	111
James Paget Hospital	Switchboard	01493 452452
Millwood Surgery (Bradwell)	Appointments	01493 444484
Falklands Surgery (Bradwell)	Appointments	01493 442233
Police	Non Emergency	101
Blocked Road Drain	Anglian water	0845 7919155
Water Supply	Essex & Suffolk	0845 7820999
Power Cut	UK Power Network	105
Gas Leak	National Grid	0800 111999
Telephone Lines	BT Open Reach	0800 0232023
Village Green Children's	Centre	01493 789562
Moorlands Academy	Belton	01493 780007
Ormiston Academy	Gorleston	01493 662966
Rev. Rosie Bunn	Belton & Burgh Castle	01493 780210
Church Wardens Belton	Anne Howell Derek Mill	01493 780476 01493 781112
Church Wardens B.C.	Maureen Grey Margaret Greenacre	01493 781747 01493 780126
Norfolk County Council	County Hall	0344 8008020
County Councillor Lothingland Breydon	Vacancy Alan Grey	01493 601591
Great Yarmouth Borough Council	Switchboard Planning Environmental Health	01493 856100 01493 846430 01493 846478
Borough Councillor	Adrian Myers Brian Lawn	07824 313792 01493 720083
Parish Clerk Belton	Kate Palmer	01493 602960
Parish Clerk Burgh Castle	Kate Palmer	07948 705218
Parish Clerk Fritton/St Olaves	Gabi Roesch	07866 984384
Local MP	Brandon Lewis	01493 854550

THE VILLAGE VOICE BOOK CLUB

Do you enjoy reading? Do you love sharing your thoughts with others who enjoy reading? It doesn't matter whether you are an aspiring critic or an established one. This column in the Village Voice invites book lovers to write in about the books that have touched them. From fiction to poetry, biographies to travelogues, we would love to hear your thoughts. No genre is off limits. Please send in your contributions to Beltonvveditor@gmail.com

EMPEROR OF ALL MALADIES Reviewed by Mathew Varghese Patteril



Not every day in your life, would you embark upon reading a book with such intensity as the Emperor of all Maladies by Siddhartha Mukherjee. The author, a qualified haematologist and oncologist, was a Rhodes scholar at Magdalen College, Oxford, went on to do medicine at Harvard Medical school before becoming an assistant professor of medicine at Columbia and an honorary visiting professor at Johns Hopkins School of Medicine. The Emperor of Maladies is a biography of Cancer, a book that details the evolution of diagnosis and treatment of human cancers from ancient Egypt to the latest developments in chemotherapy and targeted therapy. Mukherjee delves into the mind and soul of cancer and narrates its biography in contemporaneous prose, through his patients, carers, scientists and clinical staff.

As a storyteller, Mukherjee has undertaken the task of telling an extraordinary tale of a disease which changes the life of over seven million people around the planet. As a biographer, he portrays the image of cancer as a haunting, desperate, malevolent, contemporary doppelgänger and within the 573 pages tries to dichotomise, illuminate and interpret the conduct and performance of this intriguing disease. Mukherjee started this book as a very long answer to a question first posed by a patient he was treating in Boston- "I am willing to go on, but I need to know what I'm battling?" This was the inspiration which made him take the first step of an epic journey which culminated in this wonderful book.

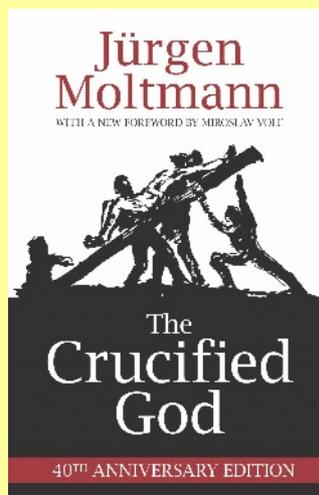
He has written it in a style that is accessible to the average reader without in any way dumbing down on the seriousness of its subject matter. He pays respect to all those people who has dedicated their lives to unravel the intricacies of this disease like Sidney Farber, Marie and Pierre Currie, surgeons like William Halsted, Physicians like Emil Frie and Henry Kaplan, Harold Varmus, Michael Bishop, Robert Weinberg and supporters like Mary and Albert Lasker.

Mukherjee attempts to make the public aware of the level of complexity involved in understanding and thereafter managing the disease spectrum of Cancers. The readers are harnessed to appreciate the ingenuity and resilience of knowledge in terms of discovery in the sequencing of the cancer genome. Every century portrays cancer in its own image, and the present one is of genetics.

The Emperor of All Maladies is an anthology of historical moments intertwined with decades of personal tragedies and despair. He paints in vivid terms, the landscape of physicians involved in treating this disease and their true journey of privilege organising emotional, psychological, scientific and epidemiological aspects of care thereby rendering hope above fate.

(Emperor of all Maladies was published by Simon & Schuster and won the Pulitzer Prize in 2011. It is available on paperback from £12.08).

THE CRUCIFIED GOD Reviewed by Regi Alexander



A few years ago, the BBC featured this book prominently in its critical examination of the meaning of the Easter story. Written by Jurgen Moltmann, it attempts to answer one of the most vexing questions that any believer in God struggles with. Where is this benevolent, just and all powerful God when you see suffering, all around you- the suffering of illness and infirmity, the suffering of innocent children in agonizing pain, the suffering of unjust wars and wretched prejudice. Are we to put up with it on the abstract promise of a glorious tomorrow? How can we, when this request to patiently wait for a glorious tomorrow has also helped sustain tyrannies down the ages?

How do we reconcile God's goodness and God's equanimity in the face of suffering?

Moltmann suggests that the concept of God's equanimity about suffering is an after-effect of people adopting the Greek ideal of an impassible God - emotionless, imperturbable, dispassionate and apathetic. The Crucified God seeks to extricate us from this classical heritage. We often think of God as an omnipotent and omniscient being, resplendent with all the trappings of glory, giving us what we want, when we want it, provided we ask for it nicely enough, a kind of Santa Claus God in a Golden Palace. And yet, the God of the New Testament is also a God who took the human form to suffer with his creations. He is a God who wept when he saw the pain of his bereaved friends, a God who suffered the pain of abandonment himself and a man who cried out in agony on the cross, "My God, My God, Why hath thou forsaken me"? That cry of abandonment as he died the violent death of the criminal on the cross, Moltmann says, is a reminder of how the crucified God put himself through an utter and complete abandonment experience, the same experience of the abandoned and the God forsaken everywhere. Thus instead of the view of God as an impassive spectator of human suffering, we are offered a view of one who not just suffers our suffering but also suffers while witnessing our suffering. The one who cannot suffer cannot love either. Aristotle's God cannot love; he can only be loved by all non-divine beings for his perfection. The Crucified God paints a God who will risk being hurt in the process of loving and suggests that for a God who loves, it can be no other way.

At a time when the power of your God was measured by the lands he helped you conquer and the enemies he helped you kill, Moltmann's work showed an alternate understanding- a God who offered comfort by being a fellow traveller in the misery of abandonment. Published well over 40 years ago, this is never the less a book that addresses timeless questions that become all too relevant as the country prepares for another Easter holiday season.

(The 40th Anniversary edition of The Crucified God by Jurgen Moltmann was published by Alban Books in 2015. It is available on paperback from £15.99)

ANOTHER "HIT AND RUN"



Our car, parked in the lay by outside our house (The Thatched Cottage on Station Road South, Belton) was hit and driven into the Rectory wall at some point on the night of Friday March 17, 2017. The unknown driver failed to leave their details and has left us with the bill for repairs.

Since our neighbours at Belton Lodge had a fence knocked down by a similarly negligent driver just a few weeks ago (see Village Voice March 2017) and a wall damaged a few months ago, we are concerned that there may be people who are regularly and selfishly driving through our village in an unfit state with no regard for their neighbours.

If you do have any information, please contact me on jamesalexander2405@gmail.com or the Village Voice on beltonvveditor@gmail.com or the Police.

BURGH CASTLE SWIMMING CERTIFICATE HOLDERS

One of the children (then!) from this 1967 picture of Burgh Castle Swimming certificate Holders in 1967 has asked Belton & District Historical Society if it is possible to trace the whereabouts of others in the photo. If you can help please contact Kim Saul of the Society on 01493 780411 or e-mail kim.saul.502@btinternet.com. Those names on the photo are Martin Rudram, Colin Etheridge, Lorraine Houghton, Melvin Searby, Terry Maunders, Tina Bush, Simon Wright, Peter Norris, ? Maunders, Scott Bradford. (Front) Bob Bradford,



Mandy Marsden, David Symonds, Jill Charlton and Roy Channell.



Speeding and Careless Driving

Over the last month there has been two instances of reckless and unreported of careless and speeding driving in the village. The knocking down and severe damage to fencing at the junction of The Green and

Church lane and recently the collision with the car parked near to the rectory in Station Road.

What makes both of these events shocking is that the drivers failed to report the accident. This could have been your fence or your car.

If you have any information about either of these accidents please call 101 or just pass the information to the Village Voice.

APRIL FOOL'S DAY HOAXES

April Fools' Day (sometimes called All Fools' Day) is celebrated every year on April 1 by playing practical jokes and spreading hoaxes. The jokes and their victims are called April fools. Some newspapers, magazines, and other published media report fake stories, which are usually explained the next day or below the news section in small letters. Our cover story in this issue is an example. We describe below one of the more celebrated instance of an All Fools Day hoax from 1976.

PLANETARY ALIGNMENT DECREASES GRAVITY



During an interview on BBC Radio 2, on the morning of April 1, 1976, the British astronomer Patrick Moore announced that an extraordinary astronomical event was about to occur. At exactly 9:47 am, the planet Pluto would pass directly behind Jupiter, in relation to the Earth. This rare alignment would mean that the combined gravitational force of the two planets would exert a stronger tidal pull, temporarily counteracting the Earth's own gravity and making people weigh less. Moore called this the Jovian-Plutonian Gravitational Effect. Moore told listeners that they could experience the phenomenon by jumping in the air at the precise moment the alignment

occurred. If they did so, he promised, they would experience a strange floating sensation.

At 9:47, Moore declared, "Jump now!" A minute passed, and then the BBC switchboard lit up with dozens of people calling in to report that the experiment had worked! A Dutch woman from Utrecht said that she and her husband had floated around the room together. Another caller claimed she had been seated around a table with eleven friends and that all of them, including the table, had begun to ascend. But not everyone was happy. One angry caller complained he had risen from the ground so rapidly that he hit his head on the ceiling, and he wanted compensation. Moore's announcement was, of course, an April Fool's Day joke. It became one of the most celebrated April Fool's Day hoaxes of the late 20th century. However, it wasn't just a random joke. Moore intended it as a spoof of a pseudoscientific astronomical theory that had recently been promoted in a book by John Gribbin and Stephen Plagemann called The Jupiter Effect..

Quoted from:

http://hoaxes.org/af_database/permalink/planetary_alignment_decreases_gravity

FREE MUSIC EVENT
 Saturday 8th April 2017, 10 am-4 pm
 All Saints Church Belton



The Belton MUSICTHON 2017

...Come and watch the Belton church musicians play all day to raise money for youth work in the village. **Will they make it!**

Jamming out with many different Genres...

90's **POP MUSIC** 80's **ROCK AND ROLL**
 CLASSICAL 70's **BLUES** 60's **SOUL** 00's **POP**

EVERYBODY WELCOME WITH FREE ENTRY. COME AND GO AS YOU PLEASE THROUGHOUT THE DAY
 AN OPPORTUNITY TO SPONSOR THE MUSICIANS. ALL FUNDS COLLECTED WILL GO TOWARDS THE YOUTH WORK IN BELTON
 REFRESHMENTS INCLUDING TEA AND COFFEE PROVIDED. CRAFT + CAKE STALL AND TOMBOLA ALSO AVAILABLE
 ANY QUERIES PLEASE CONTACT JIM ON 01493 782021 OR VISIT WWW.ALLSAINTSBELTON.ORG.UK

SATURDAY ^{BTH} **APRIL** ²⁰¹⁷ **10am to 6pm** @ The Belton Church building

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