



# THE HEACHAM NEWSLETTER

## July 2010

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## Heacham Carnival Parade & Fete - 1 August

FOLLOW THE PARADE - ROUTE MAP ON PAGE 35



Deadline for the next edition is 12 noon, Thursday 22nd July



**Heacham Beach Party**  
**TODAY!**  
Saturday 3 July  
5.00pm-8.00pm  
AT SOUTH BEACH

Party Passes £2.50  
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Twinning Association

**BIENVENUE À NOS VISITEURS  
DE CRITEUIL-LA-MAGDELEINE**  
who will be visiting Heacham from  
15th to 20th July

We hope you have an enjoyable stay  
(but we can't guarantee the English weather)

Full details and planned itinerary can be found on  
Page 17

THE HEACHAM NEWSLETTER C/O Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET

E-MAIL: [theheachamnewsletter@yahoo.co.uk](mailto:theheachamnewsletter@yahoo.co.uk)

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**THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH**

**Neil Wakeham**



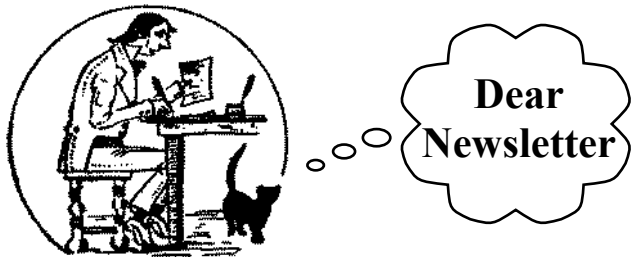
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✉ **Appletree Close**

Dear Newsletter,

**90th Birthday Thanks**

Please can I say a BIG thank you to all my lovely family and friends for making my 90th birthday a memorable one.

Instead of receiving gifts, I asked for a small donation to be given to my 2 chosen charities .Those being Heacham Surgery and the Hunstanton Lifeboat.

I received £400 in donations, so each charity has £200 each.  
Again a big thank you to all.

**May Race**

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✉ **Witton Close**

Dear Newsletter,

**Good Friends**

I wish to say a big thank you to our very good friends who gave us help when we needed it. I came home from a week away on holiday. We had a good time. On Saturday 5 June, about 9pm, reading in bed I felt good but about 2am on Sunday morning I came over bad. I was very cold and could not breathe. I thought I was dying, but I was lucky. I had joined Care Line – what a service! Thank you. I was in hospital nearly two weeks. This is where good friends come in.

First one, Jean, at the bottom of my garden. I again say from the bottom of my heart – thank you for looking after my wife Sylvia. Then there are some others that come and help when needed – thank you. Our main friends are away on holiday. Everyday they phone the hospital from abroad. It must have cost a lot of money. Again, thank you.

We did have some very good friends next door but, sorry to say, they had to move. They had two very good well brought up children. We still see them – it was nice to know you Andy and Tasha.

**L. Coldicott**

\*\*\*\*\*

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**Poplar Avenue**

Dear Newsletter,

**Piece of MIND Book Fair**

We would like to thank everyone who supported our Piece of MIND Book Fair that we held on May 14th this year. Thanks to you we raised £396. The monies raised will go towards many different things, such as replacing old equipment, maintaining our trusty old mini bus, and putting on courses etc..

We look forward to seeing you again at our next fundraiser in August.

**Joyce Armstrong  
Recovery Worker**

\*\*\*\*\*



**Church Farm Road**

Dear Newsletter,

**Bus Stops on the A149**

Last year, to my delight, a bus stop was finally put in on the A149 between Norfolk Lavender and Ringstead Road. This gave the residents of this forgotten side of Heacham access to Lynn and Hunstanton on the new direct services.

The bus stops have now been removed and to get to Lynn it is now a very long walk along the grass verge and then (after the traffic lights) a dangerous stretch actually on the road to reach the Broadway stop.

When I contacted Norfolk County Council, I was told by the gentleman from the Passenger Transport Group that the traffic was not the issue, but that stops now have to have dropped kerbs and, as the funding had run out, they had removed the stop. They may try to find a solution in the future.

If you are also affected by this and want a stop back somewhere along the main road, ring Norfolk County Council 0344 8008020 and ask for Nick Roxby and give your comments.

**Juliette Butcher**

\*\*\*\*\*



**Norwich Road, Ipswich**

Dear Newsletter,

**A Tribute To "The Pocahontas Players"**

Back in 2001 my good lady & I were staying in Hunstanton, while reading local paper saw a small advert about a show at Heacham, being interested in amateur dramatics I rang the number asking if it was worth seeing? In a flash the lady replied "I jolly well hope so cos I've written it, and its my first attempt!!"

We attended wondering what we had let ourselves in for, in fact we laughed so much, and admired the efforts put in by everyone connected with the show, we have attended most of the shows & pantos since.

Each year they have improved, the scripts are so original, the casts well chosen and the scenery excellent for a village show.

This year's production THE VILLAGE HALL was hilarious, the cast made up of the stalwarts with a good number of young of both sexes, was a joy to watch, plus the fact the youth were very involved a credit to Heacham.

After 10 years I would like to say thanks for the fun plus the wonderful friendliness we have met with coming to Heacham.

We look forward to the next production, regards to all.

**Joan & Arthur Harvey**

\*\*\*\*\*



**Heacham**

Dear Newsletter,

**Local Medical Provision**

I find the service is getting poor. I had to go to a doctor at Whitehaven in Cumbria, which is a hospital where there are about 20 doctors on call 7 days a week from 6.30am to 11pm at night – all day Saturday and Sunday. I was treated in 15 minutes no waiting. You can get in any time of day or night. You do not have to ring 47 miles away to see a doctor or help. When I came home I was told to see a GP. I asked for an appointment but was told there was only one doctor on and she would ring me back. This was at 8.45am. She rang at 6pm and I could not understand what she said. It used to be a good service, but not any more. What has happened to it?

As for the Queen Elizabeth Hospital, it is just a dirty hospital. The staff are not polite and people are waiting on trolleys and wards are closed because of a bug, but in Whitehaven, the West Cumbrian Hospital, staff are good and Doctor Lewis is very good. I would give the service 10 out of 10. But our service 0 out of 10. What has happened to the service in Norfolk? If one service can do it why not another. They have never heard of 'out of hours' – ring NHS Norwich which is 47 miles away. So come on, let's have a service like we used to have.

**Name and address supplied**

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**PLEASE NOTE: ALL LETTERS FOR PUBLICATION  
MUST BE ACCOMPANIED BY THE WRITER'S FULL  
NAME AND ADDRESS** details will be withheld if requested





Cunningham Court

Dear Newsletter,

**High House**

I remember very well (being about 16 at the time) the Army Tank Corps being billeted at High House – which before the war was an hotel owned by the Workers Travellers Association.

The armoured train which ran along the coast was manned by the A.T.C. The soldiers of the A.T.C. were billeted also in wooden huts where Cunningham Court now stands. I often went to dances they held in one of the huts.

Oh Dear! – Memories!!

**Mary Jones**

PS: I think the Polish Army soldiers were at High House after the A.T.C. had left.

\*\*\*\*\*



**South Beach**

Dear Newsletter,

**Rubbish**


Taking a short break, I returned to my retreat on South Beach to find someone had dumped a dustbin bag full of rubbish on the site. Being early in the week it would have to wait until the next Tuesday for the official collection, so I put the bag in the boot of my car and drove off to find somewhere to get rid of it. The receptacles near the beach did not have big enough openings, so I went off into the village looking for somewhere suitable to dispose of it. I caught up with a bin emptying lorry and I asked one of the yellow coated team if they would take my bag of rubbish. It was accepted politely and carried off towards the lorry only to be brought back by the foreman who said that he wasn't allowed to take it because it wasn't in a bin. There was a half empty bin nearby so I suggested putting it in there. "Sorry, I can't let you do that". "Oh, why not?" "Because it's against the rules". I felt annoyed but nevertheless took the bag back and went on looking for somewhere to get rid of it.

I ended up at the former disposal site near the Lavender Centre, now re-named The Recycling Depot. Taking the bag out of the car, I was jumped on by an official wanting to know what was in the bag. I said I had no idea - it had been dumped on my property. "Well then you'll have to open it and show me". I didn't want to open the smelly thing so I jumped in my car and drove off, leaving it at the man's feet. I didn't wait to see what happened next. Can this work to rule attitude, which seems to affect everything, really be here to stay.

**Don MacKay**

\*\*\*\*\*


**"Johnny Cash Comes To Town"**  
**THE**  
**JOHNNY CASH STORY**  
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**Roger Dean & The Lazy Boys**  
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**CRAFT STALL  
At Pioneer Holiday Park**

On Sunday 29 August between 10am and 4pm I shall be holding a craft stall at Pioneer Holiday Park, South Beach Road, Heacham. My stall is in support of the Critical Care Unit at Papworth Hospital, where my husband spent 25 days last year, after heart surgery. Whilst visiting him there, I met numerous people from this area in a similar position.

On sale will be numerous hand crafted items together with a tombola, sweets, bric-a-brac, home made cakes, jams and pickles. There will also be a raffle, which will be drawn by a governor of the Papworth Hospital Charity Trust.

I hope you will support my efforts to make patients and their families more comfortable at a time which is very stressful for all concerned. If you wish to contact me my telephone numbers are: home: 01733 240882; mobile: 07889 936060

I look forward to seeing you on the day.

**Sue Dundle**

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Being a school governor is an excellent way to get involved in the community and learn new skills – and....Norfolk County Council is appealing for more people to volunteer.

For finance to site management, staffing to marketing, and pupil welfare to curriculum development, every governor is guaranteed to broaden their skills and knowledge in some way. Free training is available to build personal skills and boost self-confidence.

There are large numbers of vacancies across the county, and we have joined forces with the national School Governors' One-Stop Shop to recruit more volunteers.

Anyone aged 18 or over, who can go to an average of two to four evening meetings per term, should consider applying. You don't need to have any special qualifications – just a real desire to help people.

For more information, feel free to contact Pam Richardson on:- 0207 288 9539, or email: [pamala.richardson@sgoss.org.uk](mailto:pamala.richardson@sgoss.org.uk) for further information.



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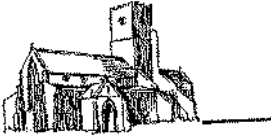


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Waverley House, 37 Greevegate, Hunstanton,  
 Norfolk PE36 6AB



## CHURCHES TOGETHER IN HEACHAM

Greetings from the Manse,

Two psychiatrists were at a convention. "What was your most difficult case?" one asked the other. "Once I had a patient who lived in a pure fantasy world," replied his colleague. "He believed that a wildly rich uncle in South America was going to leave him a fortune. All day long he waited for a make-believe letter to arrive from a fictitious attorney. He never went out or did anything. He just sat around and waited." "What was the result?" "It was an eight-year struggle, but I finally cured him. And then that stupid letter arrived....."

Well, we Methodists in the area have been working towards a new reality for the past couple of years, namely the beginning of a new circuit for West Norfolk, comprising the former Downham Market, King's Lynn and Hunstanton Circuits. The churches will extend from Hunstanton to Southery and from Burnham Market to Terrington St. Clement. In all there will be 26 Methodist Churches (1 being a Local Ecumenical Project) and 740 members and thousands of folks on the community roll, which means people who have some link with the Methodist Church. The West Norfolk Circuit will have a staff of 5 full time ministers, 6 retired ministers, 2 Lay Workers, 52 Local Preachers, 4 Local Preachers in Training, 11 Worship Leaders. We will have the customary Circuit Leadership Team and Circuit Meeting, and more committees and meetings than you can shake a stick at! Methodists really are quite methodical!

All this sounds, I hope, quite impressive. However, it will be an illusion, a pure fantasy if we think this will solve every problem and difficulty for churches, communities and societies. It won't. But we know that finding faith in God and receiving the love revealed in His son, Jesus, our crucified and risen Lord, is the place to begin to find forgiveness, peace and life. As we testify to God's grace through personal experience, we trust that our plans and reorganisations will be blessed and make us more committed and effective in the proclamation of the Good News of God's love and peace. We ask for, and value, your prayers at this time of change and discovery for the Methodist people of west Norfolk.

With every blessing  
*Kim Nally, Methodist Minister*

## PARISH REGISTERS

### Baptisms

30/05/10 Aaron James Pooley, son of Louise

30/05/10 Eve Willow Wilding

daughter of James and Cheryl

"For anyone who is in Christ there is a new creation"

### Faithful Departed (Church linked funerals)

09/06/10 Edwin (Eddie) White

85

11/06/10 Jock Habermann

95

*"Blessed are those who mourn for they will be comforted"*

We do extend our sympathy and condolences to all who have been bereaved, and who are prayed for at the Sunday morning services around the time of the funeral of their loved ones.

### METHODIST CHURCH Sunday Services

10.30am Morning Worship

### ST. MARY'S PARISH CHURCH: Sunday Services

8.00am Holy Communion (Book of Common Prayer)

10.00am Morning Worship

(Holy Communion on 2nd and 5th Sundays)

Provision for children during service

10.30am Morning Worship at Junior School

(Holy Communion on 3rd Sunday)

6.00am Evening Worship

### Church Contacts

(telephone code 01485)

Methodist Church The Rev'd Kim Nally 570232

St Mary's Church The Rev'd Steve Davies 570268

St Mary's Church Office 572539

email: [heacham.church@googlemail.com](mailto:heacham.church@googlemail.com)

### July Services in Nursing/Residential Homes

Tues 6<sup>th</sup> 2.30pm **Rebecca Court**

Mon 12<sup>th</sup> 11.00am Holy Communion at **Millbridge**

Sun 18<sup>th</sup> 2.30pm **Summerville**

Wed 21<sup>st</sup> 7.30pm **Neville Court**

Fri 23<sup>rd</sup> 10.30am **Fridhem**

Fri 30<sup>th</sup> 2.30pm **Sunnyside**

### SUMMER OUTDOOR PRAISE

Please note that in August there will be no 6pm Evening Services at St. Mary's. Instead, on Sunday 1st August there will be an afternoon service on the Sports Field after the Heacham Carnival; then, on Sundays 8th and 22nd August there will be a Praise Service at North Beach, Heacham; on Sunday 15th August there will be a Praise Service outside the Methodist Church in Station Road; then on the last Sunday (29th) there will be a Songs of Praise Service on the grass outside St. Mary's Church. For further information about all these meetings contact St. Mary's Church Office (572539).

### SUMMER WEEKDAY OPENING: MAY-SEPTEMBER

All through the summer (until 30th September) St. Mary's is open for visitors on Mondays to Fridays from 10.00am-4pm and on Sundays from 12 noon till 5pm. Between 10-12 and 2-4 on weekdays there are always friendly people on duty to answer questions and be generally helpful to visitors. Tea, coffee and biscuits available.

## HEACHAM METHODIST CHURCH NEWS

### Flower Festival

Heacham Methodist Church's Flower Festival (Friday 23rd - Sunday 25th July) has wildlife as its theme. The Festival will be open from 10am-5pm on Friday and Saturday and from 2-4pm on Sunday. Refreshments of tea, coffee, cakes and light lunches will be available. Entrance is free, with donations accepted for "Help the Heroes" and RNLI. On Sunday morning, July 25th, a combined Flower Festival and Chapel Anniversary Service will be held at 10.30am, conducted by the Superintendent of the new West Norfolk Circuit, the Rev'd David Howarth. All welcome.

### Farewells and a New Beginning

This September, churches in the Hunstanton Methodist Circuit, of which Heacham is a member, will join forces with churches in the King's Lynn and Downham areas to form the new West Norfolk Circuit. The final Circuit service of the Hunstanton Circuit will be held at Hunstanton Methodist Church on Sunday 11th July at 4pm, to be conducted by the Chairman of the East Anglia District of the Methodist Church, the Rev'd Graham Thompson. Heacham residents are invited to come and share in a celebration of the life and witness of the Hunstanton Circuit over the years.

### Carpet Bowls

A reminder that anyone wishing to try carpet bowls will be welcome at Heacham Methodist Church on a Monday evening at 7pm.

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## CATHOLIC PARISH OF HUNSTANTON - WHICH INCLUDES HEACHAM

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Sandringham Road, Hunstanton

Sunday Mass: 11am

**In July and August only:** Vigil Mass Saturday 6pm

### **St Cecilia's**

Mountbatten Road, Dersingham

Sunday Mass: 9am

**Parish Priest:** Fr James Fyfe, 81 Mountbatten Road,  
Dersingham, PE31 6YE Tel: 01485 543818

**Website:** [www.hunstantoncatholicparish.org](http://www.hunstantoncatholicparish.org)

### **Weekday Masses:**

(subject to change, please check church notice boards, website, or phone) Mon, Thu, Fri, Sat: 9am at St Theresa's Convent, 27 Sandringham Rd, Hunstanton. Wednesday: 10.15am at St Cecilia's, Dersingham.

We are very happy to welcome new members to our congregation, and extend an invitation to those of you who may have once been members of this or another Catholic Church but for some reason don't attend now. In God's good time it is never too late to begin again and if you come and see, you will find us a welcoming Church!

Refreshments are served after the 11am Mass every Sunday at the church in Hunstanton, and after the 9am Mass at Dersingham on the first Sunday of the month. We also have a friendly and informal gathering after the 10.15 Mass at Dersingham on Wednesdays. Do come and visit – we'd love to see you.



## JUNE IN WEST NORFOLK

### Walk at NWT Holme Dunes

Wednesday 7 July, 10am- 12.30pm

A morning walk, led by warden Gary Hibberd, to look at some of the plants and insects to be found at NWT Holme Dunes.

**Location:** Meet in the reserve car park, PE36 6LQ, Grid Ref: TF 741 449

**Cost:** Free to members / entry charge for non-members

For more details of events around Norfolk, and for more information about the Norfolk Wildlife Trust, please go to:  
[norfolkwildlifetrust.org.uk](http://norfolkwildlifetrust.org.uk)

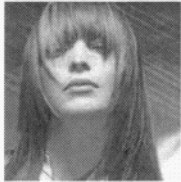
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### More of Mary's Country Savings

1. Who never tries cannot win.
2. One today is worth two tomorrow.
3. Mind that your seeds are not of weeds.
4. A good suggestion is often invaluable.



## Norfolk Fire and Rescue Service



Hi, we are Steve Collins and Steve Keen and are part of a new group of eight frontline fire-fighters who have been put in post specifically to enhance public safety in rural areas by helping Retained Fire Stations who use on-call fire-fighters to stay fully crewed throughout the daytime.

### With summer nearly upon us we all need to remember some important points



- Dispose of matches and cigarette ends carefully and safely
- Don't have a bonfire of any size during extremely dry weather
- Don't light fires or barbecues in places such as dry heath land
- Keep barbeques away from fences and hedges
- Report all fires immediately by calling 999

### Are you safe from fire in your home?

Do you have a working smoke alarm?

Are you over the age of 65?

To find out if you qualify for our free smoke alarms with fitting including alarms for the deaf call the number below



**Norfolk County Council**  
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Call 0800 9178137 and quote RSO

## Charity Challenge Cricket Match Heacham Cricket Club v 'The Veterans'

2.00pm Sunday August 22<sup>nd</sup>

at the Heacham Sports Field

Gates open at 12.00pm

Barbeque, refreshments & other attractions

An afternoon for all

If you would like to know more, or play for 'The Veterans' for all or just part of the game (£5.00 match fee) please contact:

Chris on 01485 572262 or

Andy on 01485 572873

All proceeds going to charity



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## NEWS FROM HEACHAM SLIMMING WORLD

You may have been wondering what has been happening in the Heacham Group for the past few months. I have been in Australia visiting my family but another Consultant has been looking after the Group for me. I thought you would like an update on our news in Group.

We have exciting times ahead of us as we are about to 'go computerised'! This will speed up signing in and streamline our admin.

This week in group we have a taster evening, the theme being snacks. I am providing a non alcoholic version of Pimms which always proves to be popular. Various other members will be bringing snack ideas. With the World Cup coming up I am sure snack ideas will be very useful for all our members and their families.

We have various competitions running in group and our next major competition is our top Target Member.

As it is summer and we are all hoping to have some al fresco meals I thought for my recipe of the month, a really tasty salad would get the taste buds working.

### **SALMON NICOISE SALAD**

#### Ingredients

- 198g/7 ozs baby new potatoes, halved
- Salt and freshly ground black pepper
- 4 large skinless salmon fillets
- 198g/7 ozs green beans trimmed
- 2 lettuce hearts, leaves separated
- 1 yellow pepper, deseeded and cut into small pieces
- 198g/7 ozs midi or large cherry tomatoes, halved or quartered
- 1 red onion, peeled and thinly sliced.
- 4 eggs, hard boiled to your liking, halved or quartered to garnish (optional)

#### For the dressing

- 4 tbsps fat free vinaigrette
- Juice of 1 lemon
- 1 level tsp wholegrain mustard

#### Method

Boil the potatoes in lightly salted water for 12 -15 minutes or until tender. Drain and set aside.

Place the salmon fillets in a saucepan and pour over water to cover. Bring to the boil, reduce the heat and poach for 12-15 minutes or until cooked through. Remove from the saucepan with a slotted spoon and drain on kitchen paper.

Blanch the green beans in a large saucepan of lightly salted boiling water for 2-3 minutes, drain and refresh under cold running water. Drain again and transfer to a large mixing bowl with the potatoes, lettuce leaves, yellow pepper, tomatoes and red onion. Flake the salmon into bite sized pieces and add to the salad ingredients.

Make the dressing by whisking all the ingredients together in a bowl, season well and pour over the salad ingredients. Toss gently to mix well and then divide the salad between four serving plates. Garnish each serving with a boiled egg, if using and serve immediately.

Enjoy!

**Julie GODDARD (Consultant)**

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## NEWS FROM HEACHAM INFANT AND NURSERY SCHOOL

We have been very busy and it is hard to believe the time has passed so quickly during my first term at the school. I have felt very welcomed by the school community and have had a great time settling in. I have spent time in the classrooms meeting the children and finding out about their learning as well as joining the Family Food week in our canteen, when parents came to sample the delicious school dinners made by Mrs Dix and her team. It was a great chance to meet the families from the school.

I have introduced a 'cup winner of the week' for good learning, which is awarded every week in our good work assembly. The trophy goes home for the week to share with families and has been very popular with the children. I have also held several new parent meetings for those families in the community who are starting school – both Nursery and Reception. The new children have been visiting and playing with our children to help them settle and enjoy learning ready for September.

The school has a large outside space and we are currently planning ways to improve the facilities to support children's learning, especially for our younger pupils in Early Years Foundation Stage. Plans are being made to dig up the old tarmac, fit a bright new sign designed with the school council, build some raised beds, construct a wooden play fort, provide seating, musical instruments, large sand-pits and much more! The village community should benefit from these ideas so we are keen to hear your views or utilise your skills to help us improve and modernise our outdoor area.

The PTA at Heacham Infants has also been busy raising funds to support us. We have had our annual bike ride around the school, which has raised an incredible £1,000 so far! The children all brought a vehicle to school and had them safety checked by Mr Wallis from our local bike shop. Then each class were sponsored to cycle around the school as many times as they could for 30 minutes. The children loved it and were given squash and biscuits afterwards by the PTA. Thanks very much to you all for contributing to this very successful fund raising event.

A School Council Conference was held at Docking and attended by all the school councils in this area. Ten children and I went to represent Heacham Infant School. The conference was arranged to discuss proposals for any after school activities or clubs in the area, which could benefit local children and their families. Our Extended Schools Co-ordinator, Mandy Graves, organised this event and was able to gather ideas from the children about activities which would interest them – trampoline, bowling and sailing were all suggested! Mandy is also looking into starting new breakfast/after school childcare provision within our cluster (schools around Smithdon High School) which parents at Heacham should be able to access with transport to a new location. She would be able to answer any of your questions and would be keen to hear your views. Contact her on 07842 558778

Other exciting activities this term have included a visit to Pizza Express to make pizzas with our Year 2 children, a visit to Year 1 from the Lynn Museum who brought old toys to touch and compare to new toys, a joint feature with the Junior School in 'School Days' showing the range of good quality learning facilities and activities that we provide and assemblies from our local author Brian Ogden who entertains us with tales of Maximus Mouse. As you can see we have been very busy since the last newsletter!

If you would like to visit our happy and lively school to see what we can offer, please contact us on 01485 570357. We would also welcome any voluntary helpers from our local community to support us with the children, or the gardening!

<b>GREAT DAYS OUT BY COACH</b>
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<b>WELCOME TO OUR EXCURSIONS FOR 2010 from</b> Hunstanton, Heacham, Snettisham, Ingoldisthorpe Dersingham & Kings Lynn
Sunday 18th July Mystery Tour - visiting far away places with strange sounding names Cost: Adult £17.00 Senior £16.00 Child £12.00
Wednesday 4th August Boston Market Cost: Adult £9.00 Senior £8.50 Child £5.50
Saturday 21st August Ipswich - Shopping Cost: Adult £9.50 Senior £9.00 Child £6.00
Wednesday 1st September Skegness - bring your broolly! Cost: Adult £9.50 Senior £9.00 Child £6.00
Sunday 19th September Great Yarmouth - Norfolk's premier seaside resort Cost: Adult £9.00 Senior £8.50 Child £5.50 Special offer Buy 2 get 1 free
Saturday 2nd October Cambridge Cost: adult £10.00 Senior £9.00 child £6.00
Sunday 7th November Autumn Leaves and Sherry! Cost: adult £8.50 Senior £8.00 Child £5.50
Saturday 20th November Lakeside Shopping Centre Cost: Adult £17.00 Senior £16.00 Child £10.00
Sunday 28th November Bury St. Edmunds Christmas Market Cost: adult £8.50 Senior £8.00 Child £5.50
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**"YESTERDAY'S NEWS"**

**From "The Lynn News & County Press",  
Tuesday July 24 1928**

*A cutting from the above publication was passed to us by Eric Rhodes via Mary Pishorn. We reproduce several extracts below - an interesting snapshot of life in Heacham 82 years ago this month.*

**From the Heacham Parish Council monthly meeting**

The meeting was held on Friday July 20. Those present were Mr. C. Long (chairman), Mr. W. Bartle (vice-chairman), Mrs. Pratt, Dr. Marshall, Messrs. G. Nourse, H. Graver, W. J. Jones, H. Goddard, H. Jacobs, W. Cunningham, J. Sutherland (Beach Officer), and F. Tyrer (Clerk).

**THE HOUSING QUESTION** - Mr. Jones spoke on the Housing question and stated that the Rural District Council had purchased a site of 2¼ acres in Heacham, at a cost of £140, and had offered to build six houses, but the R.D.C. wanted a lead from the Parish Council as to the type of house required and the selection of tenants. Along with Colonel Davy, he had inspected the council houses at Little Snoring, and he was most favourably impressed. These homes cost £430.

Mr. Nourse was strongly in favour of houses of the parlour type, at a rental of approximately 6s. per week, as the tenants would probably be earning from £2 to £2 10s. weekly, and the houses should be built in pairs. Dr. Marshall hoped the houses would not be similar to those built at Holme-next-Sea which spoilt the appearance of the village.

Mr. Bartle submitted the names of 10 genuine applicants who urgently required houses.

On the proposition of Mr. Nourse, seconded by Mr. Bartle, the Clerk was instructed to write the R.D.C. Accepting the offer of six houses but urgently ask that ten be erected.

The Housing Sub-committee was elected as follows: The chairman, Dr. Marshall, Messrs. Jones and Nourse.

**RAILWAY STATION CROSSING**- It was decided to write to the L.N.E.R. with reference to the undue delay to traffic at the railway station crossing.

**Other News**

**SUNDAY SCHOOL ANNIVERSARY** - The Wesleyan Sunday School anniversary services were held on Sunday, the preacher being the Rev. F. Senior, superintendent minister. The children contributed a special programme of singing and recitations.

**HOLIDAY CONVENTION.** - Organised by the Pentecostal League of Prayer, a Holiday Convention is being held in the Wesleyan church, from July 21 to 27. At the opening meeting addresses of welcome were made by Rev. H. H. Whiting (representing the Wesleyan body), Rev. E. Thistlewaite (Primitive Methodist), and Mrs. R. Watts-White (local secretary of the league). There are delegates present from London, Southampton, Plymouth, Ipswich, Dunstable, Cambridge, Lincoln, Denby Dale, and other places. The chief speakers will be Mr. and Mrs. Henry Speke, Mr. Rees Thomas, Miss Aphra White (headquarters, London), Rev. P. Hassan (Southampton), Rev. J. Ridge (Ipswich), Rev. H. R. Gardner (Twickenham), Sister Ada Brown, and the soloist is Mr. F. Sykes-Wood, of Denby Dale.

**WHIST AND DANCING** - In connection with the Heacham ex-Service Men's Bowls Club, a very successful whist drive and dance was held in the Public Hall on Thursday. The M.C.



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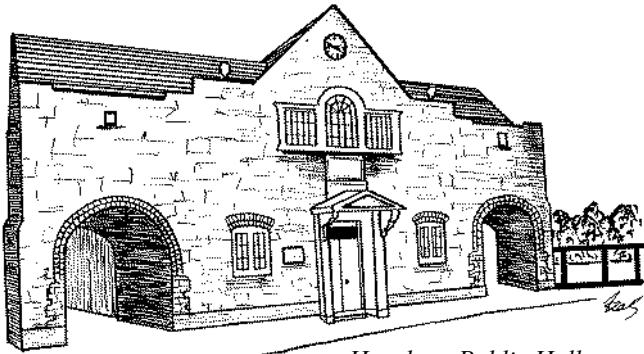
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*Heacham Public Hall -  
venue for the Whist & Dancing*

for whist was Mr. H. Graver, and Mrs. Hines presented the prizes to the following: Ladies- Mrs. Tanner, highest score 180, voucher for one guinea (committee); Mrs. T. Hart, 171, rug, (Mrs. P. Turner); Mrs. Fitt, 169, glass dishes (Mr. R. Barrett); Mrs. Jones, 167, cheese-dish (Mr. T. Hart); Mrs. A. Groom, 167, candlesticks (Mr. J. Reynolds); Mrs. B. Kerry, 166, vases (T. G. Bradfield and Sons). Gentlemen- E. Skoyles, 174, set of brushes (Mrs. H. Lambert); J. W. Wright, 172, cigarettes (Mr. H. de la Pole); A. Hines, 171 glass water-jug (Mr. G. Bunn); H. Gosling, 168, rose-bowl (Mr. A. Scoffins); E. Jacques, 167, wallet (Mr. L. Nourse). The miniature whist drive was won by Mrs. Shuttleworth. A cake guessing competition, organised by Mrs. H. Goddard, was won by Mr. F. Mallett. For the dance, Mr. A. Hines was M.C. And the spacious floor was crowded. A vote of thanks to the donors of prizes and helpers, was initiated by Mr. H. Goddard (sec.).

**Lynn and Heacham Women Unionists**

**VISIT TO HOUSES OF PARLIAMENT** - A very pleasant day was spent by 75 members of the King's Lynn and Heacham Women's Unionist Committees, who journeyed to London on Thursday last and were met at Liverpool Street station by Lord Fermoy, M.P. Two 'buses had been engaged for the day, and the first visit was to the Cenotaph, upon which wreaths were placed by Mrs. Sharp (chairman of the Heacham branch), and Mr. A. J. L. Ramm (on behalf of the Lynn members).

The rest of the morning was taken up by a visit to the Houses of Parliament, Lord Fermoy acting as guide.

After lunch, which was served at Messrs. Lyon's Corner House, Oxford St., the members enjoyed a ride round London, arriving at the House of Commons at 4 p.m., to be entertained to tea by the Member on the Terrace.

As a token of appreciation for her assistance with the arrangements, Mrs. Sharp was presented with a rose bowl by the members of the Heacham branch.

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A friend who was an I.T. geek  
Agreed to teach him in a week,  
About the internet and stuff  
He really couldn't get enough  
Of knowledge via technology.  
Sometimes he'd rise at ten to three  
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And gardening blog sites or whatever  
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Until one day as he downloaded  
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## 1st Heacham Cubs

On a warm sunny day in half term we took 10 Cubs to Marshall Airport in Cambridge on June 3rd. On arrival we had tea and biscuits and a short chat about the history of Marshall airport. Then we had a tour of the hangers and were shown the Hercules aeroplanes. Thank you to Barry McGrath and George Jackson who helped take the Cubs there and home again.

On 18th-20th June we took 15 Cubs and joined 200 other Cubs from North West Norfolk at the West Norfolk Rugby Club for the annual Cub Camp. This year they all dressed up as Superheroes. Having arrived on the Friday evening although it was cloudy the rain held off, the Cubs set up their beds and then had time to play with other Cubs before supper and bed. Heacham Cubs finally quietened down about 1.30am.

Saturday saw sunshine and showers but this did not dampen their spirits with lots to keep them busy. Outside when it was sunny there was archery, shooting, inflatables, climbing wall and mini digger. When it rained they could dash into the various marquees to try the craft activities they could make cakes, origami bats, lava lamps, pin badges, Superhero fathers day cards, try a Superhero challenge and many more.

As it got a bit colder they came back for hot chocolate before sausage and chips for tea.

Between 7 & 8pm the rain had stopped even though it was still very windy the Cubs went to the market place. They could have a doughnut, have a go at clockwork golf, spoon the marbles into an upside down flower pot, roll the ball through the hoop plus other carnival type games.

After hot chocolate and cake it was off to bed and although it was very windy the Cubs slept well.

On the Sunday we woke up to drizzly rain but after another hearty breakfast of cereal, egg and bacon the Cubs went on a 2 hour hike. When they came back all very tired it was time for lunch and home time at 3pm. After a damp start to the day the sun did come out which meant we could get the tents down dry (for a change).

Many thanks to everyone who helped on camp especially the Sandringham Explorers.

Happy Scouting to all our Cubs

**Akela & Bagheera (Steve & Sam)**

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## Pheasant

Living in Norfolk we often see the pheasant wandering around and we are lucky enough to have two or three coming into our garden each year. They are such a colourful bird in their many shades of brown and orange and if you are lucky enough to get close to them you will see many more shades hidden in their plumage.



This year we had a great surprise when we saw a beautiful black pheasant come into our garden, in every way the same as a normal pheasant but all black, that is until the sun shines on him and then you can see he is many shades of iridescent blues, purples and turquoise just like a peacock.



We were intrigued as to the origins of this bird and started to make enquiries as to where it originated from, We were told that it was from the Swinhoe family which is a bird from Taiwan. We were then told from a man who knows his pheasants that it was a melanistic mutant.

If you can put some light on where the black pheasant originates from please write in and let us know.

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## 1st Heacham Scouts



Another busy few months for the scouts and we've been getting out and having fun in the great outdoors. We have been continuing our work about shelter box and held a charity car wash to raise funds to put towards a box. We raised £133 on the day as well as having a water fight or two!

We've been out at Jimmy's field lighting campfires and cooking sausages on sticks. We've also been out at Ringstead Downs building shelters in the woods.

We had an evening at the RSPB reserve at Snettisham spotting some of the wildlife there. We will be concentrating on our upcoming weekend camp in July and preparing to take part in the Heacham Carnival parade. The Group will receive the proceeds from the collection this year so we hope to see you on the day. Anyone who can carry a bucket and help collect on the day please contact any of the leaders in the group.

You can contact us on the following numbers: Rob, 572239 and Julz, 572890.

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## SAND, SEA & STEAM

East Anglia Film Archive and Campaign to Protect Rural England present a nostalgic look at Hunstanton and surrounding area, its coastline and landscape. This will be at Hunstanton Town Hall on Thursday 8th July from 7pm. Refreshments will be available. Tickets £5 in advance at the Town Hall, Tourist Office or at the door, or call 01553 760166.

## Fran's Pantry Fayre, Six Years On

Yes, it's 6 years since I bought the coffee shop, doesn't time fly when your having fun. First let me dispel any rumours that have been flying around, I haven't sold the shop, it hasn't closed down, I have changed my hours of working so that I go in at midday to help out, and also to keep in touch with my customers.

I have an excellent cook in Trish and she is very good with the customers, keeping them happy, and entertaining them.

It's been a hard, and sometimes rocky road but through it all I still pride myself on the fact that when we see so many shops closing because of the recession, I am still here, and I hope the shop will still be here for many years to come.

Why do I think I have survived? I think it's because we serve homemade foods and fresh vegetables, and it's all made on the premises. I have people come from all over the country, not just holiday makers but those who make a special trip to us for lunch. They say " it's home from home" or "we do the things that they wouldn't do for themselves", good old fashioned food that they can relate to, and they like the atmosphere of a small, friendly place. We try to cater for all people, even diabetics are not left out, we provide puddings for them, and cake, can't be bad.

So, will Fran's Pantry survive for another 6 years? Well, that is up to you good people, without our customers we can't.

**Fran Goodwin**

## Heacham Group Practice Patients' Participation Group

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Practice & PPG Annual Reports

Election of Officers

Refreshments

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## HEACHAM & CRITEUIL-LA-MAGDELEINE TWINNING ASSOCIATION

We are greatly looking forward to the visit of over fifty visitors from France, including twenty children and young people, from Thursday 15 to Tuesday 20 July. The committee has worked exceptionally hard over the past months, raising funds to enable us to entertain our guests in a way which we hope they will find acceptable and enjoyable. The programme for the visit is as follows:-

**Thursday 15 July:-** Arrive approx. 5 p.m. Buffet reception in Heacham Church Hall.

**Friday 16 July:-** King's Lynn - guided tour of town + visit to Borough Mayor in Town Hall. Picnic lunch. Shopping. Home via Sandringham - afternoon tea. Evening barbecue at Marea Meadows Barn.

**Saturday 17 July:-** Morning visit to Norfolk Lavender, with coffee break. Heacham Church + Pocahontas Memorial. Refreshments courtesy Mr. & Mrs. Jeremy Gullan-Whur & Mr. Maurice Hughes. Evening dinner in Public Hall with speeches and entertainment by French and English artistes.

**Sunday 18 July:-** Free day with hosts, but it is hoped that some French guests will attend morning service (10 a.m.) at the Parish Church, where a lesson will be read in French by one of our visitors, and the address will be given in both languages by one of our own members.

**Monday 19 July:-** Adults - carpet bowls and other games at Heacham Charity followed by visit to Fox & Hounds Brewery and lunch in the pub. Children - morning at Heacham Junior School, by invitation of the Headmistress, Mrs. Nicola Darley, including lunch. Afternoon - everyone, including some English schoolchildren, to South Beach Mobile Home site for games and refreshments. Evening - fish & chips + liquid refreshment.

**Tuesday 20 July:-** Our guests are due to depart extremely early in the morning.

We trust that many Heacham residents will enjoy the new experience of meeting a large group of friends from abroad, and we are sure that these will be made to feel as welcome in our village as we were made to feel last October in France.

### Fundraising

A tombola stall held at the Millbridge Scarecrow Festival raised nearly £70 for Association funds, a successful and enjoyable afternoon with games, quizzes and refreshments at the home of Mr & Mrs. David McKay raised well over £500 in anonymous donations, and at the time of going to press members were looking forward to an Open Gardens afternoon - we hope to publish the result of this in August.

**John Harris, Chairman**

## TONY'S HOUSE MAINTENANCE

**Kitchens & Bathrooms tiled  
Painting - interior and exterior  
Gutters cleaned, repaired or replaced  
Fencing, patios, plastering, etc.**

**55, Marram Way, Heacham  
(01485) 571038 M. 07932123781**

## TWINNING ASSOCIATION OPEN GARDENS

We would like to say a big thank you to all who supported our Open Gardens day in aid of the Heacham & Criteuil-la-Magdeleine Twinning Association. Thank you also to those who opened their gardens and those who helped. We hope to include a report and news of the amount raised in the August Newsletter.

**Sue and Dudley Scott**

## E. W. WITTON

### FUNERAL DIRECTOR AND MEMORIAL CONSULTANT

**26, Station Road, Heacham.  
King's Lynn, Norfolk. PE31 7EX  
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### World Elder Abuse Awareness Day

Extra Hands in Heacham held a coffee morning on Tuesday 15th June in aid of 'Action on elder abuse'. We were very lucky in the respect that the weather was sunny, allowing us to have tables and chairs out in the sun! Tea, Coffee and homemade cakes were available along with tombola, raffle and book stalls. A great time was had by all.

Local Businesses, Staff and Service Users donated gifts for the raffles and tombola; we would like to thank Fours Seasons Restaurant for our first prize in the raffle, Gary Rushmore Flooring, A. E. Wallis, Le Strange Arms Hotel, Hayes & Storr Solicitors, Little Giggles, Fakenham Garden Centre, Scent With Love, Joys Mugs & More, A. Howard Butchers, Hunstanton Bakery and Cherry Hill Chocolate Shop.

We wish to show our appreciation to everyone involved in the day and for everyone that came and donated. A total of £345.94 was raised from this event, in addition to the coffee morning one of our carers Tony Lasham spent a rather colder day in Fakenham Town centre raising an extra £80.90 and fellow Extra Hands colleagues at our Broadland Office held their own coffee morning which raised £123.00.

## WHAT'S ON REGULAR EVENTS

CC = Cunningham Court  
PH = Public Hall  
NC = Neville Court

OFH = Old Friends Hall, Sunnyside  
PRH = Pine Residents Hall, Wilton Rd  
SG = Scout & Guide Hut, Sunnyside  
HSC = Heacham Social Club  
MC = Methodist Church Hall, Station Road  
SM = St Mary's Church Hall, High Street

### MONDAYS

AGE CONCERN Coffee Morning 10.30 am to 12 noon (SM)  
1st HEACHAM RAINBOWS Term time Girls 5 to 7 years old  
5.00 to 6.00 pm . Tel : Mary Harpley 07813 014477 (PRH)  
TABLE TENNIS 9.30 am Tel: Adrian 570477 (PH Top Room)  
DRAMA JUNIOR CLASSES 4.15-5.15 pm Tel: 579074 (SG)  
BEAVERS Term Time 6.00-7.15 pm Tel: Kelly 570956 (SG)  
LINE DANCING 7-9 pm £3.00 Tel: 532317 (PH)  
1st HEACHAM SCOUTS ( boys and girls aged 10 to 14 )  
7.30-9.30 pm Tel: Rob 572239 or Julz 572890 (SG)  
HEACHAM WIVES GROUP meets 2nd Monday of most  
months at 7.30 pm (HSC Top Room) Contact Brenda on 570727  
or Anne 571885  
RAINBOW CIRCLE TODDLER GROUP 1.00 pm in school  
term time Tel:Pip 570182 or Karen 571837 (SM)  
HEACHAM TENNIS CLUB Junior coaching (weather permit-  
ting) From 5.00 pm  
INDOOR BOWLS CLUB 7.00 pm (MC)  
SUNNYSIDE SHELTERED HOUSING Coffee Morning 10.30  
am Tel : 570492

### TUESDAYS

HEACHAM DAY CENTRE FOR ELDERLY 9 am- 3.30 pm  
Tel: Geoff Speed 572584 (OFH)  
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11.30 am  
Tel: Liz 571773 (SG)  
ACTIVE FOR LIFE Exercise classes for those aged 60 or over,  
or at risk of OSTEOPOROSIS at Heacham Surgery Classroom  
10-11am Tel: Pat 572414 or Clara 540411.  
CARPET BOWLS 10.30-12 noon Tel: 570776 (PH)  
CARERS SUPPORT GROUP Run by W.N. Mind. Lunch, Cof-  
fee and Chat. Peace of Mind, 4 Poplar Avenue Tel: Hannah or  
Mandy 01553 776966  
KEEP FIT 10.00 am to 11.00 am Contact Shirley Tel : 572247  
(PRH)  
WOMENS FELLOWSHIP 2.45 pm 2nd & 4th Tuesdays (MC)  
SLIMMING WORLD 6.30 pm Tel: Julie 528796 (SM)  
WEIGHT WATCHERS 7pm (OFH) Tel:Alison 07796 904311  
HEACHAM DIGITAL CAMERA CLUB meet 1st & 3rd Tues-  
day of the month 7.30 pm at Sandringham Club, West Newton.  
Email : [heachamdigitalcameraclub@yahoo.co.uk](mailto:heachamdigitalcameraclub@yahoo.co.uk) or call Viv for  
info on 07906 056019  
HEACHAM BOOK CLUB meet 3rd Tuesday of each month Tel:  
Beth 570479  
POCAHONTAS PLAYERS Drama Group Pantomime rehears-  
als 7.30 – 9.30 pm Tel: 570402 (PH)  
HANDS & NEEDLES GROUP meets every other Tuesday 7.30  
– 9.00 pm Tel: Joan Careless 570363 (MC)  
LIVE ENTERTAINMENT from 8.30 pm at Fox & Hounds

### WEDNESDAYS

CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)  
LINE DANCING 1.30 – 3.30 pm £3.00 Tel: 532317 (PH)  
LINE DANCING FOR IMPROVERS – 7.00 pm to 9.00 pm.  
£3.00 per session. Contact Diane 01485 571166 (SM)  
PATIENT ADVICE & LIAISON SERVICE 2–4 pm on 2nd and  
4th Wednesdays at Heacham Council Offices  
DOG TRAINING with Robert Frost 7.30 pm Tel:542861 (SG)  
WEST NORFOLK SINGERS 7.30 pm Tel : Adrian Huggins  
01485 542359 (MC)  
QUIZ NIGHT 8.45 pm Prompt start. New teams of up to 5  
welcome. £1 entry pp Cash Prize & Cash Snowball (HSC)  
OLD FRIENDS CLUB Enjoy meeting new friends, play Bingo  
etc at 2.00 pm Tel : Vicky Morison 570892  
BINGO 7.30 pm Neville Court Grouped Home

CAR BOOT SALE 8.00 am to 12 noon on the Sports Field,  
weather permitting (HSC)  
HEACHAM SONGSTERS rehearse from 10.00 am to 12 noon  
Tel : San 571660 (PRH)  
HEACHAM TENNIS CLUB Senior Club Night (weather per-  
mitting) from 6.30 pm. Thursday evening if wet on Wednesday  
SUNNYSIDE SHELTERED HOUSING Games Night at 6.30  
pm Tel : 570492

### THURSDAYS

ACTIVE FOR LIFE – see entry on Tuesday  
TABLE TENNIS CLUB 10 am (PH Top Room)  
WHIST DRIVE 2 – 4 pm Entry £1 with prizes (CC)  
1st HEACHAM BROWNIES Term Time Girls 7 to 10 years old  
5.00 – 6.30 pm Tel: Louise (Brown Owl) 07912 888947 (PRH)  
TREFOIL GUILD meets on 1st Thursday 2 -4 pm Tel: 01485  
579440 Mrs Christine Crisp (MC)  
CARPET BOWLS 10.30 am to 12 noon Tel : 570776 (PH)  
JUDO Beginners 6 – 7.30 pm Tel: 571614 (PH)  
CUBS 6.45 – 8.30 pm Tel: Steve 525577 (SG)  
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)  
HEACHAM GARDENERS ASSOC meets on 3rd Thursday  
7.30 pm. Guest speaker and trips in Summer. Contact Hazel  
Wade 01485 579386 (SM)  
FLOWER CLUB meets on 4th Thursday 7.30 pm. Flower ar-  
ranging and demonstrations. Tel: Sandra Panton 571029 (SM)  
RAO BUFFALOS 8 pm (HSC Top Room)  
QUIZ NIGHT Cash Prizes 9 pm at Fox & Hounds  
FOOTBALL Under 8's 5.30 to 6.30 pm Heacham Field/Astro-  
turf. Contact Stephen Joyce 01485 579009  
FUTURE CLUB meets for bereaved people on the fourth Thurs-  
day of every month in the back room of Heacham Public Hall  
from 2.00 pm to 4.00 pm. Tea, Biscuits & a chat  
WRITING GROUP AT HEACHAM SURGERY meets 3.00 to  
5.00 pm every other Thursday. For further details please ask  
members of staff at Heacham Surgery or Tel : Caroline Smith  
01553 819460 on a Tuesday between 1.00 and 1.30 pm  
SUNNYSIDE SHELTERED HOUSING Bingo at 2.30 pm Tel:  
570492

### FRIDAYS

AGE CONCERN Information available from 10.00 am to 12  
noon at The Library, Lynn Road, Heacham  
SOLO WHIST – 2.00 pm Entry £1 ( PRH )  
GUIDES Term Time 7 – 9 pm (SG)  
WILDFOWLERS CLUB meet 1st Friday 7.30 pm (HSC Top  
Room)  
CASH BINGO 7.30 pm (PH)  
TAI CHI Adults 7.30 – 8.30 pm Beginners welcome Tel: Derek  
01553 674779 (PRH)  
BEREAVEMENT SUPPORT - Meetings are held on the third  
Friday of every month 10.00 am to 12 noon in the Church Hall,  
High Street, Heacham Tel : Barbara Fargher 01485 534741  
SUNNYSIDE SHELTERED HOUSING Church Service on last  
Friday in the month at 2.30 pm Tel ; 570492

### SATURDAYS

GIGS from 8.30 pm. Free entry for Members (HSC)  
COFFEE MORNING 9.30 - 11.30 am (MC)  
HEACHAM YOUTH CLUB, Church Hall, High Street. 7 to 9  
pm ( term time ). **School years 7 – 11** ( Smithdon ). Contact  
Tracey Swann 07833 307856

### SUNDAYS

CAR BOOT SALE 8.00 am to 12 noon on the Sports Field,  
weather permitting (HSC)

## HEACHAM DIARY

**Saturday 3rd July** - HEACHAM BEACH PARTY South Beach, 5.00 pm to 8.00 pm. Party passes £2.50 to include BBQ, drinks and free activities for children and entertainment for all

\* \* HSC celebrates America's Independence Day with TONY G singing Elvis from 8.30 pm

\* \* GIG - CORY LEWIS at Silver Sands Pub, North Beach

\* \* COFFEE MORNING in aid of TAPPING HOUSE in St Mary's Church Hall, High Street, Heacham from 10.0 am to 12.30 pm For further details Tel : 01485 542891

\* \* HSC Celebrates America's Independence Day with TONY G singing ELVIS from 8.30 pm plus Barbecue

**Tuesday 6th July** - GIG - AFTER HOURS BLUES from 8.30 pm at Fox & Hounds

\* \* MOBILE POLICE STATION at Station Road, Heacham from 10.00 am to 12 noon.

**Friday 9th July** - GIG - HILLBILLY CATS rocking at Fox & Hounds from 8.30 pm

**Saturday 10th July** - GIG at HSC with ROBERT STEVENSON from 8.45 pm

\* \* GIG - KENNY BERNARD at Silver Sands Pub, North Beach

\* \* TREFOIL GUILD - County Camp Day at Patterson Lodge

**Monday 12th July** - HEACHAM WIVES GROUP - Garden Party at the home of one of our members. For further details contact Brenda on 570727 or Anne on 571885 **Please note earlier start time 6.30 pm.** ( There is no meeting in August )

**Tuesday 13th July** - GIG - KEANO KINGS from 8.30 pm at Fox & Hounds

**Friday 16th July** - BEREAVEMENT SUPPORT IN HEACHAM 10.00 am to 12 noon in St Mary's Church Hall, High Street, Heacham. For further information please contact Renee Smith or Barbara Fargher. Tel : 01485 534741 or e-mail [silverlinings@gmx.co.uk](mailto:silverlinings@gmx.co.uk)

**Saturday 17th July** - GIG at HSC with TERRY VINCENT from 8.45 pm

\* \* TREFOIL GUILD - COFFEE & GATEAUX MORNING from 10.00 am at Methodist Church Hall, Station Road. Entry £2 incl. Coffee/Tea & Gateau

**Monday 19th July** - PPG AGM 7.30 pm at Heacham surgery. Tel : Mike Press 579007

**Friday 23rd July to Sunday 25th July** - Flower Festival at Heacham Methodist Church. 10am-5pm on Friday and Saturday, 2-4pm on Sunday. Tea, coffee and light lunches will be available. Entrance free.

**Saturday 24th July** - GIG at HSC with CHARLIE CHAPLIN from 8.45 pm

\* \* GIG - TOTAL ECLIPSE at Silver Sands Pub, North Beach

**Thursday 29th to Sunday 1st August** - ANNUAL BEER FESTIVAL at the Fox & Hounds including GIGS as listed.

**Thursday 29th** - THE GLAM BAND - 8.00 pm

**Friday 30th** - DAVE MOORE - 8.00 pm

**Saturday 31st** - HILGAY SILVER BAND - 2.00 pm

- LOVE MUFFINS - 5.00 pm

- SOFT TONE NEEDLES - 9.00 pm

**Sunday 1st August** - SONGS FROM THE BLUE HOUSE - 3.00 pm

**Friday 30th July** - GIG at HSC with WADDO from 8.45 pm

**Saturday 31st July** - ONE STOP BOOGIE SHOW ( 70's ABBA NITE ) Fancy Dress Optional in Heacham Public Hall. Tickets £6 available from 07810 368771 or from HSC

\* \* GIG - JULIE ANNE at Silver Sands Pub, North Beach

\* \* SUMMER EXTRAVAGANZA with ELVIS CONCERT from 4.00 - 9.00 pm at Fridhem Rest Home, Station Road, Heacham

**Tuesday 3rd August** - GIG - AGAINST THE GRAIN from 8.30 pm at Fox & Hounds

\* \* MOBILE POLICE STATION at Station Road, Heacham from 10.00 am to 12 noon.

**Saturday 7th August** - GIG at HSC with MARY LITTLE from 8.45 pm

**Friday 13th August** - CARRIBEAN NIGHT at HSC with KENNY BERNARD plus Barbecue

**Sunday 29th August** - CRAFT STALL at Pioneer Holiday Park, South Beach Road from 10.00 am to 4.00 pm. Hand crafted items, jams, pickles, bric-a-brac, tombola and raffle. In aid of Papworth Hospital Charity Trust Critical Care Unit. Contact Sue Windle Tel ; 07889936060 or 01733 240882

## OTHER EVENTS

**Saturday 17th July** - HUNSTANTON LIFEBOAT GUILD SUMMER FAIR in Hunstanton Town Hall from 10.00 am to 12 noon. Entry £1 to include coffee and biscuits. For more information Tel : 01485 512005

**Saturday 31st July** - HUNSTANTON & DISTRICT FESTIVAL OF ARTS - CRAFT FAIR at The Town Hall, Top of the Green, Hunstanton. 10.00 am to 4.00 pm. Refreshments will be available.

**Wednesday 4th August** - HUNSTANTON & DISTRICT FESTIVAL OF ARTS - CRAFT FAIR **Details as 31st July Mondays** - AL-ANON FAMILY GROUP 8.00 pm Union Church, Hunstanton Tel : 0207 4030888

\* \* U3A HUNSTANTON meets on the third Monday of most months (except August and December) at 2.00 pm in the Hunstanton Community Centre. Tel : Norma (Chairman) 533579 or Liz (Secretary) 571573 for further details.

**Tuesdays** - KEEP FIT FOR OVER 50's 10.00 to 11.30 am at Ringstead Village Hall. Cost £3.50 Tel : Val Barnes on 01328 864358

**Wednesdays** - YOUTH GROUP meet at Ringstead Village Hall 7.00 pm to 8.45 pm for young people aged 7-14 Cost is £1 per evening and the contact is Mr T Large, 11 Holme Road, Ringstead. Tel : 01485 525480

\* \* SINGING WORKSHOPS FOR FUN 10.00 to 11.30 am Snettisham Village Hall Tel : Cath Coombs 07810 146501

\* \* HUNSTANTON VOLUNTEER SURGERY 3rd Wednesday of each month 10.00 am to 12 noon at 1st Floor, Council Offices, Valentine Road. Tel : Karen Lee 01553 760568 or e-mail [Karen@westnorfolkva.org](mailto:Karen@westnorfolkva.org)

\* \* LYMPHOEDEMA SUPPORT GROUP meets on the second Wednesday of each month 10.30 am to 12 noon at Tapping House, Snettisham

**Thursdays** - BALLROOM & LATIN FREESTYLE DANCING at Glebe House School, Cromer Road, Hunstanton from 8.30 to 10.00 pm . £5.00 per person. Contact Carole Jones 01553 675408 or 07795 200805 (21 Burghley Road, South Wooton, King's Lynn PE30 3TU)

**First Friday in month** - CARERS MEETING at United Services Club, Hunstanton 10.00 am to 1.00 pm Tel : 01553 768155 for details.

HUNSTANTON WORLD TANG SOO DO CLUB. Korean martial arts of self defence. **Mondays** 6.30 to 8.30 pm at St George's School, Dersingham. **Tuesdays** 6.00 to 8.00 pm and **Fridays** 6.30 to 8.30 pm at Smithdon High School, Hunstanton. For details contact Liz on 07948 407694.

## DIARY & REGULAR EVENTS

If you want your event or regular activity listed on these pages then please send the details to us to arrive before the deadline date for the next issue. Contact details can be found on the front page as can the deadline date.

**TIDE TABLES  
FOR JULY AND AUGUST**

**FOR ALL YOUR:**

- \* Patio**
- \* Gardening**
- \* Fencing**
- \* Decking**
- \* Brickweave**

**NEEDS**

**Please Ring:**

**01485 570549**  
**or**  
**07961 362443**

**NEWS FROM  
ROLLASON STAGE SCHOOL**

June has been a very busy month for the dancers, they had another trip to Pineapple Dance Studio, London, where they took part in a dance class taught by West End Professionals, a great day! A big thank you from us all to Liz Steadman who helped me with the children on our days in London.!

The pupils also did a dance display at Heacham Junior School Fete and the Hunstanton Carnival, and also took part in the Oscars Night held at the Princess Theatre.

The girls have also successfully auditioned to be dancers in the Summer Panto "Aladdin" which will be at the Princess Theatre every Friday throughout the Summer season. Well done girls!

We are also starting an adult class "Dancercise" on Mondays. 7.30p.m. 'til 8.30p.m. It is a really fun way to keep fit. Give me a call if you are interested.

Lessons in ballet, tap, modern and street dance take place in Heacham. Drama lessons are also available on Mondays at 4.30 'til 5.15.

Finally, I would like to say well done to my "baby ballet" class, they really have improved, and they are working so hard. My little ballerinas are Daisy, Caitlin, Mia, Rosie, Jessica, Chloe and Lucy. Keep up the good work girls.

**Anyone interested in classes should call 01485 579074 / 07771 681213 - email rollasonente@keme.co.uk Michelle ROLLASON. A.B.T.D.A.**

Solution to  
June 2010  
Newsletter  
SUDOKU

4	1	8	7	3	5	2	6	9
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1	3	7	2	5	8	4	9	6
9	8	5	1	6	4	3	2	7
6	2	4	9	7	3	5	1	8

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## Hunstanton Lions Club

It is with great sorrow that we report the death of fellow Lion, Brian Nobes. Brian was a very active Lion for many years and will be greatly missed by all.

We've had a very good 2010 so far in helping local people and organisations in our area, and we really would like to hear from anyone who thinks that we may be able to help them. As you already know (we hope) our motto is 'We Serve', and we sincerely mean to stand by it. A few examples of recent local causes that we have donated to are to a local Girl Guide troop to enable all of them to attend a Centenary Camp and 'Norjam' in Norwich later in the year. This will be a great festival celebrating 100 years of 'Guiding'. We have also helped a local youth football club, and donated a cooker to a local bowls club. The talk given by Lt.Col (Retd) Chris Taylor in aid of the Gurkha Welfare Trust was a very enjoyable and informative evening enabling us to donate over £150 to the Trust.

Plans for our annual 'Fun Day' at the Fair are well under way. This is the day when we entertain well over 100 disadvantaged children to a day at the Funfair, finishing with a fish and chip lunch. As always, we thank Fred and Chadwick Pooley and their team for opening the Fairground especially for us and not charging a penny for the day. We also thank the proprietors of the Fish and Chip shop who supply all the food at cost. We will report on this event in the next edition of this Newsletter.

Our car boot sales at the Glebe School continue to be very well supported. The next ones are on Sunday July 18 and Sunday August 15. Come early and grab some of those bargains. Stallholders can arrive at 7.00am and visitors from 8.00am.

Look out for us at the Hunstanton Tennis Week starting on August 23 and on Thursday September 16 when the British Cycle Race comes through Hunstanton. This will be an extremely exciting day giving our Town a very high profile. More news on this day will be in future editions of this Newsletter.

Our '200 Club' is now full and the lucky winners in May were: Peter Sutton, Keith Lake, Angie Sanderlock and Sharon May, and in June, S.E. Hussey, Tony Healy, Mrs Brown and Steve Hammond. Congratulations to all of you.

We are a very successful Club and are very pleased to announce that in the last couple of months we have inducted six new members. These included our first two ladies, with a third joining very soon. This proves that we are going from strength to strength and will be able to serve our community to the full in the future.

Peter Mills

# BURNHAM PROPERTY MAINTENANCE

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## THE POTTING SHED

### GARDENING ORGANICALLY

*I used to stand in deep contemplation over my vegetable progeny with a love that nobody could share who had never taken part in the process of creation. It was one of the most bewitching sights in the world to observe a hill of beans thrusting aside the soil, or rows of early peas just peeping forth to trace a line of delicate green.*

Nathaniel Hawthorne

We have finally had some rain (2nd week of June). Not enough yet but if the pattern follows the last few years, we will be sick of watching it fall before month's end. Trouble is, it's gone cold and dull as well. What we really want is short spells of intense rain interspersed with warm sun. Then of course we will moan because the weeds will grow faster than the crops.

I shouldn't be doing this article today as I have grass to cut, ditto hedges and weeding to get on with. I have two trays of Busy Lizzies to pot on, in fact, lots to do. But I have been told that this article needs to be in by Thursday - 6 days time - and it takes time for me to get my brain in gear. I'm making a start, then I'll go and play outside for a while.

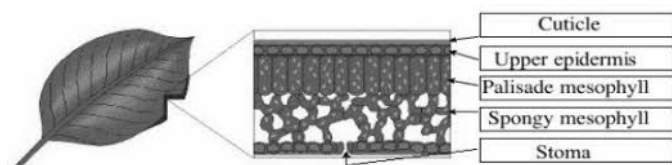
I emptied four of my Council supplied compost bins a couple of days ago. After removing the top 18" of stuff, the rest has been moved to a holding bin ready for use. It's not bad, needs a little more maturing but I was interested to see that the seaweed has not rotted down as much as I expected it would. The seaweed I mulched my deep beds with is still leering at me but it hasn't inhibited the veg coming up - or the weeds! It was fairly tough looking stuff when I collected it, mostly bladderwrack but I would have expected more disintegration by now. Probably like the oak leaves I was given by a "friend" a few years ago which absolutely refused to rot down into leaf mould. I now suspect that laminated oak leaves would make a better construction material than carbon fibre.

I've planted out loads of onions in the brassica cage and between the rows, I've put out brussels sprouts and sprouting broccoli as well as asparagus kale, russian kale and some new "flowering sprouts" advertised as a new vegetable by Marshall's seeds. My veg boxes with carrots, spring onions and leeks seem to be doing OK but I suspect, being under the cedar tree, they are not getting all the light they need. An interesting experiment, which will probably need some modification next year. The carrots are not ready yet and as promised, I will report back when I harvest them. All in all, the garden is looking alright although I wouldn't be entering it in any competition! My continuing problem is a pond, covered with duckweed and short of emptying it, drying it out, cleaning out all the muck etc and refilling it, I'm not sure what to do. Any ideas would be very welcome.

Climbing and dwarf beans are well on the way, the broadies won't be long (although I do know at least one family who are scoffing theirs already) and generally I'm fairly chuffed with things. Which probably means that potato blight, blackfly, whitefly etc is about to pounce!

#### BOTANY FOR BEGINNERS CHAPTER 6

So, on to Botany. I said I would discuss leaves and roots this month so let's try and do it. The commonest leaves are those of the angiosperm group, which includes all the deciduous trees and most of our flowering plants.



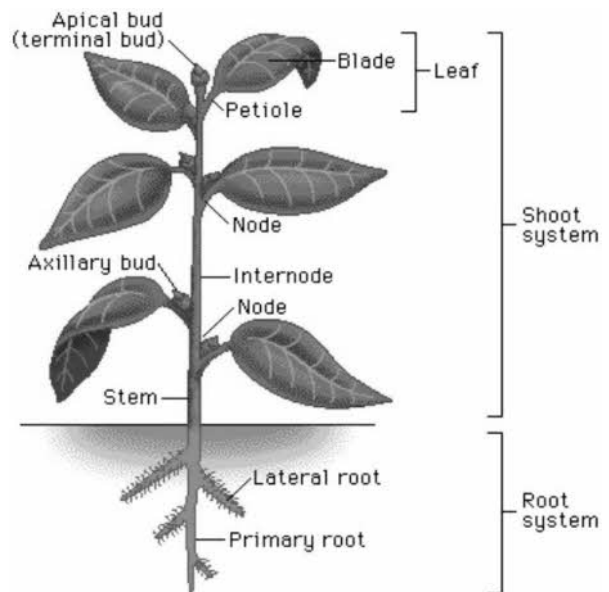
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If you pop outside and look at some leaves you will notice that some are very delicate and thin, such as those of a lime tree whilst others have a thick waxy coating, like laurel. The coating is called the cuticle and protects the leaf from water loss. I'm not going into the structure of leaves too much as I haven't the space and the first diagram tells you most of what you want to know. If you look at the bottom of the leaf you will see a little gap called a stoma. This is how the leaf obtains carbon dioxide and gets rid of oxygen. Surrounding the stoma are guard cells, which can open and close the stoma to prevent excess water loss. As the leaf wilts, the guard cells close the stomal pores. This is a complex process, which you will have to research if interested. The movement of water out of the leaf is important and helps to cool the leaf surface (grass even in summer is cool to the bare feet and this is due to evaporation of water).



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The second picture (and it's not the pretty one I wanted to use 'cos it's too big) shows the general shape of a plant as it sits in the soil. All plants whether cabbages or oak trees have the same basic structure i.e. the leaf system above ground and the roots below. The leaves are responsible for obtaining CO<sub>2</sub> and absorbing sunlight to manufacture the sugars and proteins the plant needs. The roots take up water and dissolved minerals, which are transported up into the leaves. I'm hoping to discuss soon, what the various minerals are used for as knowing this helps in the diagnosis of plant disorders.

If you look carefully at a plant, whether a tree or a marigold, you will see that the leaves are arranged so that each one can obtain maximum sunlight. In the case of trees, this leads to very complex branch and twig structure and complex mathematical theories have been postulated as a result. I'm not going into this subject, as I'm pretty hopeless at maths so the clever ones amongst you will have to do some homework.

The most remarkable thing about roots is that they grow and branch continually, forever exploring and exploiting new areas of soil, searching for the supplies of water and minerals that are as essential for the health of the plant as the energy (sun), CO<sub>2</sub> and oxygen (used during the dark period) harvested by the leaves. For example, a four month old rye plant has a total root area of over 600 sq. metres in contact with the earth. The absorptive area of the root is due to the root hairs, which are extensions from the root epidermis.

Some roots have become modified to form storage organs. Typical examples are carrots, turnips and artichokes in the vegetable kingdom and the tubers of dahlias. These organs store mainly carbohydrates in the form of starch. The storage organs of potatoes are not strictly modified roots but outgrowths from them.

Another modification of roots is the association with nitrogen fixing bacteria as in the pea and bean family. Nodules form on the roots and these contain the nitrogen fixing bacteria. These plants can survive well in soils deficient in organic nitrogen rich material and can be used to enrich these soils. Clover is used extensively in organic systems for this purpose.

Very important for plants is the association between roots and beneficial fungi to form mycorrhizas and virtually all plants with the exception of brassicas form these associations. There are various types of mycorrhizas but they all do the same thing, mainly to grow into the soil from their host root system. They form a huge network of fine threads and scavenge nutrients from the soil, in particular, phosphates, which are largely insoluble to the plant root system. In exchange, they draw upon the roots for carbohydrates. The crops of toadstools often found around the base of trees are usually the fruiting bodies of these mycorrhizae.

That will do for this month. Next month we will discuss how plants ensure their survival.

**Michael Drew**



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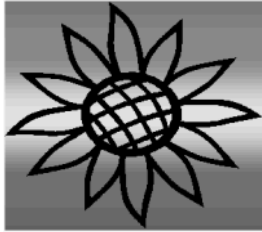
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**HEACHAM IN BLOOM**



**2010**

Heacham Beavers joined members of the Church and Heacham In Bloom to plant out 500 hundred marigolds grown from seed at St Mary's Church. The Beavers did a great job and for a very short while the planting looked lovely, that is until the rabbits decided to chew every plant. At South Beach, the biggest project of the Summer, work to transform the entrance to South Beach has been completed. The whole team worked on this project, but a special thank you must go to Nick Cawthorne. The planting of the boat was done with the help of Heacham Rainbows.

We are also pleased to announce that we have received donations from the Christian Bookshop and Tesco. Tesco also provided members of staff to help start a new bed at Redgate Junction. The bed is a work in progress and will be enlarged as more funds become available. I also thank Wakefield Joinery who made and donated the planters for the A149. Most of the projects should now be complete, however work will continue right up until Judging on Monday 12 July.

It has not been easy this year as funds were in short supply, and in order to maintain our award we have had to do what we did last year and more. The weather and the rabbits have caused a few set backs, but I must pay tribute to the Heacham In Bloom team, all Heacham residents, who have worked very hard to make everything look as good as we can.

**Susan Richardson**  
**Chairman Heacham In Bloom**



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*Photographs, clockwise from top right:*

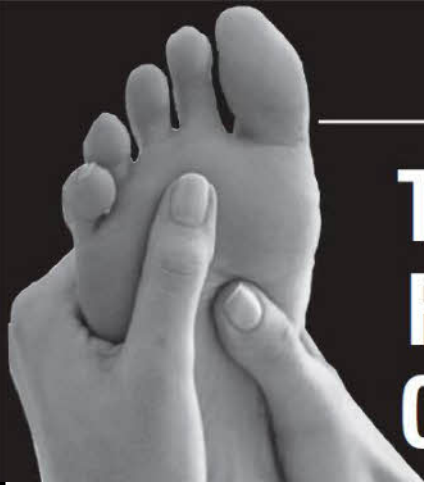
*Duncan Flegg from Tesco works on Redgate Junction in the lashing rain with volunteer Philippa and HIB Chairman Susan.*

*Heacham Rainbows at South Beach [Photo: Rob Topliss]*

*Heacham Beavers at St Mary's Church [Photo: Rob Topliss]*







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## Making the Best Of It

Last September the pretty little Permissive Path from the A149 to Sedgeford along the old railway line, and the first stage of our favourite circular walk from Heacham and back, was suddenly closed by the landowner, so, we now have to tramp for an extra hour and a half along sometimes busy and dangerous roads before we rejoin the walk near the Old Sedgeford Railway Station. Our new route now means a brief climb up from Heacham on to an (almost) arrow straight two mile stretch of the Ringstead Road (once, I think, called the 'Long Drove'), a right turn at the T junction at the end, and a brisk walk of a little less than a mile and a half along the Sedgeford Road until you come to the station along a little lane on your right.

Of course, Sue and I would have liked things how they were but I suppose we have gained something from our enforced change of route if only to get a bit more of an idea as to what effect the rural 'open road' and the Norfolk brand of High Tec' Capital Intensive Farming is having on our surroundings. And, the picture, as people often tend to assume, is not entirely negative!

The 'Long Drove' which takes you roughly west to east across a minor plateau of the chalk hills between the valley of Ringstead Down and the Heacham river valley, is perhaps the nearest thing to an open upland that you can get in this area. Home to speeding cars manned by Boy or Girl Racers of all ages (and I know the feeling!), it is a bit of a 'no man's land': its verges liberally littered with empty beer cans, and a miscellany of things like Fridges or rolls of 'manky' carpet that 'fall' off the backs of vehicles on dark nights, or, for the more brazen: on sunny summer afternoons!

But there are compensations. On a spring day, given a break in the break neck traffic flow, and a brisk and eager following wind, our hearts rise as we march ever onward, serenaded sweetly by Larks as they drift, fluttering up and down, under that endless East Anglian sky. Only then can we take in the scale of those huge fields of Barley, Beet, Wheat and Parsnips, the home of loopy lop eared Hares and Grey and Red Legged Partridges; also an important winter feeding ground for 35,000 or so Pink footed Geese fresh from the deep freeze of the sub arctic. Since the 1960's their numbers have increased dramatically partly because extra mechanisation in the beet fields has meant more discarded waste thus adding extra 'nosh ups' for hungry beaks.

There are also the 19th century Hawthorn field hedges: the expert 'layering' lavished lovingly on them in the past, when labourers were 'two a penny' still obvious in the winter; although sadly, some have been so ruthlessly trimmed, riven with gaps and neglected as to be only boundary markers whilst

others have just been removed to increase field sizes still further.

Nevertheless, these hedges are still home to scores of nesting Chaffinches that seem to benefit not only from the open aspect of their draughty country 'cottages' out on the uplands, but an absence of competition from other birds such as the migrant hedge loving Whitethroat. There may be less of them or maybe they've moved to new apartments in 'better' neighbourhoods, leaving the new avian 'lords of all they survey' to proclaim their ownership: filling the air with triumphant song every day from spring to high summer.

Most field hedges act as a rich reserve in which all sorts of different plants and animals can lead fruitful and fulfilling lives, as well as providing a long distance route along which they can mix and mate and travel hopefully into distant places: a wonderful and, for this intensively arable and arid environment, an enriching function. But here, where their role as long distance routes and nature reserves, has been diminished, it has been taken over to an extent at least, by roadside verges. These are now largely left alone except when heavy growth endangers pedestrians or motorists and the Local Authority has them mown.

Around here the Council seems to have a 'soft touch' policy, as I found the other day on a cycle ride along the Long Drove, for although the vegetation on the verges was very thick only the outer 2 feet or so had been mown. Our Council employees also seem to be doing a good conservation job too as, in only half an hour, and a very superficial 'look' over about 300 yards of verge on both sides of the road, I came across about fifty different species of plant. On the Long Drove, at least, the new role of verges seems pretty secure.

John Bird

## NEEDLE MATCH

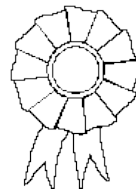
*I knitted a poodle for fun,*

*Put batteries in so it would run.*

*My friends they all laughed*

*They said I was daft*

*'Til I took it to Crufts, and it won.*



David Wood



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## Searles Resort Golf Course Celebrates 10 years

This July see the pay and play golf course at Searles Resort celebrate its 10th anniversary.

Over the ten years the course has matured well and now has a good membership base of locals and Searles owners, the fairways have reached a good standard and the greens are constant and playable all year. Many minor changes have been made during the ten years including new fairway bunkers and more water hazards making the course more of a challenge to experienced golfers but still playable for those getting into the game.

Searles Resort Golf Course is marking the Ten Year anniversary with a special event on Friday 23rd July and all are welcome. A round of golf will cost just £5 all day and from 1pm a BBQ is available with a round of golf and BBQ for only £15. Any paying golfer will also receive a free Searles logo golf ball to commemorate their round.



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If you are just learning to play and not ready for the course (or want to warm up before your game) you can purchase a bucket of 50 balls on the range for just £1 on the 23rd.

Other events during the day are also planned including competitions, longest drive, nearest the pin and putting competitions. To celebrate Searles are also offering any 9 holes of golf at any time for just £10 throughout July, August and September. If you are just learning and have never had lessons before, PGA Pro Ray Stocker is also offering your first lesson at just £10 for ½ hr through July, August and September, so there is no better time to learn.

For more information on the event on the 23rd July, or any other golf enquiry please call 01485 536 010 or email: [golf@searles.co.uk](mailto:golf@searles.co.uk).

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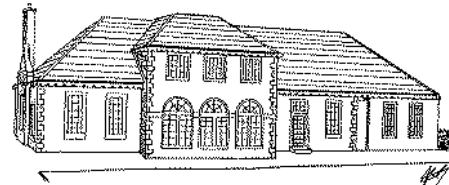
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## PLANNING NEWS

Applications received by BCKLWN between 25th May and 22nd June 2010 are:

<u>App. Ref.</u>	<u>Date</u>	<u>Details</u>
10/00881/F	26/05	21 Poplar Avenue. Extension to existing dwelling.
10/00919/O	01/06	32 Kenwood Road. Outline Application - Demolition of existing dwelling and outbuildings and erection of one 4-bed two storey dwelling and three 3-bed single storey dwellings, garaging and all ancillary works.
10/00990/F	09/06	Heacham Social Club, 13 Station Road. Two storey link extension.

If you would like to know more about the above, or any other applications, details can be found in the Planning section of BCKLWN's website [www.west-norfolk.gov.uk](http://www.west-norfolk.gov.uk).



### HEACHAM SPORTS & SOCIAL CLUB Plans Submitted For Extension

Heacham Club have submitted plans for an impressive extension which will link the Clubhouse to the Public Hall and provide improved facilities to serve both buildings.

The extension will have two storeys with new ladies and gents toilets, an entrance lobby which will be the main entrance for the whole complex and a new kitchen on the ground floor. On the first floor there will be a gallery space which will provide a seating and viewing area overlooking the bowling green.

The new kitchen will provide more space and better facilities for food preparation. It will replace the two existing kitchens and is intended to serve both the social club and the hall. In addition the existing club bar area will be expanded to provide more seating.

The plans also contain details of changes to the Public Hall. These include moving the stage from the far end of the building to the end nearest the road, and relocating the hall's bar to the far end of the hall to a position just behind the location of the existing stage. The existing balcony will be reconfigured to become an additional meeting room. Upstairs at the back of the hall, access to the Ballat Room will be from the first floor gallery area of the new extension.

If you wish to find out more about this proposal the plans can be viewed on BCKLWN's website [www.west-norfolk.gov.uk](http://www.west-norfolk.gov.uk). The application reference number is 10/00990/F.

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### NEWSLETTER SUDOKU

Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution next month.

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3					4			2
8		7			5	9	1	
7		9		6	3	2		
		4	9			6		
	6		4		7	1		
	4		8		1		2	
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**“Help An Older Person In Your Community” Challenge**

Age Concern Norfolk is challenging people in rural communities across Norfolk to take part in their “Help an Older Person in Your Community” Challenge.

We all lead busy lives but could you spare a couple of hours out of your week to support somebody with a simple everyday task, such as sorting through bills and arranging payment or speaking up on behalf of somebody who may find it difficult to have their voice heard? Perhaps you are newly retired, looking to gain confidence to return to work or simply would like to give something back to your community outside of your working week. Read on to find out more...

**The Life of a Volunteer**

My name is Marion and I am a Volunteer with Age Concern Norfolk. I am a Money Matters Volunteer and have been doing this for almost nine years.

Money Matters is a service which helps older people and sometimes younger disabled people with their personal administration. In other words, if they have a financial muddle we will help them to sort things out and get them organised.

It isn't hard to be a Money Matters Volunteer, you really just need common sense and not be afraid of paperwork or filling in forms!

A lot of my fellow Volunteers have one or two people they help and that is fine with Age Concern Norfolk but I enjoy what I do so much, I am helping six clients at the moment! Altogether there are about 120 Money Matters Volunteers all across Norfolk – even so Age Concern Norfolk always needs more as the service grows and grows.

I love doing it – I get good support from Age Concern Norfolk but I can also use my own initiative. I can plan my workload to fit around the rest of my life and I know that I am making a difference. I have met some very special people (some grumpy ones too!) but being a Money Matters Volunteer has certainly enriched my life.

If you could do what Marion does and want to find out more please contact Aileen at Age Concern Norfolk on 01603 787111 or email [aileen.francis@acnorfolk.org.uk](mailto:aileen.francis@acnorfolk.org.uk).

**Have you ever thought of Volunteering?**

If you have ever thought of doing voluntary work but don't know how to go about it, let me tell you how I came to be an

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Advocacy Volunteer with Age Concern Norfolk. My name is Pat and when I took early retirement, I thought about doing some sort of voluntary work. The trouble was I didn't really know what I wanted to do, until I saw an article in my local paper. A local charity was looking for Volunteers to help older people with all sorts of everyday problems, either by speaking on their behalf or advising where they could get help. The next thing I knew I was working one day a week, meeting people and helping with all kinds of situations.

This organisation was taken over by Age Concern Norfolk about three years ago and since then I have been working for them. They are a much bigger organisation and cover a much broader spectrum but I still work for the Advocacy Service. We need more Volunteers – you do not have to have special skills, just experience of life! You will get all the support you need from a friendly team. All Volunteers have a Co-ordinator who accompanies you when visiting someone for the first time. You are always given the opportunity to decline and only take on those cases that you feel comfortable with.

You can claim reasonable travel expenses and commit as much or as little time as you wish. Whatever you do, in my experience you will get a lot of satisfaction and enjoyment! So if you have ever thought of doing voluntary work, please get in touch for a chat. Wherever you live in Norfolk, Age Concern Norfolk needs you!

If you could do what Pat does and want to find out more please contact Lin at Age Concern Norfolk on 01603 787111 or email [lin.mathews@acnorfolk.org.uk](mailto:lin.mathews@acnorfolk.org.uk).

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## HEACHAM SCARECROW FESTIVAL

The sun shone. The rain fell. The thunder rumbled. Then the sun shone again. Yes, the fifth Heacham Scarecrow Festival took place on Sunday 30th May at Millbridge.

We had ten scarecrows entered this year. The winner was 'Noah's Ark' by Christine Dean. Second place was taken by 'Beryl Cook's Vera' by Nancy Robinson. Thank you and well done to all those who made the effort to enter; the time and energy that goes into the scarecrows is obvious.

The Lavender Hill Mob put on two wonderful displays for us; the audience participation in 'Hot Stuff' from the Full Monty was a sight to behold! We would encourage anyone who has never seen this theatre group to make the effort to get to one of their shows.

Thank you to all the people who manned our stalls this year, and to those who helped with the setting up and clearing away. Without this type of help we cannot put on the festival.

We raised nearly £250. The money raised was split between the Heacham Youth Club and the Lavender Hill Mob.

We have also made a donation to the resident's fund at Millbridge. The staff and residents allow us to invade their home every year and bear the disruption without complaint; we are hugely grateful for this.

**Beth Geraghty**

[Photographs by Robby Topliss]



*"Carry On Nursing" by Millbridge*



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The winner: "Noah's Ark" by Christine Dean



Second place: "Beryl Cook's Vera" by Nancy Robinson



Some of the other entries, clockwise from top left: Super Mario, Superman, My Hero - My Mum, Florence Nightingale

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FOR OPENING TIMES.

## HEACHAM THEN AND NOW White Heather Cafe, High Street

Both photographs were taken from approximately the same position in Lynn Road/Station Road looking south up the High Street. The upper one, showing the White Heather Cafe on the left was taken, I think, in the 1920's. The lower one was taken in June 2010 and shows Chop 'n' Change now occupying the premises.

The left side of the street looks remarkably unchanged over the years (except for the ever-present cars). The first few buildings on the right in the first photograph have been demolished and replaced, I think, in a style that sits comfortably with the older buildings, but looking further down that side, the chimney stacks are the same in both views.



<p><b>The White Heather Cafe</b></p> <p>CORNER OF HUNSTANTON &amp; LYNN ROAD</p>	<p>HOT &amp; COLD LUNCHEONS</p> <p>AFTERNOON TEAS DAINTILY SERVED</p> <p>Home-Made CAKES — A SPECIALITY —</p> <p>High-Class SWEETS and CONFECTIONERY</p> <p>MINERALS ICES</p>
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<p>CIGARETTES                      TOBACCO</p> <p><u>LENDING LIBRARY</u></p> <p>Arrangements can be made for PRIVATE PARTIES AND SELECT DANCES</p>	

*The White Heather Cafe's advertisement which appeared in the "Wee Guide to Heacham" in 1924*

## DO YOU NEED SOME HELP WITH

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- **CIS**
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**01485 534266**

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please telephone:  
Richard Reed, Home Manager  
on 01485 570349





## Heacham Cricket Club

Last year there was a very successful event held in the memory of two loyal Heacham players who sadly are no longer with us, Philip Wright and Ernie Maiden. A similar event is being held Sunday 22nd August 2010 and all are very welcome to attend. Final arrangements are still being made but some details are available as follows, the gates will open 12.00 with a Heacham Veterans Team playing the Heacham Cricket Team at 14.00 in a forty over match. If you would like to know more or fancy turning back the years to play for the veterans please contact: Chris Tel 01485 572262 or Andy Tel 01485 572873. There will be other attractions on the day including a BBQ and refreshments stall. We also hope to have the bowling machine operating so those who are so minded can try their skills against this piece of kit which was provided via an "Award for All" grant. Fingers crossed the weather will be fine and the cricket gods will smile kindly on us all.

During July we will see the completion of the junior league competition, it's such a short season, however we will continue playing friendly games against local sides during August. Both our young teams have enjoyed the highs and lows of the game, with the Under 12's scoring a couple of wins in their first season of competitive matches. As always we are planning for the future, and to continue the progression of our youngsters we are looking for assistance from adults who can help their development now and in the forthcoming years. If you are interested or your child wants to become involved please contact me at the number below.

Training continues for the under 12's every Wednesday from 16.30 and for the adults 18.00 onwards. Home fixtures for July are shown below:

### Adults

3rd	July	2nd XI	vs	Hillington 2nd XI
10th	July	1st XI	vs	Downham Town 3rd XI
17th	July	1st XI	vs	Denver
24th	July	2nd XI	vs	Castle Acre 2nd XI
31st	July	1st XI	vs	Holt
7th	August	2nd XI	vs	Northwold 2nd XI Youth
5th	July	Under 16		Heacham/Snettisham v Swaffam
12th	July	Under 16		Heacham/Snettisham v Wisbech

The Saturday morning Kwik Cricket drop in sessions, held at the playing field will continue during the summer months, between 10.30 and 12.00. The sessions are open to all, normally for youngsters ages seven years and upwards.

**Roger Drinkwater      Tel 571659**

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## HEACHAM PARISH COUNCIL NOTICEBOARD

### Parish Council Meetings for June in Brief

**Hutchinson 3G:** The Council had received notification from Hutchinson 3G terminating their lease as from July 2011. This would represent a loss of annual income of £4000.

**Vodafone:** The Council agreed to permit a mast sharing agreement with Vodafone and O2, however discussions would continue as to the level of rent.

**Footpath at Lavender Junction-** The Council noted that Highways would spray the weeds growing up through the footpath at the junction. The Council considered this to be unsatisfactory as the surface was fairly new.

**Council Marquee:** The tent had been used by Heacham Minors and at the Scarecrow Festival. It had also been booked for the Church concert.

**Police Report:** The Council noted the reported crimes for the previous month: 5 cases of Theft, 1 Assault, 1 Burglary non-dwelling and 5 cases of Criminal Damage.

**Tescos:** The Council noted that in response to growing complaints about the traffic and parking outside Tesco, the Clerk had asked the PCSO team to monitor especially at peak times. The Council agreed to discuss this issue in more detail at the next Council meeting.

**Borough Council:** Borough Cllr Smeaton reported that there would be a mini service review carried out with regards to Tourism. This would be published later this year.

**Annual Financial Return 2009-2010:** The Council approved the Annual Return. The Chairman thanked Mr Barge for carrying out the internal audit.

**Twinning Sign:** The Council agreed that a separate twinning sign be placed on one side of the A149 below the Heacham sign. It was hoped that it would be in place for the French visit in July.

**Tour of Britain Cycle Race:** The Council agreed that arrangements should be made to allow the children to cheer the cyclists as they came through Heacham on 16 September. The Clerk would check that the Borough Council were not already making plans and raise the issue with the schools.

**Heacham In Bloom:** Mrs Richardson reported that the judging of this year's competition would take place on 12 July.

**Saltings:** The Council agreed to allow Mr Plumb access to shape the earth bund next to the caravan park. Mr Plumb intended to start work in the autumn and would submit a planting plan for prior approval.

**Parish Library:** The Council agreed that the Parish Library would continue at the former Barclays Bank building after the Borough Council lease had ended. The Council also approved that the administration of the Library would be done a by a special trust.

**Norfolk Coast Partnership:** The Council noted the partnership was to conduct a review of Parishes views were represented. The Parish Council would consider its response at the next meeting.

**Former Age Concern Site:** The Council noted with regret that the public telephone box had been removed and would not be replaced. The Council also noted that the litter bin would have to be removed once building work began.

**Next Meeting:** The next Parish Council Meeting will be held on Tuesday 20 July at 7.30pm.

### WHERE CAN I GET TO

Demand Responsive Transport is an alternative to scheduled public transport that may help you. "Where can I get to" programme run by Norfolk County Council and the Rural Community Council provides information on alternative transport options in the area. You will be surprised at just how much is on offer and how flexible it can be, so why not try and see where you can get to today.

[www.whericanigetto.org.uk](http://www.whericanigetto.org.uk)  
03448008020

### Heacham Parish Library



Come and browse our collection for the best selection of great summer reading. Tell us about your favourite type of book or author so we can tailor our new book purchases to the books that you want to read

Open 10.00am-4.00pm  
Monday                      Wednesday                      Friday

### CHILDREN'S SUMMER ACTIVITIES 2010

Due to the reduction in the take up of activities offered over the past few years, this year's programme will be much reduced. We are working in partnership with Eagle Sports Academy who will offer a number of 3 day multi-activity sessions throughout the Summer at Glebe House School. There will be still be all the popular activities which include Clay Pigeon Shooting, Beat the Bowler and Archery in our programme.

New for this year will be a "Mad Science Workshop" and we will be staging a Carnival Mask workshop in the week running up to the Carnival Parade. Full programme details are available from the Parish Council Office, Parish Library, Heacham Online and will be distributed through the schools

### INTER-VILLAGE GAMES

A huge well done and thank you to all those that took part on Sunday 27 June. See next month's issue for all the results.

**Martin Johnson**  
Heacham Sports Coordinator

**Heacham Parish Council**  
Jubilee Clinic  
Pound Lane  
Heacham  
Norfolk PE31 7ET  
01485 572142

Open 10.00am-12noon Tuesday to Friday  
[www.heachamparishcouncil.co.uk](http://www.heachamparishcouncil.co.uk)

# HEACHAM PARISH COUNCIL NOTICEBOARD



## Heacham Beach Party

South Beach on Saturday 3 July  
5.00pm-8.00pm.

### Hawaiian Theme

Party Passes will be on sale  
on the gate at £2.50.

There will be Face Painting, Limbo,  
Sandcastle Competitions, Tikki Mask  
Making, Design your own T- shirt,  
BBQ, Andy Groom Roadshow and lots  
more....



*Sponsored by Jennings Shop and  
Hunstanton & District Ladies Circle*

Children 12 or under must be accompanied by  
an adult

## Heacham Carnival Parade & Fete 1 August 2010



The annual Carnival Parade will take place on Sunday 1 August, starting off from the usual place in Marram Way at Noon. If you would like to enter the parade, entry forms are available from the Parish Council Office. An entry can be walking, on horseback, tractor, cycles, car or lorry, but please let us know so we can include you in the judging schedule. There will be trophies and cash prizes for winners in the various categories as well as the "Best in Parade" Trophy.

Best Individual

Best Family

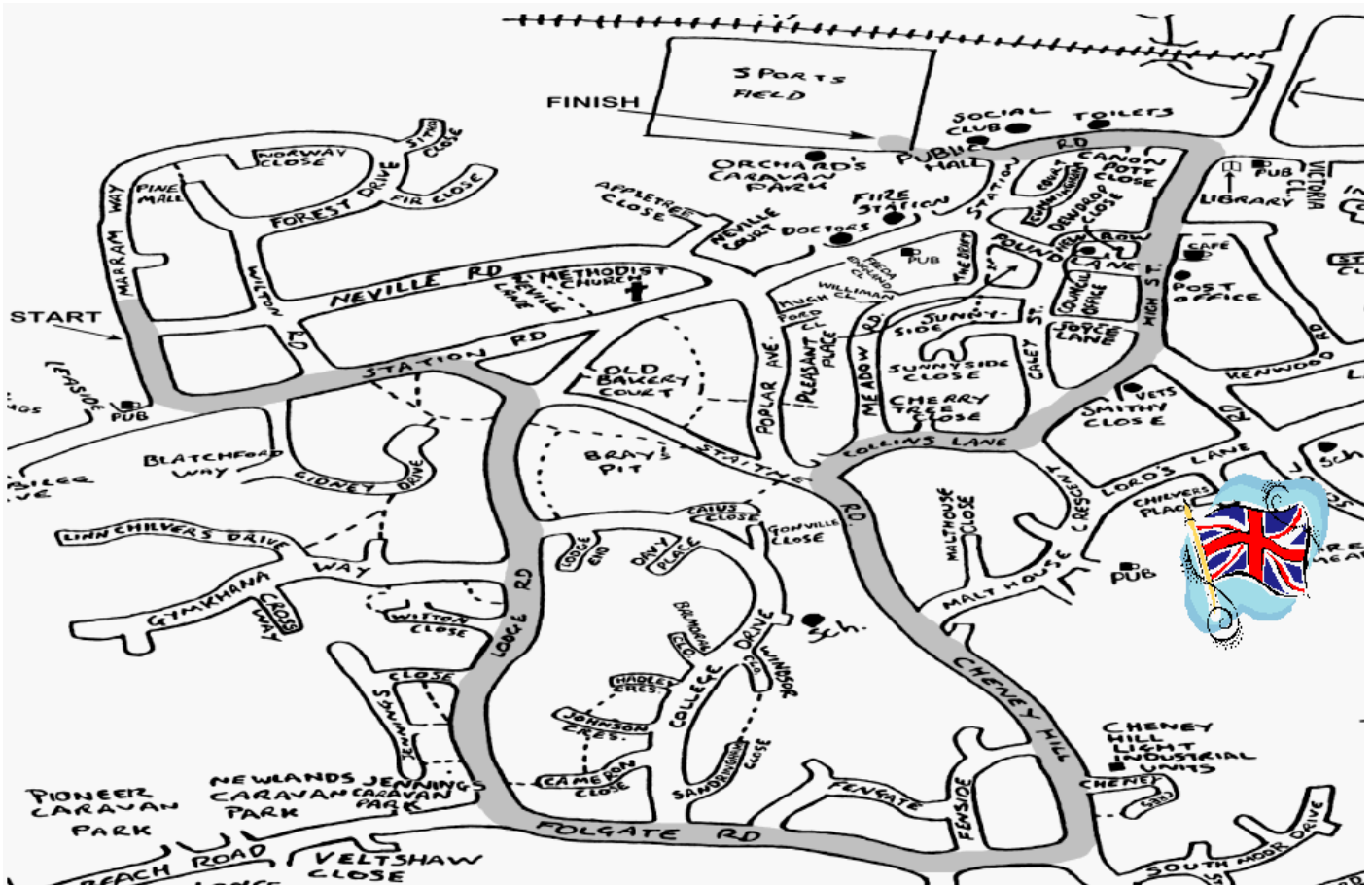
Best Walking

Best Group/Organisation

Music will be provided by the King's Lynn Community Samba Band and there will also be another chance to see the Banham Zoo Shirehorses with the Carnival King and Queen. The street collection this year will go to Heacham Scout Group, so please give generously.

### Carnival Parade Route

Find the prime spot on the route and cheer the floats on.



## HELP LINES

### HEACHAM GROUP PRACTICE 01485 572769

**HEACHAM** MON TO FRI 08.30 TO 13.00 14.00 TO 18.30  
**SNETTISHAM** MON TO WED 08.30 TO 12.30 14.30 TO 18.00  
THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

### OUT OF HOURS DOCTOR 01603 488488

A Doctor will advise on your emergency - Please think before calling

### HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

### HEACHAM CHEMIST 570297

OPENING HOURS MON TO FRI 09.00 TO 18.30  
SAT 09.00 TO 17.30

Open 13.00-14.00 - prescriptions and certain other products only available if Pharmacist is in attendance  
DUTY CHEMIST NOTICE DISPLAYED ON DOOR

### HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

Mrs S. SMEATON 01485 572528

Mr A. MORRISON 01485 518469

NORFOLK C C MICHAEL CHENERY 01328 823411

### ONE STOP SHOP and LIBRARY 571928

OPEN MON WED FRI 10.00 TO 16.00

### HEACHAM POST OFFICE 570330

OPEN MON TO FRI 09.00 TO 17.30 SAT 09.00 TO 12.30

### EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613

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01553 769264

COMMUNITY MIDWIFE (Ask for Hunstanton M/W) 01553 613613

POLICE 0845 4564567

SAMARITANS 01553 761616

CHILD LINE 0800 1111

ELECTRIC 0800 7838838

ANGLIAN WATER 0845 7145145

GAS ESCAPE 0800 111999

EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

### HUNSTANTON LIBRARY

532280

OPEN MON. TUE. WED (No lunch closure) 10.00 TO 17.00

THURS. 10.00 TO 13.00 FRI. 10.00 TO 19.00

SAT 10.00 TO 17.00 (All year)

### HEACHAM COMMUNITY WEBSITES

www.heacham-on-line.co.uk

E-mail stella@heacham-on-line.co.uk

www.heacham-village.co.uk

E-mail enquiries@heacham-village.co.uk

### Heacham Halls

Public Hall 570776

Old Friends Hall, Sunnyside 570892

Pine Residents Hall, Wilton Road Mrs Crisp 579440

Methodist Church Hall, Station Road Mike Careless 570363

St Mary's Church Hall, High Street Mon, Wed, Fri 10.30 to 12.30 572539

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### **40A Service**

Via Hunstanton Road, Lodge Road and Castle Rising

### **41 Service**

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### **41A Service**

Via Hunstanton Road, Lodge Road, Castle Rising and Sandringham

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Kings Lynn to Cromer Via Norfolk Lavender, Hunstanton, Holme, Thornham, Titchwell, Brancaster.

### **Coasterhopper Xtra 24th May - 4th September**

King's Lynn to Sheringham Via Heacham Lavender, Sedgeford Docking, Burnham Market.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

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Departs Fakenham 13.00 Arrives Heacham 14.08

**Bus Enquiries?** Call 0871 200 2233  
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e-mail : ptu.pt@norfolk.gov.uk

**Main pick up points for Heacham News Letter.**  
**First Saturday each month except January.**

Jennings, Showtime, Cooks Butchers, Heacham Bakery, Olivers, Post Office, Parish Council, Church, Co-op, Tescos, Norfolk Lavender.

### MOBILE LIBRARY

**ROUTE E4 (Tuesdays) ROUTE E3**

13th / 27th	July	6th / 20th	
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SANDRINGHAM DRIVE	10.20	RINGSTEAD ROAD	10.55
CHENEY HILL (F/SIDE)	10.40	NEVILLE CT	11.40
WOODSIDE AVE	11.05	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.20		
MILLBRIDGE	11.55	PINE MALL	12.30
NOURSE DRIVE	12.20	SITKA CLOSE	12.50
POCAHONTAS WAY	13.50	SUNNYSIDE	14.15
BUSHEL & STRIKE	14.05	MEADOW RD	14.40
GIDNEY DRIVE	14.20	POPLAR AVE	15.30
BANKSIDE	14.40	GYMKHANA WAY	15.50
MARRAM WAY N CL	14.55	JENNINGS CLOSE	16.15
MARRAM WAY S CL	15.10	COLLEGE DR/G CL	16.50
MARRAM WAY/N RD	15.25		
CUNNINGHAM COURT	15.45		

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