



# THE HEACHAM NEWSLETTER

## March 2015



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**Deadline for the next edition is 12 noon, Thursday 19th March**

## FRIDHEM EASTER BINGO

Monday 30th March 2015

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Heacham

Dear Newsletter

**Walk in aid of Ovarian Cancer**

Having recently been diagnosed with ovarian cancer, I am determined that during my own personal battle I will also try to help others along the way by raising awareness and funds towards vital research to eliminate this awful disease.

My friends and family have been an amazing source of support and strength, and it is because of them I feel inspired to do everything I can do to show people that no matter what you face in life, you can approach it with a positive attitude and a smile.

March is Ovarian Cancer Awareness month and on Saturday 28th March, I will be walking with my friends and family to raise money for this cause and would really appreciate any contributions, no matter how small. If you would like to donate this can be done online through the Just Giving website which is: [www.justgiving.com/Linsey-Joyce1/](http://www.justgiving.com/Linsey-Joyce1/)

Also, I have some lovely metal blue ribbon badges to raise awareness of ovarian cancer and would be grateful if there are any local businesses who would be willing to keep a box in their shop which people can purchase for a voluntary contribution. My thanks to Fusion Hairdressers who have already agreed to stock these badges.

If you can help please email [Linsey.joyce@sky.com](mailto:Linsey.joyce@sky.com) and I will drop a box off.

Many thanks.

**Linsey Joyce**

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**Old Copies of the 'Dairy News'**

The Heacham Newsletter maintains an archive of past copies of the Newsletter, which also includes several copies of the Dairy News which were given to us by one of our readers; the earliest being the 3rd edition dated April 1992.

This year the Newsletter reaches a significant publishing milestone and we are keen to obtain copies of the 1st and 2nd editions of the Dairy News and any others published up to June 1993.

Should any of our readers have any copies which we could have or which you would allow us to photocopy, please let us know.

THN

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# letters...



Heacham

Dear Newsletter

**Austin Seven**

In reply to Mrs S M Harris's query in the February Newsletter, I knew the late Fred Groom and well remember the Austin 7 that he owned many years ago.

In those days I owned all sorts of pre-war cars, including Austin Sevens of the various types. These were a cheap car for a youngster to own and just starting on his engineering career. The largest sum I paid for a similar type to that illustrated, was £35.00, the lowest sum £8.50, both in running order, just! (Now the equivalent sums would be in the region of £4,500 to £10,000!).



I don't think that 'general' readers of the Newsletter would be interested in motoring history or the technical details of the various models of Austin 7's, marvellous as they are! The history of local businesses might be, although I did a series of articles on them some long time ago.

F Groom's bakery was one of FOUR in the village when the population was half what it is now. It was in the premises occupied by the present bakery, then belonging to the Hawes family. Fred Groom was not much favoured by the more 'particular' people. There was a general air of 'scruffiness' about everything; hygiene requirements were not so severe as in these days and not so strictly enforced by the local authority.

The four bakers were F Groom, Billy Benstead, Wagg's and Charles Johnson. Johnson's premises in the High Street are to become the Parish Council offices, library, etc. Mr Johnson was very particular in all things with regard to the bakery and also in running his dairy farm, a remarkable man in many ways.

**David Plumb**

\*\*\*\*\*

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# News & Events in the Community...

## Heacham Cubs



The Cubs are working very hard to finish off all the challenges they have to do before they can be awarded their Silver Award. At the end of last term we learnt about re-cycling and then made models out of rubbish. Their imagination knew no bounds and it's amazing how much fun they had with some rubbish and a roll of sellotape!

Before that we had our annual fundraising evening; this year there was no theme just fancy dress. The Cubs raised £16 which was rounded up by the group to £20 and it was sent off to Water aid. We played some different games that night, a few more messy ones. First they had to pick up a grape out of a bowl of water then a marshmallow out of some flour, just using their mouth and no hands (bit like bobbing for apples). After eating a strawberry shoelace, again with no hands, we played a couple of traditional Cub games before finishing off with toasting a marshmallow over a tea-light candle. There was also 'Name the Monkey' which was won by Aaron G who guessed he was called Marvin.

On our last evening we said Goodbye to Jack W who had reached the grand old age of 10½ and had to leave Cubs.

On Saturday 21st February we took 6 Cubs to the cinema in Kings Lynn to see Big Hero 6 with other Cubs from North West Norfolk.

Next term we will be carrying on with their Silver Awards and something a bit different with an evening run by Chil?.

Happy Scouting to all our Cubs.

**Akela (Sam C), Rama (Michael),  
Ziggy (Julie), Chil (Sam L)**

**Young Leaders - Hathi (Jemma),  
Rikki (Tommy) and Mang (Jack).**

## Heacham Scout Group



Over the last 6 months we have had 7 young people volunteer to train to become Young Leaders in Heacham Scout Group over all three sections. We would like to say "Well Done" to all of them as they have all now completed Module A. Some have completed other modules and all of them are going away in March on a training weekend to Eaton Vale in Norwich.

To become a Young Leader there are 11 modules to complete and 4 mission statements, which shows commitment from these young people especially with their busy lives, GCSEs etc. All of the training can be done over a period of time and can fit round their busy schedules.

They could all be potential Leaders for our Beavers, Cubs and Scouts in the future and we are happy to support them.

**Julian (GSL), Seb (SL), Sam (CSL) & Barry (BSL)**

Proprietor: Nickie Bantoft FCCA

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## Old Friends Hall

Great news! Thanks to a very generous and kind donation from the Jubilee Welfare Trust, a charity based in our Village, the toilets in the Old Friends Hall have been modernised and brought up to a standard suitable for the 21st century. Without their help, we would have really struggled to afford such an investment.

We have also had a band of "happy" volunteer painters in to refresh the interior paintwork; our thanks go to them for their sterling efforts. It is widely known that men of a certain age cannot conduct any physical movement without some noise emanating from them. The repertoire of groans and other noises made by our "happy band" either getting down to the skirting boards or stretching up towards the ceiling made one contemplate renaming the venue, some suggestions being: "The Old Men's Hall", "The Old Creaky Hall", "The Old I got Down Here How do I get Up Hall" or "The Old Masters Hall". However, with all the groans and "helpful" banter the work was completed within a couple of days.

Talking of "Old Masters", the Hall is almost ready for the Annual Spring Art Show, which occurs this year over the weekend 2nd/3rd May. Any artist, in any medium, can enter free of charge. For an entry form or for further information, please contact the Parish Office or call the telephone number below. Similarly, the Hall is available for a variety of private functions such as; club meetings, children's parties, exhibitions etc. If anyone is interested in viewing the Hall, or just wants to see our new facilities, please contact me and I will arrange a guided tour!

Unfortunately, we recently heard that the Tuesday Luncheon Club had relocated to Hunstanton. The Club was an institution in our Village that had been running for a very long time and I believe had been the original driver behind the construction of the Hall. However, this allows an opportunity to establish a new community group in the Hall, if there is still a need within Heacham. If anyone is interested, please contact the Parish Office.

In conclusion, thanks again go to the Trustees of the Jubilee Welfare Trust for their help in the modernisation of the Hall, we are very lucky to have such people in our Community.

**Roger Drinkwater (Tel 01485 571659)**

**On behalf of the Old Friends Hall Committee**

### LIMEHOUSE LIZZY

**Heacham Public Hall  
Saturday 4th April 2015  
Doors open 7.45pm**

During the yearly visit to Heacham by one of Europe's top rock tribute bands 'LIMEHOUSE LIZZY', now in their 18th year of touring Britain and the continent, the boys will deliver a 2 hour set of classic 'THIN LIZZY' in spectacular fashion. The band sells out wherever they go, such is their popularity, and it shows no sign of slowing down either. They were voted the hardest working band in Britain last year.

Tickets £12.50 are now on sale from me TREV FRAMMINGHAM - 07747 156204, or over the bar at the Social Club. A great show not to be missed. Support for the evening will be provided by the excellent 'TATTOED LIES', who will be very familiar to local rock fans.

**Trevor Frammingham**



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### Nursery Registration

We are keen to make sure that Heacham children can gain a place in our school for September 2015 and September 2016.

If your child is 3 years old now or will be 3 years before April 2016, then please come to register their place at our school so we can allocate spaces.

We offer flexible provision, great teaching and learning, a fabulous outdoor space and full days to support working families.

Call Amanda on 01485 570357 to register and come and visit.

Please also remember that we open our gardens to children younger than 3 years old every Wednesday afternoon from 1pm-3pm.

Louise Jackson  
Headteacher



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## CHURCHES TOGETHER IN HEACHAM

We are now in the first quarter of this year and it has been fascinating to observe the changing pattern of winter through to early spring with buds developing on the trees and bushes, along with aconites and snowdrops now growing, thus providing joy and hope for the temperature to rise significantly.

We are moving forward into the season of 'Lent' which ultimately leads us to 'Good Friday and Easter Day'.

'Lent' comes as a timely reminder; it is also a time to grow, a time to listen, a time to wait, a time to focus on God, opening up to God's Spirit, so that Christ can live His risen life in us. Paul, the apostle, speaks out powerfully with these words, "I want to know Christ and the power of His resurrection". Paul also wrote about our need for discipline, as an athlete needs to keep training.

During the period of 'Lent', St Mary's Church in Heacham will be utilizing the Bishop of Norwich's book identified as the "The Lent Factor" and will be focused on Sunday evenings and Wednesday services in Lent.

In his book, the Bishop identifies 40 people who had been influential in his Christian life and these will be used during the 'Lent' period.

In prayer, Lord, we ask that you fill us with a longing for Your presence as we remember Your Son the Lord Jesus Christ, who gave us God's gift of life; by receiving this gift it represents letting God free us to do His will.

What a challenge for us all.

***John Richard Harris***  
***Ministry Team, St. Mary's Church***

**The next Messy Church will be on**

**Saturday 28th March**

At St Mary's church, Heacham 10.00-12 noon

With Sally the Clown

Easter crafts

Messy Easter

MCS Church

puppets



### **METHODIST CHURCH Sunday Services**

10.30am **Morning Worship**

Preachers:

- 8th March - Jenny Sparks
- 15th March - Mothers' Day Special
- 22nd March - Elizabeth Batstone
- 29th March - Irene Garrard
- 5th April - Sheila Johnson

### **METHODIST CHURCH Sunday Services (cont'd)**

#### **Lent Course**

We are holding a Lent Study Course this year on Thursday afternoons at 3pm at the Methodist Church. The theme "Jesus' Final Week", goes back to basics to re-look at the last week of Jesus on this earth. The Study Course started on February 19th with the Triumphal Entry and ends with the Resurrection on March 26th. Everyone welcome – why not join us on Thursdays 12th, 19th and 26th at 3pm in the Methodist Church Hall.

#### **Midweek Communion**

Our midweek Communion Service in March will be on Wednesday 11th at 10.30am, conducted by Rev. Stephen Oliver. All who love the Lord are welcome.

#### **Ladies' Fellowship**

March not only sees the beginning of Spring, but also the start of another year of Ladies' Fellowship at the Methodist Church. These meetings will be fortnightly on Tuesday afternoons: March 17th and 31st at 2.45pm. Elizabeth MacLeod will be the guest speaker on the 17th. This is an open meeting – all ladies welcome – why not give it a try.

#### **Midweek Activities**

- Monday - Indoor Bowls, 7pm weekly
- Tuesday - Ladies' Fellowship, 2.45pm 17th and 31st March  
Hands & Needles Club 7.30pm 17th and 31st March
- Wednesday - Midweek Communion, 10.30am 11th March
- Thursday - Lent Course, 3pm weekly  
Social Event 7.15pm 12th March
- Friday - Indoor Bowls 7pm weekly

#### **Monthly Social Event**

The monthly Social Event will be on Thursday 12th March at 7.15pm and will be a Games Night (darts and table games).

#### **EASTER IS COMING!**

This year Easter is early – the first week in April. The April edition of this magazine will not be published until Easter Saturday so please take an early note of our arrangements.

#### **Maundy Thursday, April 2nd: Communion Service at the Methodist Church at 7pm**

This is a united Service with our friends from St. Mary's. The Service will be led by Rev. Stephen Oliver and the preacher will be Rev. Veronica Wilson.

#### **Good Friday, April 3rd Walk of Witness**

10.00am from the Methodist Church via Pound Lane, High Street and Hunstanton Road, to St. Mary's Church for a joint worship service at 10.30am. Everyone is welcome to join us. If you can't walk the whole way, you could join us at St. Mary's Hall in the High Street. And if the walk isn't for you, then join us for the Good Friday worship at St. Mary's at 10.30am.

#### **Easter Sunday**

April 5th – we celebrate the Risen Saviour with morning worship at 10.30am, conducted by Sheila Johnson.

## **THE PARISH CHURCH OF ST. MARY**

### **Sunday Services in March 2015**

8.00am Holy Communion (BCP)

8th and 22nd March

10.00am 8th Morning Prayer  
15th Holy Communion  
22nd Morning Prayer  
29th Holy Communion

6.00pm 8th Evening Prayer  
15th Evening Prayer  
22nd Evening Prayer  
29th Evening Prayer

### **DEANERY LENT SERVICES IN 2015**

11th March St. Mary's Church, Old Hunstanton  
18th March St. Mary Magdalene's Church,  
Sandringham  
25th March St. Andrew's Church, Ringstead

**All Services on a Wednesday evening at 7.00pm**

### **LENT SERVICES AT ST. MARY'S**

These will be on Wednesday mornings, commencing at 11am, followed by a simple lunch:

11th March 18th March 25th March 1st April

### **HEACHAM ST. MARY'S HOLY WEEK AND EASTER SERVICES**

#### **PALM SUNDAY 29th MARCH**

10am Holy Communion with Palm Crosses  
6pm Evening Prayer

#### **MAUNDY THURSDAY 2nd APRIL**

7pm Holy Communion – Joint Service – at Heacham  
Methodist Church

#### **GOOD FRIDAY 3rd APRIL**

10am Walk of Witness from the Methodist Church to  
St. Mary's Church, followed by a short service.  
2-3pm Hour at the Cross

#### **EASTER DAY 5th APRIL**

8am Holy Communion  
10am Holy Communion  
6pm Easter Praise

#### **March 2015 Services at Nursing/Residential Homes**

Mon 9th March 11.00am Holy Communion at Millbridge  
Wed 18th March 2.30pm Service at Summerville  
Fri 27th March 10.30am at Fridhem  
(NB: Service at Rebecca Court was held 3rd March)

#### **Church Contacts:** (telephone code: 01485)

Methodist Church Rev'd Stephen Oliver 570232  
St Mary's Church Rev'd Veronica Wilson 570697  
St Mary's Church Office \* 572539  
email: [heacham.church@googlemail.com](mailto:heacham.church@googlemail.com)

### **REGULAR ACTIVITIES AT ST. MARY'S CHURCH**

Looking at the above information you might think that St. Mary's is only open on Sundays, but it is a busy church with things going on throughout each week. There are Bible Study groups with people meeting in their own homes; there are Prayer Meetings; we have a Choir, and there are Music Groups; all the women are welcome at Girls Together and there is a Men's Group as well; everyone can belong to the Mothers' Union; there are also Coffee Mornings and various other activities. So why not find out more about St. Mary's and its regular activities – you might be surprised. The Sunday services act as a focal point when all meet together for worship, for fellowship, for support, learning, encouragement, challenge and growing. And on Sundays there are, of course, activities for children. Also for children, usually on the last Saturday of each month, there is *MESSY CHURCH* with crafts, games, singing, Bible stories and lunch.

### **ST. MARY'S CHRISTIAN BOOKSHOP**

Please come and visit our bookshop which is opposite the Methodist Church in Station Road, Heacham. It is open from 9am-4pm on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays till the end of March, and 9am-5pm throughout the summer months. We have an interesting selection of Christian books and a wide range of greetings cards. It is well worth a visit.

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## Hunstanton Catholic Parish

The Burns night supper was a very enjoyable social evening at St Cecilia's, Dersingham. A total of £169.50 has been added to



our Restoration and Development Fund from the event.

There will be a Mass with anointing for the sick at St Cecilia's on 4th March at 3pm.

The ecumenical Stations of the Cross followed by a simple Lenten lunch will again be celebrated every second Friday at Our Lady of Perpetual Succour & St Edmund's Hunstanton, starting at 12.00 on 27th February, 13th March and 27th March. Please come along and spend a little time during the season of Lent in preparation for the Feast of Easter.

We are still collecting for the Food Banks in Hunstanton and King's Lynn, which provide help to those in very real need in the local area. There is a box for donations in the porch of both Churches. There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. For more information contact Caroline Brooks on 01553 673069.

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome. Our daily Masses are held at St Theresa's Convent, 27 Sandringham Road, Hunstanton, except on Wednesday when it is usually at 10.15am at St Cecilia's, Dersingham. Please check for dates and times on Church notice boards, website or phone. Sunday Masses are 9am at Dersingham and 11am at Hunstanton. The Parish telephone number is 01485 534675. If you require a Priest urgently please telephone Fr Peter Rollings on 01553 772220.

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## Old Railway Buffer – rediscovered!

Under this bramble bush, there is a part of Heacham History. Does anybody know what and where it is?



Well, I think some of you can guess what it is! It is an old railway buffer in a siding on the old railway line that ran between Heacham and Sedgeford. Over the last twelve years, I have walked my dog past the buffer and gradually it got covered in brambles. Last year, I could hardly see it so I thought I had better do something about it. So at the beginning of December 2014, I put my clippers in my pocket and every time I walked past the buffer I would cut two or three pieces off. After three weeks, I started to see the buffer and thought at this rate it will take me at least a year to cut all the brambles back.

I decided to take my wife with me and a pair of hedge cutters. When we got to the buffer, my wife would carry on walking the dog and I would spend about twenty minutes cutting the brambles out. This took me just over a week. Standing back taking a photo, I thought wouldn't it be nice if it was placed somewhere in the village where everybody could see it.

My first thoughts were the Lavender crossroads junction. My second thought was Brays Pit, but my best thought was Station Road between the old railway station, where Terry Clay has done a remarkable job, and the West Norfolk Public House, on a piece of grass leading into Leaside.

For those of you who know me, if you see me in the village, tell me what you think?

**Chris Deeble**



(Photos by Chris Deeble)



## Ingham's Sea Training School for Boys

Very few people would know about one of the most successful sea training schools in Norfolk, the Prince of Wales Sea Training School based at Ingham, near Sea Palling. It trained over 2,000 boys for the Merchant Navy.

I was one of those boys. Born at Heacham, I spent four months training at the age of 14½ in 1952, before going off to sea in the Merchant Navy.

It was hard at the school, but a new life experience at this large old mansion house in Ingham. The man in charge was an ex-naval commander and you didn't mess with him. From day one the kitchen was the galley, dining room was the mess room and the floor was the deck.

We learnt to fend for ourselves; do our own washing and mending, keep ourselves clean and fit and at the same time we had to learn seamanship and nautical training. Food was almost non-existent. My parents came over from Heacham every other week with a food parcel. Sunday was our half day off. In the morning we had to march to Stalham Church service.

My first ship was with the Shaw Savill Line. We called it the Slow Starvation Line. It was a tramp steamer running to New Zealand. I was not only seasick, but also homesick, but I somehow survived.

Ten years at sea I had many ships and shipping companies, and made 14 voyages around the world.

It is a shame we now have no Merchant Navy, only cruise ships. But more of a pity there is no training for boys, which I believe would put a stop to all this vandalism and problems we have in this country at the moment.

I believe the old Sea School at Ingham is now an elderly people's home. It would be a laugh if I ended up there 60 years on!

**John Starling**

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## A CAREER IN PATHOLOGY

### Part 2

The consultant was a Col. Pugh. As I was not long out of the Army, this chap was a bit forbidding and, until he told me otherwise, I kept calling him sir. He was ex RAMC and came every week from Peterborough, his base, to do the Autopsies. We didn't see much of him as he buzzed off back to Peterborough as soon as he was done. At that time all the histopathology was done at Peterborough DGH. I loved it, it was all new and exciting, the ward staff were in general very friendly and the junior doctors were the same. If one went to the wards to take blood - most mornings - one always went to the ward sister first, to ask permission. They were powerful people, very good at their jobs and you kept on their good side. The Matron, Kate Allison was a terrifying woman, ex Quarancs (Queen Alexander Royal Army Nursing Corps) and she ruled the nursing staff with a rod of iron. However, she was often to be seen in Casualty, blood up to the elbows, helping out. A fearsome woman with a heart of gold.

To progress in my career, I had decided early on that this is what I wanted to do, I needed to join the then Institute of Medical Laboratory Technology (IMLT). However, one of their requirements was GCE 'O' level in maths. I had achieved the staggeringly low grade of '9' in this subject so was not eligible. However, Mr Jones found out that obtaining the College of Preceptors examination in arithmetic was acceptable to the Institute, so after intensive coaching by an old Scouting friend (who, in fact, eventually became my brother in law) I sat the exam at the old St Michael's School (named Pott's circus after the Rev. Pott who owned the school). It was very hard consisting of difficult questions like "If a lb of potatoes costs

3/6d, how much would a stone (14lbs) cost?" Yours truly managed to get 60% which was a pass! I became officially a student technician, joined the IMLT and my future career was underway.

With the passage of time, I learned how to do all the many tests needed to aid in the diagnosis of illness. I learned how to count white and red cells in an improved Neubauer counting chamber and how to work out the results. The Thoma pipettes used to make the initial dilution took a long time to get used to. To get blood into pipettes you used a short length of rubber tubing with an attached mouthpiece and it was only too easy initially, to suck up too much. So you washed out the tubing and started again. I hate to think how often I got a mouthful of blood in those early days! Health and Safety would have kittens today but no one ever caught any nasty disease.

During this time I had to transfer to the North Cambs Hospital at Wisbech as Mr Jones had wanted a senior technician and when one came along - Eric Hayter - I was excess to the establishment at Lynn. So for 10 months I trailed over to Wisbech in my 1946 MG TC (bought for £310, an enormous sum, using a legacy left to me by my maternal grandmother) and learned their ways, which seemed a deal more primitive than at Lynn. For instance a blood urea at Lynn needed 0.2ml blood and used a technique called Nesslerisation. In fact most of the chemistry techniques used resulted in a coloured solution, the intensity of the colour being proportional to the concentration or the substance being estimated. At Lynn, we used an electronic "colorimeter" to measure these colours with different coloured filters depending on the colour being measured. The laboratory at Wisbech used a device called a Lovibond comparator in which the intensity of colour produced was estimated using a disc of different shades of the colour. At the North Cambs lab, to perform a blood urea, we needed 10ml blood to get three ml plasma. This was mixed with Sodium hypobromite



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and released nitrogen the volume of which was proportional to the amount of urea present in the plasma. To make the Na hypobromite you took 20ml of 2N sodium hydroxide and put it in a Heinz salad cream bottle. Into the neck of the bottle was inserted an 18" length of 3/4" copper pipe down which was dropped an ampoule of liquid bromine. This broke in the bottle and the released bromine reacted with the NaOH to produce Sodium Hypobromite. There I told you they were a bit primitive. Can anyone imagine being allowed to do that these days? We did have the rare occasion when the jar was missed and we had to evacuate the lab until the bromine fumes dissipated. All great fun and no one was gassed.

Stan Parkin, the Senior at Wisbech was a nice chap but the Chief, a Mr George Acton was not so pleasant. On the first occasion he visited from his lair at Doddington Hospital, he didn't greet me with a hello, only "Why are you wearing a white coat, only junior technicians are allowed white coats, students have to wear blue coats". Horrible man, the number of times I was mistaken for a porter and asked to carry things around! (He had one saving grace in that he was a very good piano player). So I wore a white coat most of the week and a blue one when the dreadful George was visiting, generally on a Wednesday. However, Stan Parkin taught me a lot and even tried, without much success, to teach me how to use a cylindrical slide rule which could calculate to four digits. I could use a linear slide rule but his toy was beyond me. But I did learn quite a lot of basic maths from him, more than I ever did at school. He was also very good at making glass animals from glass rod and the coloured beads from the bottom of the media bottles which were purchased from Southern group laboratories. This was a government organisation who prepared and distributed many of the reagents used in NHS laboratories. They were eventually shut down in the 70's for 'economic reasons'.

The other student technician at Wisbech was a Brian Tolliday. I didn't like him much to start with, I thought him too bossy but we became quite good friends eventually.

Then, one day, to my great joy, Mr Jones rang and asked if I would like to return to Lynn. This I did, to a spanking new brick-built laboratory. Mr Jones was largely responsible for both the design and construction of this wonder for which, sadly, he received little praise. Loads of space, a purpose built blood taking room and waiting room for the ever increasing numbers of patients. Also a good sized washing up and preparation room. Oh yes, we were still using all non disposables and one of my many extra jobs was to make up little glass Bijou bottles of the various anticoagulants for the blood samples. These were dried in the oven at a low heat and then labelled and the tops coloured according to the contents. I was also performing an ever increasing number of tests and as most were done in one area, I became adept at multitasking. I suppose at that time we were doing some 100 mixed investigations a day which was hard work. I was also studying for my Intermediate IMLT exam which I took, and passed, in early 1960. So I was now a Junior Technician. I was getting increasingly interested in Microbiology by then and Eric Hayter, the Senior Technician, who was qualified in that subject, took me under his wing. We were preparing all our own culture media from dried material supplied by Oxoid medical, and my studies took a new turn as I learned to recognise the various colonies, perform Gram's stain, an important diagnostic tool and recognise the various types of bacteria.

*(To be continued)*

**Michael Drew**



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## The Journey of the Heacham River

This is a Powerpoint presentation with a series of photographs of the Heacham River (River Hitch) as recorded by local photographer Simon Bamber. This starts from the source of the river at Bircham right through to Heacham. It also includes some lovely photos of the Pocahontas Lake. Set to music, enjoy the beauty of these photographs as the river meanders its way through villages and the lovely West Norfolk countryside on its way to Heacham.

You can either view the presentation at:

<http://stmarysheacham.webeden.co.uk/#/river-hitch/4588159480>

or visit our website [www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk) and just click on the link.

Below are some of the photos to give you a taster!

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## Would you like to learn Bridge?

In the last two articles, I have introduced you to playing a bridge hand and the power of trumps. This month we are going to get into the real meat of bridge and start to talk about the bidding process.

When you play bridge, you and your partner do not simply just try and make as many tricks as possible. In fact both partnerships will end up announcing that they will make a certain number of the thirteen tricks and then they will try and make that number. This is done through what is called the bidding process or the auction. During this process you and your partner, together with your opponents, describe to one another (using bridge language only) what you have in your hand to establish two main facts:

- How many points you and your partner hold between you – the more points you hold, the more tricks you will make. If your side holds the majority of points, then usually you will “play the hand” and hopefully make the number of tricks you bid for.
- What your hand looks like in terms of the distribution of the cards. If between you, you have eight cards in a particular suit, you are probably keen to name that suit as Trumps. Failing that you may opt to play the hand in “no trumps” where there is no trump or master suit.

The bidding process will decide which partnership plays the hand and it is up to that partnership to make the number of tricks they have bid for. At this point just a reminder, you are trying to make the majority of tricks and therefore you need to make at least 7 or more.

As stated above, the partnership which has the most points will tend to win the bidding process and I have set out below the number of tricks you tend to win depending on the number of points held:

Points held	Number of tricks	Level to bid
Between partners		
20-22	7	1 (7-6=1)
23-24	8	2
24-25	9	3
25-28	10	4
27-32	11	5
33-35	12	6
36+	13	7

Of course, the above is only an indication and the actual number of tricks won will often depend on the distribution of the cards.

Let us look at an example:

North holds: ♠: K,Q,7,5; ♥: Q,3; ♦: K,6,4,3; ♣: J,6,4 (11 points)

South holds: ♠: A,8,4,3,2; ♥: A,K,8,5; ♦: Q,2; ♣: 7,3 (13 points)

You can see that you and your partner hold the majority of points – 24 out of a total of 40 and therefore you should play the hand. How you decide this is by the bidding process. When you start playing bridge properly, you will use a “bridge language” but for the moment we will use English!

South dealt and therefore starts the bidding process. Normally he can only do this if he has more than an average number of points (say 12-13). South has the requisite number of points and says that I have got nice spades partner (he must have at least four). North says, oh good I like your spades and since I have four we have at least eight between us and therefore we would like spades to be trumps.

As regards the number of tricks they are going to make, North will know that his partner has at least 12-13 points and added to his number of 11 that results in a minimum of 23-24. North will then ask South if he has more points than he initially said. In this case South will say No I have not and the partnership will play at the 3 level (see chart above) having chosen Spades as trumps.

			♠ K,Q,7,5
			♥ Q,3
			♦ K,6,3
			♣ J,6,4
		N	
♠ J,9			♠ 10,6
♥ 9,7,6			♥ J,10,4,2
♦ 9,8,5,4	W	E	♦ A,J,10,7
♣ A,K,10,2			♣ Q,9,8,5
		S	
			♠ A,8,4,3,2
			♥ A,K,8,5
			♦ Q,2
			♣ 7,3

I have set out the full hand and please see if you can make nine tricks with spades as trumps. South is to play the hand as he “bid” the suit first and West is to lead the first card. The answer will be shown in the next issue.

*If anyone would like further information on the game of bridge, please do not hesitate to phone me on 01485 572708 or email me on [brb.carrick@gmail.com](mailto:brb.carrick@gmail.com)*

**Bob Carrick**

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## THE SONG REMAINS THE SAME

Monthly musings on music by Frank Edmonds

### Hail, hail three kings of the disc

As a lad growing up, the Fifties seemed like a decade; I was only just too young to pick up on. Now, however ... it seems like a different world.

Well, let's be fair – it was over half a century ago!

Popular music has become unrecognisable since those days. In the Fifties, orchestral-based ballad singers were slowly giving way to a new breed – rock and rollers.

It seems astonishing today to think that when Elvis was first filmed for the telly, the camera had to keep its lens firmly above The King's waist, because his hip swivelling was considered degenerate. His hip swivelling! If they were confronted with today's wardrobe malfunctions, they'd probably have spontaneously combust!

But hey, if the parents were outraged, the kids all got it ... you know, thinking about it, perhaps the Fifties weren't so different to today after all.

Here are three singles which in their own varied ways helped to make the Fifties so fabulous ...

• (LOVE IS) THE TENDER TRAP Frank Sinatra (Capitol CL 14511, 1955, No 2)

"You see a pair of laughing eyes / And suddenly you're sighing sighs / You're thinking nothing's wrong, you string along, boy, then snap! / Those eyes, those sighs, they're part of the tender trap"



Frank Sinatra, King Of Cool

Why not start with the chap many folk believe was the greatest singer of the 20th century? The trouble is, when the singer's as great as Sinatra, and he cut so many great albums for Capitol throughout the decade, all featuring such truly wonderful songs, how do you choose?

As if being one of the best interpretive singers of all time wasn't enough, you also had that terrific orchestral backing – one moment all lush and evocative, the next swinging and sassy. And those songs!

The Tender Trap came from the peerless partnership of Jimmy Van Heusen and Sammy Cahn, and was written for the film of

the same name, starring Sinatra and Debbie Reynolds, for which it was Oscar nominated.

Cahn's lyrics are cute and clever, while Van Heusen's catchy melody bounces along, and then snap! – it just takes off, with that orchestral power punch. And Frank's knowing delivery makes you feel here is a man who has fallen for that self-same trap himself, many a time.

The whole thing is just irresistible ... which is kinda the point, isn't it?

• JAILHOUSE ROCK Elvis Presley (RCA 1028, 1958, No 1)

"No 47 said to No 3 / You're the cutest jailbird I ever did see / I sure would be delighted with your company / Come on and do the Jailhouse Rock with me"

And why not carry on with the chap many other folk believe was the greatest singer of the 20th century?! And once again, when you're talking about Elvis, there's an embarrassment of riches to choose from. So I freely confess I've plumped for this one because it was No 1 in the week I was born!



In fact, it went straight into the UK chart at No 1 – the first single ever to do that, fact fans. It had been released in the US the previous year, and had got to No 1 there, too.

It was written by another staggeringly good songwriting partnership – Jerry Leiber and Mike Stoller, who have an



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unbelievable roll call of over 70 chart hits (including another popular little Elvis number, a certain Hound Dog).

Jailhouse Rock was very much in the irreverent vein of tongue-in-cheek songs like Yakety Yak and Love Potion No 9, which they wrote for The Coasters. Its sense of fun was taken for granted back then, and no one thought anything of it. Today, however, cute jailbirds No 47 and No 3 being delighted with each other's company would no doubt be taken another way altogether!

Which seems a bit of a shame. Especially as Elvis clearly wasn't bothered, and just went for it with a full-on rock and roll attack – as did Scotty Moore, with that energetic guitar solo in the middle.

Hey, loosen up and enjoy it! If you can't find a partner, use a wooden chair!

• **SHAKE, RATTLE AND ROLL** Bill Haley And His Comets (Brunswick 05338, 1954, No 4)

“Get out in that kitchen and rattle those pots and pans / Well roll



my breakfast, 'cause I'm a hungry man”

Before Elvis came to usurp his crown, Bill Haley was the first king of rock and roll. Whereas Presley was matinée-idol good looking with clearly dangerous hips, Haley was chubby, 29 going on 49, and his only concession to sex appeal was, ahem, a plastered-down kiss-curl on his forehead.

And if Elvis didn't bat an eyelid over the more adventurous lyrics in Jailhouse Rock, for his first big hit Haley took a song that was really rather rude, and sanitised it out of all recognition.

Shake, Rattle And Roll was originally a rolling piano blues by Big Joe Turner. And it wasn't about kitchens, pots and pans – it was about another room in the house altogether.

Instead of “Get out in that kitchen ...,” Big Joe sang: “Get outta that bed, wash your face and hands ...” And then: “Way you wear those dresses, the sun comes shining through” – which was followed by the lovely line: “I can't believe my eyes, all that

mess belongs to you.” Sadly, this was changed by Haley to: “Wearin' those dresses, your hair done up so nice / You look so warm but your heart is cold as ice.” Ah well ...

To give him his due, though, whitewashed lyrics aside, Haley really rocked up the song. Out went piano rolls, in came honking sax riffs and slapping double bass – and the result had youngsters jiving in the aisles everywhere.

And of course the formula was racked up a notch for his next hit, Rock Around The Clock, to simply phenomenal effect. In 1956, Haley had more chart success than any act before or since. A whole new youth culture was born.

Not bad for a chap who looked less like a rock star, more like everyone's favourite uncle ...

• **FEEDBACK:** If you have any views, comments or suggestions you'd like to make about the column, feel free to contact me at: [oldlowestoftboy@gmail.com](mailto:oldlowestoftboy@gmail.com)

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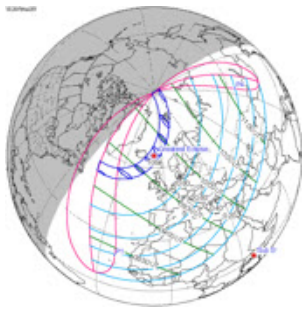
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## Heacham at Night

Set your alarm clock to wake you up at 8am on Friday 20th March because at 8.25am a partial eclipse of the sun will begin. From then until around 9.10am a bigger and bigger bite will be taken out of the sun. By approximately 10.45am the sun will be whole again.

From Heacham about 85% of the sun will appear to vanish. Further north will 'lose' more and, on the Faroe Islands, people will see a total solar eclipse. Here, all the Sun will be replaced by a black disc and the Sun's atmosphere, its corona, will glow around the edges of it. Prominences, fiery outbursts from the hidden Sun, might be visible and the phenomena of Bailey's Beads and the Diamond Ring possibly observed. A total solar eclipse experience is very different from that of a partial eclipse but both are rarely observed from the British Isles so make the effort.



"SE2015Mar20T" by Eclipse Predictions by Fred Espenak, NASA's GSFC

The path of totality to the north of the UK.

The light blue shading shows the large area where a partial eclipse can be seen.

Observing tips: I have no doubt there will be a government health warning which will fall just short of locking yourself in a cellar. Do not be put off. Though staring at the sun even during a partial eclipse is unsafe, sensible precautions can be taken. The easiest solution is to wear a pair of eclipse glasses. These will either be

given away in newspapers and magazines or be available from shops and on-line for about £2. Check they are CE approved (meet EU standards). Projecting an image of the eclipse onto paper is perfectly safe, needs a little technical research and some equipment but, to me, is not as effective as direct viewing through eclipse glasses. Welding glass and layers of film negatives were suggested when I was young but both of these are not recommended now.

What is an eclipse of the Sun? The Moon goes around the Earth and the Earth goes around the Sun. And sometimes the Moon passes in front of the Sun blocking it out. The Moon casts a shadow which can touch the Earth. As the Earth turns so this shadow tracks across the sea and land. If you are on that track you see an eclipse – the Sun is blocked out. The centre of the shadow causes a total eclipse – you will be in the umbra. Surrounding this central umbra is a much wider penumbra, a partial shadow, which is seen as a partial eclipse. The umbra, total shadow, is never more than about 200 miles across whilst the penumbra can be several thousand miles wide and so visible to far more people. The co-incidence that the diameter of the Moon, as perceived from Earth, is the same as the apparent diameter of the Sun (400 times further away) enables eclipses to happen – if the Moon was smaller the Sun would not be covered and, if it was larger, the spectacular coronal effects during a total eclipse would not be observed.

A solar eclipse is not a regular or frequent event because the Moon's orbit is inclined at about 5 degrees to the plane in which the Sun and Earth lie. All three have to be lined up exactly for the eclipse to happen. This alignment most frequently favours the middle latitudes of the Earth – England is generally too far north. The last total eclipse of the sun which just clipped England and visible from southern Cornwall was on 11th August 1999. The next one visible from the UK is in 2090. This coming one

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is outside of UK territorial waters but is relatively close hence the very significant partial eclipse.

You can model an eclipse with your thumb and a ceiling or table lamp. Close one eye and make a 'thumbs up' gesture; move your hand away from your face so that your thumb just covers a light bulb. You have totally eclipsed the bulb. Look a little to either side of your thumb and you will see part of the bulb – you have partially eclipsed the bulb. Look a bit further away from your thumb and the bulb will be in full view, not eclipsed at all. Now, in your imagination, replace the bulb with the Sun, your thumb with the Moon, and your eye with the surface of the Earth.

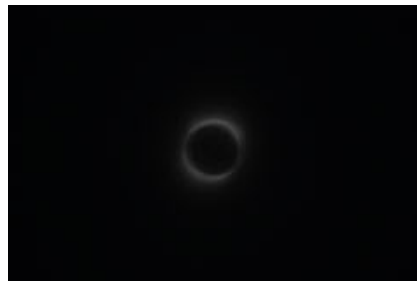
My wife and I travelled down to Cornwall in 1999 despite all the government warnings about traffic chaos. We sat on a beach and waited for the phenomenon. Unfortunately, clouds came in and we just saw a hint of the vanishing sun. However, it was very eerie: the temperature plummeted and sea birds that we had watched flying away from land suddenly returned to their evening roosts though it was still morning. There were hundreds of people along the beach and Cornwall did well out of the event. I still have two bottles of eclipse water!

I went to China to see the total solar eclipse of July 22nd 2009. It rained but between the clouds I did glimpse totality briefly and saw Bailey's Beads and the Diamond Ring. Both are the same phenomena – the Moon's surface has mountains and valleys and the valleys at the edge of its disc each let through a little bead of sunlight. As totality completes these beads wink out and a single one – the 'diamond' - can shine forth. During this eclipse I watched swarms of dragonflies turn round as they perceived night to have fallen. I also discovered another phenomenon, the eclipse groupie. Almost all of my fellow travellers had journeyed to many eclipses across the world over the years.



The Sun at near total eclipse in China 2009.

The Moon is moving down.



A rather fuzzy picture of totality in China 2009.

It was cloudy and I was lying on my back next to a pond.



The Sun emerges from total eclipse China 2009. Note the 'smile' is now upturned as the Moon slips below the Sun.

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What else this month? The Dawn spacecraft should be at the dwarf planet Ceres and will be likely in the news as you peruse these pages. I wrote about it last month. Star Gazing Live will also be on the box during the week beginning 16th March and end with the eclipse on the 20th. King's Lynn and West Norfolk Astronomy Society will be holding a public event from 2pm on Saturday 21st March. Venue: Tottenhill Village Hall. See the wonderful new website: <http://www.westnorfolkastro.co.uk/>

March 8th-13th 5.30am SSW. Moon low but at the same elevation, spot Saturn. A little closer to the horizon see the star Antares to the left, Spica to the right.

March 21st and 22nd 7pm W. The Moon, Mars and Venus will be in conjunction (close together). Venus will be very bright. Mars will be better seen through binoculars – SE of Moon on 21st, just above Moon on 22nd.

I hope the Sun shines for its eclipse.

Terry Parish

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## The Ruskin School, Heacham & High House

### Part 1

Question 1: What was the history of the School? Who did it cater for? I assumed an unsuccessful prep school for boys. When did it begin? When did it end?

Question 2: Why West Norfolk, Why Heacham? What was the subsequent history of the site?

People: Lowerison, (1863-1935) Headmaster of Ruskin School, Mrs Auger, Lowerison's daughter, Robert Blatchford, Socialist founder of the Clarion newspaper.

In April 1911 an article appeared on the front page of The Clarion newspaper entitled Ruskin School. Realising that new readers of the paper might be puzzled as to why it was carrying a report on a school, the author, Harry Lowerison, began by informing them that "the school was started by the Clarion Fellowship, that its children are those of the Fellowship, and that its alleged Head (Lowerison himself) is a Clarion Fellow."(1)

The Clarion, a socialist weekly, was established by Robert Blatchford, a Manchester journalist, in 1890. The paper first appeared in Manchester on 2nd December 1891. Blatchford announced that the newspaper would follow a "policy of humanity; a policy not of party, sect or creed; but of justice, of reason and mercy." The first edition sold 40,000 and after a few months settled down to about 30,000 copies a week. In 1893, the Clarion began serializing Blatchford's book 'Merrie

England'. When it was eventually published as a book it sold 750,000 copies. In 1895 it began to use the work of the illustrator Walter Crane. The Clarion newspaper also became involved in a wide-range of different activities including missionary vans, cycling clubs, choirs, handicraft guilds and holiday camps. The newspaper also sponsored Cinderella Clubs that entertained children from the slums. Robert Blatchford boasted that he would "convert England to Socialism in seven years". However, it soon became clear that Blatchford had overestimated the power of the Clarion and when he was asked about this a few years later, he replied that "the British working classes are not fit for Socialism yet". Blatchford upset a lot of the Clarion readers with his enthusiastic support for the Boer War and opposition to organisations such as the NUWSS and the WSPU that were demanding the vote for women. Sales fell but revived after the 1906 General Election, when 29 Labour Party MPs were elected. Blatchford increased the size of the newspaper and began to employ talented socialist writers such as George Bernard Shaw. By 1907 sales of the Clarion had reached 74,000.

After the First World War, Blatchford moved to the right and became a passionate advocate of the British Empire. In the 1924 General Election he supported the Conservative Party and declared that Stanley Baldwin was Britain's finest politician. The Clarion ceased publication in 1931.(2).

---

1 *The Clarion*, 21 April 1911

2 [www.spartacus.co.uk/jclarionhtm](http://www.spartacus.co.uk/jclarionhtm)



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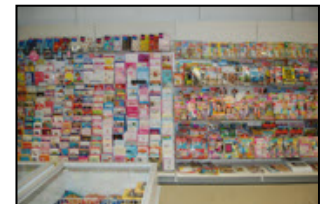
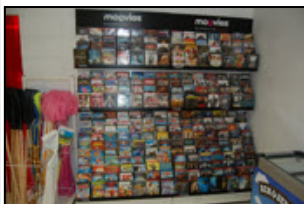
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Lowerison was born in Great Lumley, Durham in 1863. His mother died at his birth. He died in 1935. He did teacher training at Bede College Durham University. He became a socialist in 1889, (aged 26) after acting as a special constable in charge of a section of the London Scottish Regiment of the Territorial Army, and meeting strikers during a London dock strike. He then joined the largest branch of the East London Branch of the Fabian Society and became its secretary in 1891. They met at his home in Homerton. At its annual meeting in April 1892, he was described as the "life and soul of Fabianism in Hackney". He married Alice Mabel Dutton, a Post Office clerk, on 23rd July, 1892 at St.Giles.(3). An ardent lecturer for the Fabian Society, he covered subjects such as, The Nationalisation of the Railways, News From Nowhere, The Labour Programme, The Scope of Trades Unionism, The Eight Hour Day, Bread and Butter Politics and, as befitted a schoolteacher, Education Reform and The Fabian School Board Programme(4); secondly, the area he covered in the course of this work which included lecturing in Hackney, Leyton, Deptford, Rotherhithe and outside the East India Docks in London for example, and at Tunbridge and Birmingham outside the metropolis; and thirdly that he did all this at a frantic pace on top of both his other socialist commitments and his full time work as a teacher under very trying conditions.

He was passionate about all things natural, dandelions included, and when it came to organisation he was far keener on organising the dockers than the docks.

One of the roots of his adoption of socialism was his youthful revulsion at religion. This was to be one of the most enduring elements of all his thought. Religion, he thought, bolstered ignorance and superstition and so retarded progress. Moreover,



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it had a particularly deleterious effect on the minds of children. It not only began the processes of unthinking, irrational obedience to authority that he regarded as the personal habit which most surely "degrades the conscience and the intelligence"(5); it also turned children into stunted, frightened, individuals. He had been made to believe in eternal damnation and it had made his own boyhood a hell on earth.(6). He was determined that others should be spared this trauma and have their eyes opened to the truths of learning based on reason and science, not cant and dogma. ... Children were terrorised by religious indoctrination, but he felt they instinctively recognised the truth and above all the simple justice and fairness of the socialist ethical message and responded warmly to it.(7).

(To be continued).

**Ros Marsden**

- 
- 3 1892 register of marriages.  
*Fabian News, Oct. 1891 (Supplement), March 1891, Dec.r*
  - 4 1891, Jan. 1892, Nov. 1892, June 1893, Dec. 1893 and  
*April 1894*
  - 5 *The Clarion, 31 May 1912*
  - 6 *The Clarion, 19 May 1911. Mrs Elaine Auger, describes  
 her Father's religious upbringing as being of the  
 "narrowest of the narrow".*
  - 7 *The Clarion, 22 Nov. 1912*



# CALLING ALL

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I wish to thank the two ladies that came to the Club to see what Heacham Wives is all about. It is with many apologies that we were not there!!

If you would like to phone me on 572252 I will explain our absence. You will be very welcome at our next meeting in March.

Sincerely, Sue Scott (for Heacham Wives)



## The Kitchen Gardener

March – early spring. Textile ideas creep into the kitchen, using up the 'pompions', and Agatha Christie's Thunder and Lightning.

Discussing design and construction with a group of textile friends recently, we again touched on the idea that it is easier to work with a restricted palette, choices limited maybe by the colours, yarns or fibres that are on hand – using what you've got and not buying in for a project.

One fellow weaver told me – after the death of her best friend – 'that's it, I'm going to use up all my precious stash of yarns I've been keeping for best, what am I waiting for?'

I like the satisfaction that comes from working with what is available, bringing something together from what at first glance seems unpromising, in the workroom or my kitchen. My Swedish friend's mother called it making soup from a nail, she says those soups always tasted fantastic. My Mum called hers kitchen sink soup as she'd throw in everything bar the kitchen sink. An Irish friend of mine told me about his Grandmother's soups that would last for two or three days, and the bottom of the pot on day three held the best and tastiest goodies.

The leeks, carrots and cabbage have stood well, Uchiki Kuri and Crown Price squashes are still in prime condition, there are potatoes in winter store, herbs dried from last summer and some stock from game bones. My winter and early spring soups are sturdy, stand the spoon up in, affairs with plenty of chunks of vegetables. Hearty grub with zero food miles.

I like to vary the cut of the leeks – big chunks of the white end, narrowing the cut of the pale green area and finely shredding

the green part. Same with the squash – some large chunks to please the eye and for bite and thinner slices for squashing against the side of the pan to thicken the mix. I was pleased to discover how well a generous spoonful or two of paprika or smoked paprika goes with squash in a vegetable soup. I usually add a little acid of some sort just at the end of cooking to balance the sweetness of the squash.

I serve with toasted, slightly burnt at the edges wholemeal croutons, diced pickled beetroot and chopped raw shallots to add crunch and heat.

On my to try list is a German recipe for using apples and pumpkin or squash from the winter store. It is savoury - for eating with sausages and other pork dishes. 2oz of streaky bacon is fried gently, 8oz of diced onion is added and both are browned. 2lb of cubed pumpkin is added with ¼ inch of water, pan is covered and simmered until the pumpkin begins to collapse. ¾ lb of peeled and cubed eating apples are added with lemon juice and zested rind to taste, it is seasoned with salt and a little sugar and cooking is continued with lid off the pan until the apples just begin to break down. The seasoning is adjusted, then the dish is served.

Starchy vegetables have been used through the centuries to stretch flour stores during times of hardship. Eliza Acton's English Bread Book of 1857 mentions potatoes, boiled and sieved French bean seeds, parsnips, turnips and beetroot. I tried the latter, it worked but can't say it was anything to write home about.

Elizabeth David's bread book gives a 1741 recipe for using pumpkin. The 'pompion' is sliced and boiled until thick and clammy, strained through a fine cloth then mixed with flour for the dough. The recipe writer advises that 'the bread will keep moist and sweet a month longer than bread wetted with fair water only'.

Early spring sees me gearing up for the growing season. At the beginning of the month I'll be sowing tomatoes, peas, lettuce and more peppers if there has been poor germination of the February sowings. I'm hooked on home grown peppers and every year grow a greater number. They freeze so well cooked with tomatoes and offer a vibrant taste of last summer all through the winter.

Towards the end of March I'll sow a pinch more lettuce, plant onion sets and if the weather is kind plant out the potatoes, although I'm also toying with the idea passed down through generations of gardeners of planting the potatoes out on Good Friday. For the last couple of years the overwintered Radar onions have been hopeless, they have rotted or simply not grown on. The vegetable plots are always rotated to minimise the build

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up of crop specific pests and diseases and before these failures I've enjoyed hearty feasts of overwintered onions in the spring.

Last year I had maincrop onion sets to spare so planted them out as a catch crop. This worked quite well, the onions didn't reach the size of overwintered sets by the time I was ready to pick them, but they were an acceptable size and edible. The last of the leeks and shallots filled in for the missing overwintered onions earlier in the spring.

It is still chilly and beast of the East windy enough to enjoy rib sticking starchy treats packed full of flavour. My cold weather cheer up cure is treacle scones, recipe discovered in a mid-1940's old, bedraggled, browned, torn with cover missing Trex cookery book. Sad though it looks I'll never be parted from it, the usual thing – great sentimental value.

Treacle Scones. 8oz/225g flour, 2oz/60g Trex or other baking fat, 2tsp baking powder, 1tsp ground ginger, ½tsp cinnamon, 1tsp mixed spice, 1 tablespoon black treacle, ¼ pint milk. Mix and shape as for usual scones, adding the spices with the dry ingredients and mixing the treacle with the milk. The treacle will combine better if the milk is slightly warmed first. Bake for 10 – 15 mins at 220C/gas 7.

If you are running low on black treacle, half golden syrup and half treacle works just fine. I sometimes throw in a handful of dried fruit or some diced stem ginger and often add ¼tsp ground cloves. I rarely get the cutters out, instead shaping the scone dough into a round and cutting into 4 or 6 wedges. Rhubarb, ginger and orange jam sits happily on top when they are served warm and beautifully scented from the oven.

Sadly wondering if treacle may eventually go the way of junket and jars of malt extract and, increasingly, Bovril on shop shelves, I hope it may be saved due to the baking revival and its use as a marinade for dishes like pulled pork. Leafing through some of my old books I discovered this unusual offering in a 1970 collection of Devonshire recipes published for charity.

It was contributed by Agatha Christie who lived in Churston Ferrers at the time. She says it is a true Devonian recipe of her childhood.

Thunder and Lightning. 4 tablespoons black treacle mixed with 2 tablespoons brown breadcrumbs, 4 tablespoons whipped thick cream and 1 teaspoon almond essence. Take off the yellow top of a bowl of Devonshire (? clotted I wonder) cream and lay it on top. She suggests serving this mixture on top of a sponge cake.

I fear the pudding would be totally over-egged should I try this on top of the treacle scones.

Hilary Dellar-Lane



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PRH = Pine Residents Hall, Wilton Rd  
SG = Scout & Guide Hut, Sunnyside

HSC = Heacham Social Club  
PH = Public Hall  
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– 6pm Contact Tel: Jenny 534107 (MC)  
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School  
Contact Sandee Tel: 01485 570485  
1st HEACHAM SCOUTS ( boys and girls aged 10 to 14yrs )  
7 - 9pm Tel: Seb 07477 511116 (SG)  
HEACHAM IN BLOOM 3rd Monday Monthly @ 7pm (PC)  
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LINE DANCING 7-9pm £3.00 Tel: 532317 (PH)  
HEACHAM WIVES GROUP – 2nd Monday of most months at  
7.30pm (HSC) Top Room Contact Sue Scott Tel: 572252

### TUESDAYS

ACTIVE FOR LIFE exercise classes for those aged 60 or over  
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CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)  
LADIES KEEP FIT FOR OVER 50's 10.30 - 11.30am. Contact  
Kath Manning-Coe Tel : 01553 774343 (SM)  
CARERS SUPPORT GROUP West Norfolk Mind Tea & Chat  
at Piece of Mind 4 Poplar Avenue 1 - 2.30pm Tel: 572707  
LINE DANCING 1.30 - 3.30 pm Contact Diane 571166 (SM)  
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)  
1st HEACHAM GUIDES 5.30 – 7pm Tel: Sue Theunissen  
07833747059 or just come along (MC)  
WEIGHT WATCHERS 6pm Tel:Alison 07796 904311 (OFH)  
ZUMBA 7-8pm £4 per class or £7 for both Tuesday &  
Wednesday classes Tel: Michelle 07585002124 (SG)  
PARISH COUNCIL MTG 3rd Tuesday monthly 7.30pm (PC)  
HANDS & NEEDLES GROUP every other Tuesday  
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POCAHONTAS PLAYERS Drama Group 7.30 – 9.30 pm Tel:  
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HEACHAM BOOK CLUB 3rd Tuesday monthly Tel: Beth  
570479  
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### WEDNESDAYS

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07561303886 (HSC) playing fields  
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–  
8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek  
01553 674779 (PRH)  
LINE DANCING FOR IMPROVERS – 7 - 9pm. £3.  
Contact Diane 571166 (SM)  
BINGO 7.30pm Neville Court Grouped Home  
HEACHAM TWINNING ASSOCIATION 3rd Wednesday  
monthly @7.30pm New members welcome Tel: 579465.(PC)  
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)  
WEST NORFOLK SINGERS 7.30-9pm For info Tel: 541851  
Peter Gray www.westnorfolksingers.org.uk/ (MC)  
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5  
welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

### THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older  
people dementia friendly) 9.30–3pm For info see Wednesday  
TABLE TENNIS CLUB 10am (PH Top Room)  
ACTIVE FOR LIFE see entry on Tuesday  
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)  
MOTHERS' UNION 4th Thursday monthly 2pm (SM)  
TREFOIL GUILD 1st Thursday monthly 2 - 4pm  
Tel: 07813014477 Mary Harpley (PRH)  
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for  
over 60's) Tel: 570492  
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC)  
5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084  
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)  
1st HEACHAM CUBS ages 8 – 10yrs  
Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)  
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)  
FLOWER CLUB 4th Thursday monthly 7.30pm Flower  
arranging & demonstrations Tel:Alayne Seymour570560 (SM)  
RAO BUFFALOS 8pm (HSC Top Room)  
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

### FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon  
3rd Friday of the month Contact Renee Smith or Barbara  
Fargher silverlinings@gmx.co.uk or Tel:534741 (SM)  
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last  
Friday of the month at 2pm  
1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to  
8 years Term time 6 - 7.15pm Tel : Barry 570767 (SG)  
TAI CHI & KUNG FU 6-7pm Beginners Tai Chi  
7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu  
Tel: Derek 01553 674779 (PRH)  
CASH BINGO 7.30pm (PH)  
WILD FOWLERS CLUB 1st Friday monthly 7.30pm  
(HSC Top Room)

### SATURDAYS

HEACHAM YOUTH CLUB Term Time School Years 6-11  
Tel: Tracey Swann 07833 307856 (SM)

**HEACHAM DIARY**

**Saturday 7th March** GIG 'Alix Anthony' 8.30pm at the Fox & Hounds Station Road  
**Tuesday 10th March** GIG 'Keno Kings' 8.30pm at the Fox & Hounds Station Road  
**Thursday 12th March** 'Green Team' Meeting 12 noon at the Parish Council Office Pound Lane  
**Tuesday 17th March** GIG 'Sound Station' 8.30pm at the Fox & Hounds Station Road  
**Wednesday 18th March** Heacham Twinning Association 'AGM' 7.30pm at The Old Friends Hall Sunnyside  
**Thursday 19th March** 'Heacham Historical Society' Meeting 7.30pm at the Old Friends Hall Sunnyside To include a talk by Andrew England 'Old Heacham through Photos'  
**Friday 20th March** GIG 'Where's the Dog' 8.30pm at the Fox & Hounds Station Road  
**Tuesday 24th March** GIG 'Machine Shed' 8.30pm at the Fox & Hounds Station Road  
**Friday 27th March** GIG 'Jam with DNA' 8.30pm at the Fox & Hounds Station Road  
**Saturday 28th March** 'Mussy Church' at St Mary's Heacham 10am-12 noon Book in advance Tel: Brian/Josephine 571348 or email griffin568@btinternet.com  
**Monday 30th March** 'Fridhem Easter Bingo' at Fridhem Rest Home Station Road Eyes down 7pm sharp Refreshments All welcome  
**Friday 3th to Monday 6th April** 'Beerfest Easter Weekend' at Fox & Hounds Station Road  
**Friday 3rd April** GIG 'The Big Part Time Blues Band' 8.30pm at the Fox & Hounds Station Road

**Saturday 4th April** GIG 'Limehouse Lizzy' supported by 'Tattooed Lies' at Heacham Public Hall Doors open 7.45pm Tickets £12.50 from Trev Frammingham 07747 156204 or from the Social Club Bar  
**\*\* GIG 'Sylvester Peat-cutter (Irish)' 8.30pm at the Fox & Hounds Station Road**  
**Sunday 5th April** GIG 'Hillbilly Cats (Rock 'N' Roll)' 8.30pm at the Fox & Hounds Station Road  
**Saturday 2nd & Sunday 3rd May** 'Spring Art Show 2015' at the Old Friends Hall Sunnyside If you are interested in showcasing your work contact the Parish Council Office Tel: 572142 for more details  
**Friday 8th May** Heacham Twinning Association 'Visit to Stamford' Cost £13 Departs 8am Pick-up points: (1) Station Rd opposite Heacham Public Hall (2) Lodge Rd Bus Stop To book your place Tel: Sue 572252  
 Please turn to the next page for 'Other Events' 

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Representative example relates to a Subaru XV 2.0i SE Lineartronic. On the road price including optional metallic paint is £23,995.



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## OTHER EVENTS

**Saturday 7th March** Cinema in Syderstone presents 'Mr Turner' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel 578588 or 578171 or email [cinema@syderstone.com](mailto:cinema@syderstone.com)

**Wednesday 18th March** Princess Players 'Poetry Morning' 10.30am to 12 noon at Hunstanton Town Hall basement Entry £2 More info from Ann McKimm Tel: 533933

**Friday 20th March 2015** Anmer Village Social Club Film Night 'Mr Turner' 7.30pm Tickets £3 For more info Tel 579465 or email [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk)

**Saturday 21st March** Cinema in Syderstone presents 'The Imitation Game' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel 578588 or 578171 or email [cinema@syderstone.com](mailto:cinema@syderstone.com)

**Thursday 26th March** Norfolk Wildlife Trust a talk 'Wild Breckland' 7.30pm at Hunstanton Methodist Church Hall Austin Street Cost £2 (members) £2.50 (visitors)

**Friday 27th March** Carole Brown Health Centre PPG & Friends of St Nicholas' Church 'Quiz Night' 7.30pm at St Nicholas Church Hall Dersingham Entry £5 per team (max 6 per team) includes refreshments For tickets Tel:541450 Tom Morris / Tel:540865 Edgar Cooper / Tel:540081 Nigel Sisson

**Saturday 28th March** Hunstanton & District Lions Club 'Country & Western Night' Dancing and Entertainment to the music of 'MT Allen' at Heacham Public Hall

\*\* Cinema in Syderstone presents 'All The King's Men' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel 578588 or 578171 or email [cinema@syderstone.com](mailto:cinema@syderstone.com)

**Friday 3rd to Monday 6th April** 'Art at the Hall' display of works by Bryan Harford, Alan Witley & Brian Woodford at Ringstead Village Hall 10am to 5pm Free Entry & Parking

**Sunday 5th & Monday 6th April** RAF Bircham Newton Heritage Centre 'Open Day' 11am-5pm Free admission & parking

**WANT TO PLAY BRIDGE?** Hunstanton Bridge Club welcomes players of all levels and ability. Please call Roger Pearce 01485 572121 for more information

**SEDFORD PRE-SCHOOL** - Toddlers from age 2+ Mon to Fri mornings 8.45-11.45am (with optional 'wraparound' from 11.45am to 12.30pm) and **Tues & Thurs** afternoons 12.30-3.30pm (term time) Sedgeford Primary School Ringstead Rd Sedgeford – Tel: Jane 01485 579489

### Mondays

U3A HUNSTANTON meets 3rd Monday monthly (except Aug & Dec) 2pm at Hunstanton Community Centre for details Tel: Chris (Chairman) 535065 or Barbara (Secretary) 571484  
**FITSTEPS** 6.30 – 7.30pm at Ingoldisthorpe Village Hall To book Tel:Jaime 571395 or 07765433100 or email [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

### Tuesdays

**BRANCASTER BABY & TODDLER GROUP** Simms Reeve Inst.Hall Brancaster 9.30-11.30am(term time) £2 per family For info email: [brancasterbabyandtoddlergroup@yahoo.co.uk](mailto:brancasterbabyandtoddlergroup@yahoo.co.uk)  
**KEEP FIT FOR OVER 50's** 10.00 to 11.30 am Ringstead VH Cost £3.50 Tel: Val Barnes 01328 864358

**COASTAL STROKE GROUP** 10.30am – 12.30pm at Hunstanton Methodist Church Austin St For more info Tel: Julie Manning 600930 or Gemma Smith 01366 377803

**SLIMMING WORLD** 5.30pm & 7.30pm at Hunstanton Community Centre Avenue Road Tel: Jo 07942 818059

**HUNSTANTON TANG SOO DO CLUB** Korean martial arts of self defence 'all ages' 6.30 - 8.30pm at Smithdon High School For details contact Ian on 07806 622154

**HUNSTANTON COMMUNITY CHOIR** Rehearsals 7-9pm at Hunstanton Town Hall £3 per session Inc. refreshments For info Tel: 532392

### Wednesdays

**DOCKING MARKET** 9am - 1pm in The Ripper Hall Local Produce Craft and Gift Stalls Tel: 576233

**RESTORATIVE YOGA** 10 - 11am Sedgeford Village Hall Contact Sandee Tel: 01485 570485

**SING FOR WELLBEING** Snettisham Community Choir 10am-12noon at St Mary's Church Hall Snettisham For info Tel:Carol O'Neill on 01328838616

**LYMPHOEDEMA SUPPORT GRP** meets the 2nd Wednesday monthly 10.30am-12noon Any enquiries please telephone Sue: 01485 570823

**NICE & GENTLE** Fitness 1-2pm £3 pp Inc's Tea or Coffee at Hunstanton Community Centre tel: Michelle 579074

**CATKINS TODDLER GROUP** – Wed afternoons 1.00-3.00pm term time only Sedgeford Primary School Ringstead Rd Sedgeford – Tel: 01485 579489

**ROLLASON STAGE SCHOOL** Dance Classes under 6yrs Ballet/tap/modern 4.30-5.15pm 12yrs+ Ballet & modern 5.15-6.15pm Senior street crew 6.15-7pm at Hunstanton Town Hall Basement Tel: 579074

**YOUTH 45 GROUP** meet at Ringstead Village Hall 7pm-8 pm for ages 7-14 Cost is £1 per evening and the contact is Mr T Large 11 Holme Road Ringstead Tel: 01485 525480

**FIRE CADETS** at Hunstanton Fire Station 7-9 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07919 492294

**WEST NORFOLK TAI CHI CHUAN** – weekly local Tai Chi classes [www.west-norfolk-tai-chi.com](http://www.west-norfolk-tai-chi.com) for information.

### Thursdays

**LINE DANCING** 10.30am – 12 noon at Hunstanton Community Centre £3 Tel: Diane 571166

**ROLLASON STAGE SCHOOL** Musical Theatre class All ages 4.30 – 5.30pm at Hunstanton Town Hall Basement For info Tel: 579074

**CHILLATES** 6-7pm £4 pp at Hunstanton Town Hall Basement Tel: 579074

**FITSTEPS** 6.15 - 7.15pm at Snettisham Memorial Hall To book Tel:Jaime 571395 or 07765433100 or email [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

**KINGS LYNN & DISTRICT OSTEOPOROSIS SOCIETY** meet in Kings Lynn 4th Thursday monthly at 7.30pm Door to door taxi service - £2 For more info Tel: Pat Reilly 572271

### Fridays

**BRANCASTER BABY & TODDLER MUSIC GRP** Simms Reeve Inst. Hall Brancaster 10-11.30am(term time) 1st & 3rd Friday monthly £1.50 per family (see Tuesday for info details)  
**ZUMBA** at Docking Ripper Hall 6.15-7.15 £4 pp for info Tel: Michelle 579004

**HUNSTANTON TANG SOO DO CLUB** Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon High School Hunstanton For info Tel: Ian 07806 622154

### Saturdays

**CHRISTIAN YOUTH GROUP** 3rd Sat monthly 10am-12 noon ages 10-14 Cost £1 at Dersingham Church Hall More info from Karen Creedy 07717231096

**ROLLASON STAGE SCHOOL** with Lucy Rose Musical Theatre Group 11am Street dance under 12's 12noon Drama Group with Ann McKimm 1pm Musical Theatre 2pm at Hunstanton Town Hall Basement For information re attendance Tel: 579074

**INDIE ARTS CLUB** 2nd Sat monthly 1-4pm at Hunstanton Town Hall Basement Entry & Membership free Tea or Coffee 50p Book in advance via email: [bookings@wattsington.com](mailto:bookings@wattsington.com)



# around and about...

## Community Cinema Cinema in Syderstone

Presents:

**Saturday 7th March**

**'Mr Turner' (12A)**

Mike Leigh's biography of the British artist J.W.W. Turner. Timothy Spall delivers a majestic performance, arguably his best in a rich career, capturing both Turner's quicksilver intelligence and energy and also his coarse manners. Possibly director Mike Leigh's best film to date.

**Saturday 21st March**

**'The Imitation Game' (12A)**

Based on the real life story of legendary cryptanalyst Alan Turing, the film portrays the nail-biting race against time by Turing and his brilliant team of code-breakers at Britain's top-secret Government Code and Cypher School at Bletchley Park, during the darkest days of World War II.

**Saturday 28th March 2015**

**'All the King's Men' (15)**

This is the true and very moving story of the WW1 Sandringham Company, Norfolk Regiment, which comprised workers from the Royal Estate. The whole company commanded by Estate Manager Captain Frank Beck (David Jason) advanced across the battlefield in Gallipoli in 1915 and disappeared. Queen Alexandra (Maggie Smith) tries to discover what became of them. It was filmed locally - you may well recognise some of the locations.

Venue: Amy Robsart Village Hall,

Syderstone PE31 8RX.

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578588 or 578171

Email: [cinema@syderstone.com](mailto:cinema@syderstone.com)

## Anmer Village Social Club Film Night

**Friday 20th March 2015 at 7.30pm**

**'Mr Turner'**

starring Timothy Spall in the biography of the British artist J J Turner

Doors and bar opens 7.00pm

Admission by ticket - £3.00 at the door

Further details tel: 01485 579465 or  
email: [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk)

For details of this and other forthcoming events, including trailers of future films, visit our website at:  
[www.anmerclub.co.uk](http://www.anmerclub.co.uk)



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**THE HUNSTANTON AND DISTRICT  
FESTIVAL OF ARTS  
SMALL GRANTS FUND 2015**

The Hunstanton & District Festival of Arts can now offer a small grants fund to assist local groups and individuals with their artistic work. This could be art, music, dance, drama, photography, crafts, sculpture etc. in all its forms.

Grants of up to £200 are available to local groups who need assistance with their own projects, and they are now invited to apply to:-

The Secretary, Hunstanton & District Festival of Arts at: [info@hdfa.org.uk](mailto:info@hdfa.org.uk) or call in at the Hunstanton Tourist Information Office to pick up a form.

This form will then be issued for your use and on its return the application will be considered at the next meeting of the HDFA Committee. These meetings are held once a month.

You may be invited to attend to explain the project in more detail. Funds are limited so early application is advised.

Any group or individual working within the Arts fields in Hunstanton and the surrounding villages will be considered.



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**THE HUNSTANTON AND DISTRICT  
FESTIVAL OF ARTS  
PHOTOGRAPHIC COMPETITION 2015**

The HDFA are delighted to announce their photographic competition for 2015. Entry is open to all age groups, schools, individual and photographic clubs.

The title this year will be: **‘Flights of Fancy’**.

The photographs, in digital form only please, can take the form of birds and animals, flying machines of any description, and of course much more abstract thoughts! Just use your imagination! Try to steer away from sunsets as we did that last year.

Entries must have been taken recently within the North Norfolk Area. Full details and rules will be on the application form available from: [www.hdfa.org.uk](http://www.hdfa.org.uk) or to collect from Hunstanton’s Tourist Information Office and local shops who are members of the HDFA - (Paint Me Ceramics; Horizon; Norfolk Homes & Gardens; The Hospice Shop).


The winning photographs will be made into Hunstanton’s Calendar for 2016 and entrants must agree to this. Seasonal ideas will be most welcome.

Prizes will be: £100.00 for the overall winner and £25.00 each for 11 runners up.

Entries must be in by 7th September.

Further information will be available from [info@hdfa.org](mailto:info@hdfa.org)

So what are you waiting for? Grab your camera and get creative!



The West Norfolk Members Group invites you to an illustrated talk by David Mason:-

**Wild Breckland**  
on  
**Thursday 26th March - 7.30pm**

Venue: Hunstanton Methodist Church Hall, Austin Street  
Cost: £2.00 members / £2.50 visitors

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## King's Lynn Festival Chorus

King's Lynn Festival Chorus steps into the 21st century with its concert at The Minster on Saturday March 14th at 7.30pm with glorious choral music written by composers who are still alive.

Now that might put some of our potential audience off thinking that it is going to be all screeches and odd sounds, but be assured those who compose in the 21st century have all the skills of the more well-known classical composers such as Bach and Mozart. As a result, the items chosen for this Spring concert by the Chorus will bring as many tingles up the spine as anything written by composers of the 18th and 19th century.

John Rutter's carols and other compositions are familiar to most concert goers and what would the Carols from King's College at Christmas be without a contribution from this venerable modern musical genius. KLFC will be singing his "A Gaelic Blessing" together with other works from his "Psalmsfest".

John Hearne, the eminent composer, born in Reading of Welsh parents and now living in Scotland, has chosen to come from Scotland to be present at this concert where KLFC will be singing his very original work "The Seagull".

James Macmillan has been much influenced by his Catholic faith, his Scottish heritage, his social conscience and Celtic folk song and his "Christus Vincit", also in the programme on March 14th, was first performed at St Paul's Cathedral and Tom Appleton, KLFC's Music Director, was a young chorister there at the first performance.

Eric Whitacre has "pop star" status in modern music today. This American composer, now composer-in-residence at Sidney College, Cambridge, will be most recently remembered for his Virtual Youth Choir composition premiered at the Glasgow Commonwealth Games last year. KLFC will be singing several of his choral works.

Also being performed in the concert is "Lux Aeterna" by another American composer, Morten Lauridsen, who has been called "*The only American composer in history who can be called a mystic, whose probing, serene work contains an elusive and indefinable ingredient which leaves the impression that all the questions have been answered*".

King's Lynn is in for a musical treat on March 14th when some of the best choral works of the 20th and 21st century will be performed. Tickets are £15 from The Corn Exchange or £5 for students. A concert not to be missed!!

## TONY'S HOUSE MAINTENANCE

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## Heacham Twinning Association

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Friday 8<sup>th</sup> May

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Depart 8:00am

1<sup>st</sup> pick up point: Station Rd, (Opposite Public Hall) Heacham.

2<sup>nd</sup> pick up point: Lodge Road bus stop, Heacham.

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## R.A.F. BIRCHAM NEWTON (1918 – 1962) AND ITS 'HERITAGE CENTRE'

ROYAL AIR FORCE Bircham Newton has a proud history of 44 years of service spanning two world wars and involving more than 80 operational units.

A bomber base from 1918 until 1936, RAF Bircham Newton was the home of many iconic aircraft, including the Handley Page V/1500, DH9A, Fairey IIIIF, Fairey Gordon, Hawker Hind and the Hawker Hart.

In 1936, the station was transferred to Coastal Command and served in that command throughout the Second World War. It became one of the most important airfields along the east coast, performing reconnaissance, anti-shipping and air-sea rescue operations across the North Sea. Satellite airfields were opened in Docking and Langham to accommodate the increased number of operations required to support the war. A large variety of planes flew from the station's grass runways, including the Avro Anson, Bristol Blenheim, Lockheed Hudson and the Vickers Wellington.



From 1948, the station was transferred to Technical Training Command and hosted various training schools which were amalgamated to become the RAF School of Administration. In 1959, the Administrative Apprentices School was located at the station until closure in December 1962. The station experienced a brief return to flying in the mid '60s when it supported the trials of the Hawker Siddeley Kestrel V/STOL aircraft.

After closure, the site was acquired by the Construction Industry Training Board (CITB), where it continues to carry on its highly successful operation to this day, occupying many of the original RAF buildings. CITB very generously provides the accommodation for the Heritage Centre.

The RAF Bircham Newton Memorial Project (a registered charity), was established in 2005 to commemorate the distinguished history of the airfield and to preserve its memories into the future. Permanent memorials are now in place at both this site and near Docking (Sunderland Farm).

The RAF Heritage Centre is located in the former Commanding Officer's residence at Bircham. Visitors to the Centre can see an eclectic mix of memorabilia, relating not only to RAF Bircham Newton and its personnel, but also to other associated areas of interest. In 2014, visitors saw new displays relating to World War 1 and also an exciting new collection of die-cast model aircraft. Books and miscellaneous gifts are also on sale. Further

details about RAF Bircham Newton and the Heritage Centre can be found on our website: <http://www.rafbnmp.org.uk>



Special arrangements for group visits outside the scheduled programme can be arranged by prior contact with Denise Goff MBE (01485 578527) or Avril MacArthur (01485 578588).

### ROYAL AIR FORCE BIRCHAM NEWTON HERITAGE CENTRE and Memorial to those who served here from 1918-1962

**OPEN DAYS 2015**  
**11am – 5pm**

Easter 5th & 6th April  
Early Bank Holiday 3rd & 4th May  
Spring Bank Holiday 24th & 25th May  
Sunday 28th June  
Sunday 26th July - Heritage Centre's 10th Anniversary  
Summer Bank Holiday 30th & 31st August  
Sunday 27th September

Venue:- The National Construction College  
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[www.rafbnmp.org.uk](http://www.rafbnmp.org.uk)

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## Brancaster Camera Club

We are a small, friendly club and welcome photographers of all abilities. If you would like to come along and see what we do please join us in Brancaster Staithe Village Hall on the nights mentioned. We start at 7.30 pm. Admission is £3 to include coffee, although your first visit is free.

The following evenings have been arranged for March 2015:-

### Tuesday 10th March, 2015

Presentation by Di Burns FRPS.AV AFIAP and

Mike Burns ARPS

'Long Distance Local Walks' - High quality images.

### Tuesday 24th March 2015

Digital Image Competition - Subject 'Open'

Judge - R. Makemson.

For more information, contact Jim Till (Chairman) 01485 210013 or Wendy Calow 01553 674725. We would be pleased to see you.

## TIDE TABLES FOR MARCH & APRIL 2015

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) BST begins Sun 29th March [add 1hr to times given]									
March 2015					April 2015				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SU	02 59	5.6	15 17	5.7	1 W	04 29	6.1	16 33	6.5
2 M	04 08	5.8	16 15	6.2	2 TH	05 11	6.5	17 13	6.7
3 TU	04 59	6.2	17 03	6.6	3 F	05 44	6.7	17 49	6.8
4 W	05 39	6.6	17 42	6.8	4 SA	06 14	6.8	18 22	6.9
5 TH	06 14	6.7	18 18	7.0	5 SU	06 44	6.9	18 56	7.1
6 F	06 45	6.8	18 51	7.0	6 M	07 15	6.9	19 29	7.1
7 SA	07 14	6.9	19 23	7.2	7 TU	07 44	6.9	20 00	6.9
8 SU	07 41	6.9	19 53	7.0	8 W	08 13	6.9	20 30	6.8
9 M	08 09	6.8	20 21	6.9	9 TH	08 44	6.8	21 03	6.6
10 TU	08 38	6.8	20 48	6.8	10 F	09 20	6.5	21 45	6.3
11 W	09 07	6.6	21 19	6.6	11 SA	10 04	6.2	22 39	5.9
12 TH	09 41	6.3	21 59	6.2	12 SU	11 04	5.9	23 55	5.6
13 F	10 27	6.0	22 51	5.8	13 M			12 26	5.7
14 SA	11 27	5.6			14 TU	01 48	5.6	14 01	6.0
15 SU	00 06	5.5	12 55	5.5	15 W	03 06	6.1	15 10	6.5
16 M	02 05	5.6	14 31	5.8	16 TH	04 07	6.7	16 08	7.1
17 TU	03 26	6.1	15 38	6.4	17 F	04 58	7.1	17 00	7.4
18 W	04 27	6.7	16 34	7.0	18 SA	05 44	7.4	17 50	7.8
19 TH	05 20	7.2	17 24	7.5	19 SU	06 27	7.7	18 37	7.9
20 F	06 07	7.5	18 11	7.9	20 M	07 09	7.7	19 24	7.9
21 SA	06 50	7.6	18 57	8.1	21 TU	07 47	7.5	20 06	7.7
22 SU	07 31	7.8	19 40	8.1	22 W	08 23	7.3	20 48	7.3
23 M	08 08	7.6	20 22	8.0	23 TH	09 00	6.9	21 31	6.8
24 TU	08 46	7.4	21 04	7.5	24 F	09 38	6.5	22 19	6.1
25 W	09 24	6.9	21 49	6.9	25 SA	10 25	6.0	23 21	5.6
26 TH	10 05	6.4	22 40	6.2	26 SU	11 30	5.6		
27 F	10 58	5.8	23 49	5.6	27 M	00 38	5.3	12 51	5.4
28 SA			12 12	5.5	28 TU	01 51	5.4	14 03	5.5
29 SU	01 12	5.2	13 33	5.4	29 W	02 56	5.6	15 04	5.9
30 M	02 31	5.4	14 45	5.6	30 TH	03 49	6.0	15 54	6.1
31 TU	03 38	5.7	15 44	6.0					

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## NEWSLETTER SUDOKU No. 89

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

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

Solution to  
Newsletter  
SUDOKU  
No. 88

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

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## Hunstanton & District Rotary Club

### Rotary Matters

Following last year's successful event and by popular request:

#### Poetry & Pot-pourri

A Social Evening organised by the Rotary Club.

**Wednesday, April 29th at 7.00 for 7.30pm in St. Edmund's Church Hall, Hunstanton.**

This is an open invitation to all who would like to attend. All will be welcome.

The meal is Beef Lasagne, a selection of breads and home-made desserts, tea/coffee; vegetarian option available if pre-ordered; soft drinks provided at the meal. If you prefer wine please bring your own (a few bottles will be available with a donation).

The price for this evening will be £12 per person. There will be a raffle. All proceeds from the event will go to Rotary's Foundation Charity.

Please bring along your favourite poem (or two!). Limericks encouraged!

Order your tickets (not later than Fri, April 25th) from Phil Newell, tel 01485 533864, email: [phildory@talktalk.net](mailto:phildory@talktalk.net) or collect from Witleys Shop, High Street, Hunstanton.

#### News from Hunstanton and Heacham Day Centres:

Hunstanton Day Centre members are pleased to announce that Heacham Day Centre members have joined them. This secures the future of the Hunstanton Day Centre with 50 plus members. The Day Centre caters for senior residents of both Hunstanton and Heacham, meeting at the Community Centre, Avenue Road in Hunstanton, on Tuesdays, 9.30am to 3.00pm. A two-course

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or call 01485 536 030  
Heacham Manor, Hunstanton Road, Heacham, West Norfolk PE31 7JX

meal is provided. There is fellowship, companionship and outings! Rotary sponsors the Day Centre; it is a much-needed organisation in the town. We are delighted to hear of the amalgamation of this worthwhile cause!

#### Recent speakers at the Rotary Club:

Pauline Daisley-Brown runs a superb charity, on her own, with the occasional help of a volunteer or two. It is known as "A Change of Scene for Children". Pauline spoke to our Rotary members in Hunstanton about her work. She helps any young person, typically between the ages of seven and eighteen 'ish', who may be disadvantaged or about to be excluded from school for whatever reason, or perhaps being from a family where the child may have been ignored, or a child with learning difficulties. She works mainly on a one-to-one basis, mapping out a plan for helping the young person and treating each one on an individual basis.

It may, for instance, involve helping in jobs around the small-holding. A field is rented locally where there are ponies, ex-battery hens and three 'rampaging' rams! The hens may be in an awful state to begin with – no feathers, or being unused to the open spaces etc, yet they still lay eggs. Older children, for example thirteen or fourteen-year olds, may get a little 'lost' – they want to be outside but they don't want classroom activities and like the thought of a land-based career. A one-day course may be run to help the person, for example on tractor driving, or sheep-shearing. It gets the person out in the fresh air, talking, walking and doing, perhaps away from a computer or a 'phone!

Pauline gets no formal financial assistance to help her. She relies



Pauline Daisley-Brown giving her talk

entirely on any help that can be given her. She needs volunteers to assist her in her work and to give encouragement to the next generation to be successful, despite their start in life. For instance, volunteers are

needed to help in animal husbandry skills, horse-riding, fundraising, book-keeping, photography, building, wood carving, and alpaca shearing. If you can help but have another skill, please contact her. Pauline can be contacted on 01485 512759 / 07584 192846; Facebook page 'A Change of Scene for Children'.

Rotarian Muriel Motley gave a vote of thanks in which she said that Pauline was doing absolutely wonderful work to help young people.

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Sarah Lunn, from Ward Gethin Archer, Solicitors, visited us recently to give a talk on Family Law. She gave out some useful information on family matters, such as divorce and how a solicitor may be able to help where seemingly unsolvable problems exist, or where finance matters need to be resolved. She stressed the need for persons to make a Will – particularly important where divorce occurs involving children from a previous marriage. Also, she highlighted the value of individuals having Power of Attorney – important if one’s partner becomes unable to make financial decisions through ill-health.

Our most recent speaker, Charlotte Hitchings from Sedgeford, gave us an inspiring talk on the work of the National Autistic Society. She kept us spellbound while telling us about the problems that autistic children and their family members, may have. Autistic children have difficulty with social communication and have social interaction and sensory problems, such as balance and spatial movements. There are varying degrees of autism which is a neurodevelopmental disorder. Some children need much more care than others; some can be adults, marry and have children. Up to, perhaps twenty to thirty years ago, autism was thought to be a psychotic disorder, where it was frequently thought that an autistic person could help their behaviour, that is, they were being ‘naughty’. It is now known that this is far from the truth. Our speaker highlighted what can be done to help the autistic person, with, particularly, lots of activities, giving examples to show that a great deal can now be done to help these afflicted people.



*Charlotte Hitchings speaking on autism.*

Hunstanton & District Rotary Club meets on Wednesday lunchtimes over lunch and frequently a talk is given, at the Le Strange Hotel in Old Hunstanton. Typically meetings last about an hour and a half. Our meetings are always enjoyable and we have fellowship and fun! We also learn a lot about different charities and organisations, with examples shown above. We aim to help others, our motto being ‘Service above Self’. If you are interested in membership (and you can come as a guest first) we have associate and full membership. A ‘phone or email would give more information - contact our President -

**Peter Atterbury (01485 534820)**  
**[peteratterbury1@gmail.com](mailto:peteratterbury1@gmail.com) or**

**Rotarian Phil Newell (01485 533864)**  
**[phildory@talktalk.net](mailto:phildory@talktalk.net)**

**Website: [www.hunstanton-rotary.org.uk](http://www.hunstanton-rotary.org.uk)**



**Do Something Amazing  
Today**

**Save a Life**

**96** people attended the blood donor session at the Public Hall on 4th Feb and **89** units were collected. There were **8 new donors** at the session. Thank you all. The next visit to Heacham which will be on **Wednesday 27th May 2015**. To make an appointment ring the Helpline 0300 123 23 23 or online at National Blood Service information [www.blood.co.uk](http://www.blood.co.uk)

**HEACHAM HISTORICAL SOCIETY**

The First Meeting will be held on  
**THURSDAY 19th MARCH**  
 at 7.30pm

The Old Friends Hall, Sunnyside

To include a talk by Andrew England on  
 'Old Heacham through Photos'

All welcome

Heacham  
 2015  
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Calling all local artists  
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 interested in showcasing your work at the  
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2-3 May 2015  
 Old Friends Hall, Heacham  
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## RESCUE : WOODEN : BOATS

### LOCAL LIFEBOAT 'LUCY LAVERS' RETURNS TO DUNKIRK, 75 YEARS ON

Something special is happening this Spring – veteran lifeboat Lucy Lavers is returning to Dunkirk.

Her very first trip as a newly-built lifeboat in May 1940, was helping the evacuation of British and Allied troops stranded in Dunkirk, France. This Spring will be the first time she's been back there since 'Operation Dynamo'. The charity Rescue Wooden Boats is using a Heritage Lottery Grant to restore Lucy Lavers to her former glory in order to make this commemorative voyage. After years of neglect, by May 2015 she will look her magnificent best again.



*Lucy Lavers being rescued after service at Rhyl RNLI lifeboat station*

In early May 2015 Lucy Lavers will leave Wells-next-the-Sea, Norfolk, calling at Lowestoft, Aldeburgh, Levington, Harwich, Ramsgate, and finally crossing the Channel to Dunkirk. The aim is to tell her story in each port and to encourage people, especially young people, to learn about the Dunkirk evacuation and maritime history. At each port, visitors can board Lucy Lavers, experience being on this 1940 lifeboat and feel the enormity of the events she took part in.

Lucy Lavers' journey will involve a team of volunteer sailing crews, onshore coordinators, and a film crew, all working together along her route to France and back. There will be a programme of linked events onshore, including presentations and a volunteer-manned travelling exhibition. There's even the opportunity to share in this exciting voyage, by bidding for a

place on board for some legs of the journey! Visit our eBay profile to bid: [www.ebay.co.uk/usr/rescuewoodenboats](http://www.ebay.co.uk/usr/rescuewoodenboats)

**THE ROUTE THAT LUCY LAVERS WILL TAKE TO DUNKIRK AND BACK 75 YEARS AFTER THE EVACUATION FROM THE DUNKIRK BEACHES IN MAY 1940**

**COME AND SEE LUCY LAVERS ON HER JOURNEY TO DUNKIRK SHE WILL BE CALLING AT...**

**LUCY LAVERS ON VIEW**

WELLS-NEXT-THE-SEA	April 11	Re-launching Ceremony
LOWESTOFT	MAY 8, 9, 10	
SOUTHWOLD	MAY 11	(a two hour call-in)
ALDEBURGH	MAY 11	(Arrives), 12, 13,
LEVINGTON	MAY 14, 15	
HARWICH	MAY 15, 16	
RAMSGATE	MAY 18, 19, 20	
DUNKIRK	MAY 22, 23, 24	

Dates may be one day later depending on weather and tides, see website, contact us or see local announcements.

We're seeking support - the voyage from Wells-next-the-Sea is 385 nautical miles and will cost £90 per mile. Text **LLDQ01 £3** to 70070 to donate by text, or donate at [www.rescuewoodenboats.com](http://www.rescuewoodenboats.com), and your name will be written in a commemorative book which will accompany Lucy Lavers on her voyage. We encourage community participation – volunteers, fundraisers, educational organisations and local interest groups will be welcomed at each port of call. If you'd like to be involved and become part of Lucy Lavers' story, please contact Kate Faire, [info@rescuewoodenboats.com](mailto:info@rescuewoodenboats.com) After her return trip to Dunkirk, Lucy Lavers will 'live' in Wells-next-the-Sea, Norfolk, and give educational trips to help people understand and experience our maritime heritage. Her story will continue to be told, through films, photographs and displays at the Rescue Wooden Boats Visitor Centre in Stiffkey, Norfolk, NR23 1QF – open at weekends, 10am-4pm, throughout the winter months – and online at [www.rescuewoodenboats.com](http://www.rescuewoodenboats.com)

For further information please contact: Lucy Geering, Dunkirk Voyage PR - Tel 07748 733960 / email [lucyashongeering@gmail.com](mailto:lucyashongeering@gmail.com)

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## West Norfolk Mind

It's 'Time to Talk' about mental health in West Norfolk

West Norfolk Mind were involved in a number of 'Time to Talk' awareness raising events around the county on 5th February which was a national campaign day organised by 'Time to Change' to encourage people to talk more comfortably about their mental health and wellbeing.



Kyra Cruise, West Norfolk Mind volunteer, organised a coffee morning with friends at her home in Heacham, had some great conversations and raised £65

on a raffle. Josh Elms, Intensive Support Worker, and service users at the King's Lynn Centre, organised a 'Coffee and Cake' event which

was very well attended as was the Time to Change stands at the College of West Anglia where many students made a personal pledge as to what they would like to change.



Zena Penty, Volunteer Co-ordinator said "Having attended all 3 events, which were all relaxed and fun, I met lots of lovely new people and ate lots of fabulous cake. Over time, talking about mental wellbeing openly helps reduce stigma and discrimination and we like to provide the setting should people wish to do so. I was overwhelmed by the interest in our stand at the College of West Anglia. Young people seem more comfortable to talk about their mental health and expressed concern about exam stress, anxiety and self harm and were pleased to learn about the free Building Resilience Workshops we offer in the community and how we are working with colleges and organisations to help them better recognise when their colleagues and students may be struggling with their mental wellbeing".

West Norfolk Mind support people in recovery from mental illness in their centres and within the community and have a very buoyant centre at Poplar Avenue, Heacham. Call 01485 572707 for information.

Free workshops to help people who are struggling with anxiety, depression, low mood, confidence etc are available through their Building Resilience Project and a whole range of services for personal budget holders or self funders. If you need more information phone their Head Office on 01553 776966.

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## Princess Players Poetry Mornings 2015

The March Princess Players Poetry Morning will take place on Wednesday 18th in the cosy Town Hall Basement venue in Hunstanton.

The theme this time will be "Going Forward" (yes, it is a play on March!) and everyone is invited along to read poems, ancient and new, sad and humorous, tell stories and anecdotes or just listen to others.

We also offer a cup of tea and a slice of cake while you listen or read.

Doors open at 10.30 till 12 noon and entrance fee is just £2.00.

Do come along and share beautiful words both old and new – everyone welcome...

This event is sponsored by The Hunstanton & District Festival of Arts.

Further information can be obtained from Ann McKimm – 01485 533933.

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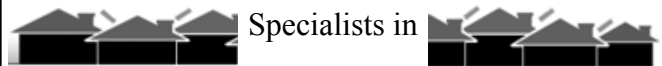
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**Heacham Library Opening Hours**  
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 Saturday - 10am – Noon

**Heacham  
 In Bloom**



It is already March and the countdown to this year's campaign begins in earnest. Some of you may have noticed that the plough bed at Redgate Junction has been cleared. Last year the plough itself, all but disappeared under a variety of plants on this challenging site; some plants didn't grow at all and others grew larger than expected. It is the intention to re-plant this bed with a selection of featured lavenders. HIB were given hundreds of daffodil bulbs by Mr Peter Collison and the majority have been planted in the troughs at the War Memorial, which we hope to see blooming around Easter time.

In case you missed the quick mention in the November Newsletter, the colours for this year are bright yellow and pink. These colours will be set against a background of lime green foliage. The actual designs for the feature beds are being kept under wraps for now. Lastly, thank you to those of you who attended our February Quiz Night, to the Fox and Hounds (Hosts) and to Marcus Liddington (Quiz Master).

**Heacham In Bloom Team**  
[heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com)





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HNL

## From a Winter Diary 2015

It is a sunny, still, morning in February, chilly enough to freeze the balls off more than several brass monkeys and we are on our first walk of the New Year. This will take us through those rarely visited and lonely 'uplands' to the south of Docking: the village where Sue was born and spent her childhood. So, faces pinched with the cold, and eager to get warm, we have just set off towards the Birchams, trudging across a vast and seemingly endless field, green with young winter Wheat or Barley and dusted lightly with the previous night's snow.

Some way ahead of us, a pair of Buzzards have taken off, as if in greeting, and are circling majestically on great buoyant wings, their sharp calls piercing the cool air. We also come across little groups of Larks moving busily along close to the ground, like flurries of leaves blown here and there in a gentle breeze, and inevitably our thoughts turn to the strange magic of these birds and the glory of those much loved tinkling cadences half heard high up on summer days!

We are on a plateau of low, gently rolling hills never more than about 300 ft high: a landscape that in winter, with empty fields trimmed hedges and leafless trees, has a sombre, understated beauty. It was once much higher but, in the distant past, was scraped by the rough abrasive surfaces of a succession of ice sheets to form a gently undulating plateau covered with brown or grey 'scrapings' called Drift: making for a deep and very fertile soil.

Similar, you may say, to the country around Sedgeford or Ringstead, which has identical origins. But there is a difference. The Docking area, unlike these villages, is well above the height at which springs arise. So, without streams or rivers to cut up

its surface, there is even more opportunity to make big fields even bigger than usual. Big enough even to construct Bircham Newton Airfield, which once lay to the south east from where we are standing and is now partly occupied by the cranes of the CITB that can be seen poking above the treeline.

But there has always been a downside: the lack of available surface water: which led to the reputation of Docking being 'dry'. In fact, water is present underground, stored in giant carrstone and chalk aquifers, and wells and boreholes were made to bring it to the surface. It may also explain why you see so many clay lined ponds in Docking: once used, I suspect as miniature domestic reservoirs!

Leaving 'the great green field' we 'take off' along a truck track, hedged on one or both sides, that will lead us down to Bircham and find to our amazement that the water in the giant ruts made by the huge tractors and trailers now used so much on our capital intensive farms, is frozen over by a thin layer of ice. Having air trapped underneath, it gleams white, forming a shining path winding into the distance as we walk dazzled but with a renewed sense of purpose towards a low winter's sun.

But this is 'injun' country and we are not alone. A glance towards the edge of a field outlined against the sky, reveals 'old floppy ears' the Hare, one ear drooping daftly downwards, indulging in the dangerous and often fatal obsession with watching humans from as close as its trustful disposition will allow. Lots of birds too. Not just Blackbirds, still suffering seriously from SAD, skulking miserably under Hedgerows, or Robins, forever perky and aggressive, but large groups of 'grazing' Chaffinches and lots of Long Tailed Tits, or 'Bumbarrels' that drop in and out of trees, rotund body foremost and feathery tails trailing, for all the world like tiny shuttlecocks!



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(Having followed the track down to the pond at Bircham, we had lunch in the company of 3 hungry white Geese and a strange hybrid Duck with a green beak, and began our journey back along road and path, leaving the Bircham to Fring lane to climb back cross country to Docking via a spring below the 'dry' plateau, which some might say represents the original source of the Heacham River).

Leaving the road we climb gently up a green track beside what looks like a dry stream bed choked with dead vegetation, running up a little valley towards a group of trees. There we find a rambling and overgrown pond and in it amongst forlorn looking Alders and Elder trees, frozen pools of water, the result almost certainly, of the heavy rain that we have had during the previous week for we can see no sign of active springs.

It seems that the stream, even though it may have run spasmodically, was active at least at the turn of this century when the local ramblers pamphlet described a 'clear little stream bubbling alongside' the path as they approached the pond where they crossed 'a shallow ford'. Clearly also it is this little valley that would have taken the water from these springs down through Fring and then, as it widened to its glacier induced dimensions on to Sedgeford and finally, to Heacham.


From various comments I have heard recently, the flow of springs here and at Fring and Sedgeford is more irregular than it was. If so, why is this? Moreover, as the water that supplies Hunstanton and Heacham seems to come from the same aquifers as these springs, how can the considerable increase proposed for housing in this area and thus a much greater use of water, be justified?

John Bird



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## POCAHONTAS PLAYERS

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*"There's no business like show business, like no business I know,  
Everything about it is appealing, everything the traffic will allow,  
Nowhere could you get that happy feeling, when you are stealing  
that extra bow.*

*There's no people like show people, they smile when they are  
low,*

*Even with a turkey that you know will fold, you may be stranded  
out in the cold,*

*Still you wouldn't change it for a sack of gold, let's go on with  
the show . . . "*

. . . and this is what Heacham's new drama group did way back in 1995, we got on with the show. A meeting was arranged to form the group by Jane Knight, Jeannie Tooley and Janice Curtis. Approx 30 people turned up and we sat in a circle as a name for this Drama Group was discussed and finalised, with a very fitting name for a Heacham group - The POCAHONTAS PLAYERS was formed. . . . .



*"The butcher, the baker, the grocer, the clerk, are secretly unhappy men because,*

*The butcher, the baker, the grocer, the clerk, get paid for what they do but no applause,*

*They'll gladly bid their dreary jobs goodbye, for anything theatrical and why . . . "*

So true! In our group way back then. We had Shop Managers/assistants, Estate Agents, Sheet Metal Workers, School Teachers, Hair Stylists, Foster Parents, Students, Retired Pensioners, Post Ladies, Bank Tellers, Secretaries, Long Distance Lorry Drivers, Window Cleaners, Students and Schoolchildren. It was good to disguise ourselves, with a costume, a different voice, a song, a dance routine. All these things were so far away from the 'day time' jobs.

*"The costumes, The scenery, The Make-up, The Props. The audience that lifts you when you're down,*

*The Headaches, The Heartaches, The Backaches, The Flops. The Sheriff that escorts you out of town,*

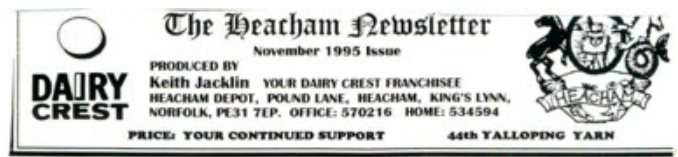
*The opening as your heart beats like a drum, The closing when the customers don't come . . . . . "*

In 1995 we had NO, costumes, NO scenery, NO make-up, NO props! It was rather a worry as to whether we could put on our very first production of a 1940's war time drama 'PARALLEL LINES' written by Jane Knight. We were donated £50 by Heacham Council to help get us started. With Jane as the writer, Jeannie as the singer and Janice taking on costumes (see newspaper clipping/write-up of The 3 Founder members), and with a dedicated cast, The Pocahontas Players had their first

production well under their belts. With nervous beating of our hearts, all we needed now was the support from 'An Audience' and with tickets at a grand old price of £2.00 each, we managed to fill the hall. When the curtains opened on our first night, to see Heacham Public Hall full of enthusiastic folk sitting on the very old, rickety fold-up uncomfortable wooden chairs, was a sight to behold and then to hear them chanting "'More! More!" as the curtains closed.

*"There's no people like show people, they don't run out of dough,  
Yesterday they told you, you would go far, next day on your  
dressing room, they hung a star,  
Let's go on with the show . . . . "*

The Pocahontas Players went on later that year to enter 'Hunstanton Festival of Drama Awards' with a 30 minute adaption of 'Parallel Lines'. With the superb writing and acting, we went on to being awarded 3 cups, with the 3rd cup being THE FESTIVAL CHALLENGE CUP for best over all production (see clipping from The Heacham Newsletter, Nov 1995). The Pocahontas Players were truly born.



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#### TRIUMPH FOR HEACHAM'S POCAHONTAS PLAYERS!

The Pocahontas Players performed 'Parallel Lines' at the Princess Theatre on Monday 23rd October, as part of a programme to decide the best in The Hunstanton Festival of Drama. Their efforts were handsomely rewarded at the award presentations on Wednesday 25th October! They won the following THE FESTIVAL CHALLENGE CUP - for best overall production.

THE MUDIE CUP - for best actor was awarded to John Harris.

THE JOHN SEAMAN TROPHY - for best original script, was awarded to Jane Knight.

The results are all the more remarkable when it is remembered that their first public performance was only in August!

The Players are now busily making their own costumes for their pantomime, NUTS!, a variation on the theme of The Nutcracker Suite. This will be another original script by Jane Knight. They will be performing this in the Public Hall early in the New Year.

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"There's no business like Show business, like no business I know,  
You get word before the show has started, that your favourite  
uncle had died at dawn.

Top of that your Ma an' Pa have parted, You're broken hearted  
but you go on . . . "

Jane went on to write the group's first Pantomime, 'Nuts' (a comical adaption of The Nutcracker), and then in 1996 "A Heavenly Wedding", a drama set in the 1960's, but sadly Jane died soon after. We were very lucky to have many writers within the group. Jimma Race, with his imaginative pen, went on to write 11 pantomimes for The Pocahontas Players. When he decided to hang up his Panto pen, Gary Pearce, Jenny Rudd, John Southgate, Warren Marshall, Mike Trebbick and Janice Curtis wrote various Pantomimes. Ian McLachlan also wrote a drama. Janice wrote 4 drama plays. Even D.I.Y Dave Curtis wrote a drama/musical (with Jimma's guidance). For those of you who were fortunate enough to get seats for last year's World War Commemoration show, you would have seen the superb writing by Peter Everingham (World War I) and Jimma's (World War II) under the musical direction of Jeannie. In all their 20 years, The Pocahontas Players have only ever 'bought in' two scripts. This is a HUGE achievement for any Am -Dram group!

The group also lost a very faithful Pocahontas Player - pensioner, Mrs Molly Graby. Molly would always be there, every Tuesday evening, helping make the tea, helping with costumes, enjoying every part that she was given, trying to learn her lines. She was known to miss her cues but she still enjoyed all aspects of the group. It was a very sad day for her when she became too ill to enjoy 'Treading the Boards'. Our audiences loved her, along with the cast.

"Nowhere could you get that happy feeling, when you are stealing that extra bow,

There's no people like show people, they smile when you are low.

Even with a turkey that you know will fold, you may stranded out in the cold,

Still you wouldn't change it for a sack of gold,

Let's go on with the show . . . "

Yes, and now 20 years later, we still get that happy feeling when we are taking that extra bow . . . but to think that several of the original cast are STILL members of this fabulous Drama group and taking that bow with cast members who were not even born in 1995!! Now, we have Lights! Microphones! Individual head sets! Professional back drops! Top notch costumes! Extended stage! Extended side wings! Lined curtains! Equipment to allow us to put on great musical productions! ie Mary Poppins, The Lion King, Oliver, plus comfortable padded chairs for our supportive audiences! It's no wonder that when the original cast members voice to the younger members "In the early days we had no this, no that . . . " they sit and yawn!

Thank you to every one, every business, every 'front of house' team, every follower and the Heacham Newsletter, who have supported The Pocahontas Players. Without you our group wouldn't have been such a success. It's been very, very hard work but so rewarding. We hope you will be able to attend our 20 year fun celebration show on May 14th/15th/16th. (Details in next month's Newsletter).

Here's to the next 20 years!!

With thanks from a very 'chuffed'

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**ONE-ACT DRAMA FESTIVAL 2015**

The popular Hunstanton One-Act Drama Festival will take place once again this year from Thursday 9th – Sunday 12th July at the Princess Theatre.

Performances will take place at 7.00pm each evening and there will also be matinees on Saturday 11th and Sunday 12th July at 2.30pm. Each performance will consist of different adult and youth Drama Groups from throughout the District performing one-act plays of their choice. Each session will usually include three different plays while the last evening will include special entertainment and the presentation of awards.

After each session, the adjudicators will talk briefly about each play and how well each team achieved their objectives. Full written adjudications will be issued to each Group after the event.

The event is also a competition and trophies will be awarded within ten different categories including Best Original Script, Best Play and Best Actor/Actress at the end of the last Sunday performance. These will be presented by the Mayor of Hunstanton. A full list of participants and plays will be available at a later date.

Tickets cost £8.50 per performance (Festival Ticket £25 which includes access to all performances) and will shortly be available from the Princess Theatre Box Office on 01485 53 22 52 or on line at [www.princesstickets.co.uk](http://www.princesstickets.co.uk)

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**Contract awarded for new  
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Seventeen new flood gates are set to be installed along Hunstanton's promenade this June at a cost of £139,000.

The gates will replace the wooden stop logs currently in use and are of a similar design to the existing Environment Agency gates. In the event of a flood alert, they will be much quicker and easier to put in place than the old stop logs. In addition, they are more secure and offer greater protection against coastal flooding. The gates will be installed to the same height as the splash wall to the promenade.

Cllr Brian Long, Cabinet Member for Environment, said: "It was identified as part of our review of the coastal defences in Hunstanton that the stop logs needed to be replaced with flood gates to match the type of gates used by the Environment Agency. These new gates will be easier to use and will provide better protection along the promenade. The metal gates will help avoid some of the issues we experienced in December 2013 where the wave action lifted out the wooden stop logs from their housings."

The gates, which are being supplied and installed by IBS Engineering Products Limited, are currently being manufactured and will be installed by the end of June this year. Once installed the gates are expected to have a lifespan of 50 years.

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# HEACHAM PARISH COUNCIL NOTICEBOARD

## Parish Council Meetings in Brief

**School Road Development:** Council representatives attended the recent School Road Planning Appeal where they put forward the views of the Parish Council. The outcome of the appeal is not expected to be known until mid March.

**Recycling Centre:** Heacham and other local Councils are working together to try to prevent the imposition of charges for using local recycling centres and cuts to opening hours.

**Split Log Seat in Lodge Road:** The Borough Council has cleared the vegetation from the area around the seat in Lodge Road. Upon inspection the seat was considered to be in a safe condition and that removal was not necessary.

**High Street traffic:** The Council noted that the County Council had investigated the problems of the one-way section of the street. Traffic continues to turn right from Kenwood Road onto the High Street. Vehicles also regularly attempt to enter the High Street from the Pound Lane end. The County Council had agreed to reinstate the lines, but could do no more as all the relevant signage was clear and in place.

**Tesco Parking:** The Parish Council would like to remind everyone that the double yellow lines on the road outside Tesco were put there for safety reasons and that it is irresponsible for people to park on them for however short a period of time.

## Former Dairy Site



The Parish Council's Community Building Project Committee is busy looking at how to manage the former dairy site. The intention is to build a facility which will house the Parish Office, Library and meeting rooms for Council and community use under one roof and with adequate parking. Obviously this is a major project for the village and one which will involve a lot of consultation to ensure that both the current and future needs of the village are met.

## Heacham 2015 Spring Art Show

**Calling all local artists in all mediums.** The Heacham 2015 Spring Art Show will be held on 2-3 May at the Old Friends Hall. If you are interested in showcasing your work then please contact the Parish Office on 01485 572142.

## Tree Report

The Parish Council has commissioned a report on the state of the trees in the Recreation Ground and Bray's Pit. The arborist has carried out a survey and provided a list of recommended work needed on the trees. There is one tree in urgent need of attention. This is an alder tree at the skateboard end of the Recreation Ground which is suffering from dieback. The presence of honey fungus has been detected and the report recommends that this tree should be felled. There are also five trees here and ten trees in Bray's Pit which need some attention in the medium term. The Parish Council has agreed that this urgent and medium term work be undertaken by the arborist and the Council's Parish Maintenance Officers will continue to manage the trees on a day to day basis.

## Heacham Historical Society

On 19 February a meeting to gauge local interest in the formation of a historical society within the village was well attended by some 50 villagers. Several people expressed an interest in forming an ongoing group and a talk has been arranged for Thursday 19 March at 7.30pm in the Old Friend's Hall. The subject of the talk is to be **Old Heacham through photographs** and will be given by Andrew England.

## Elections 2015

### Do you want to be a Borough Councillor or a Parish Councillor?

Anyone wishing to stand as a Borough Councillor can find out more at [www.west-norfolk.gov.uk/elections](http://www.west-norfolk.gov.uk/elections). If you are interested in standing as a Parish Councillor further details are available at [www.nalc.gov.uk/our-work/elections](http://www.nalc.gov.uk/our-work/elections) or you can ask at the Parish Office.

The nomination period for the 7 May 2015 Borough and Parish Council elections begins at 10am on Monday 16 March 2015. Nominations papers will need to be submitted to the Returning Officer by 4pm on Thursday, 9 April 2015.

### Election staff wanted

The Electoral Services team at the Borough Council are inviting expressions of interest from residents who may wish to help by working at the elections on 7 May 2015.

Jobs available include Presiding Officer or Poll Clerk at polling stations across the borough on 7 May or count assistant at Lynnsport on 7/8 May.

Job descriptions for each position are available at [www.west-norfolk.gov.uk/elections](http://www.west-norfolk.gov.uk/elections).

For further information email

[register.electors@west-norfolk.gov.uk](mailto:register.electors@west-norfolk.gov.uk).

Any queries should be addressed to:

**Heacham Parish Council Office**

Jubilee Clinic Pound Lane Heacham

Norfolk PE31 7ET

Tel/Fax 01485 572142

[www.heachamparishcouncil.co.uk](http://www.heachamparishcouncil.co.uk)

Open Tuesday - Friday 10.00am-Noon

