



THE HEACHAM NEWSLETTER

June 2013

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Deadline for the next edition is 12 noon, Thursday 20th June

ELVIS IS IN THE BUILDING!

Fridhem Rest Home invites you to join us in welcoming Elvis for an afternoon of reliving the glory days on

Saturday 29th June at 2.00pm

As Elvis is diverting from his world tour to visit Fridhem tickets are limited, but can be yours for the amazing price of

£5 each

which includes a hog roast roll

Please contact Marie at Fridhem Rest Home

79 Station Rd, Heacham. Tel 571455.



Do Something Amazing Today Save a Life

The National Blood Service will be visiting Heacham this month and would welcome existing and new donors.

**Wednesday 26th June 2013 at the Public Hall,
Station Road. 1pm - 3.30pm and 5pm - 7pm.**

Please make an appointment if you can, by calling the

Helpline 0300 123 23 23

or online at www.blood.co.uk

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET
E-MAIL: theheachamnewsletter@yahoo.co.uk www.heachamnewsletter.org.uk

ADVERTISING: Moira Barnes ☎ 01485 570401 Adverts cost £15, £30 or £60 per month

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH



Pound Lane

Dear Newsletter

Removal of Tyres

I noted Mr Pete Vickerstaff's kind letter of thanks published in your May edition of the Newsletter "Removal of Tyres". The Parish Council is always pleased to hear of satisfied customers, but it has to share the credit on this occasion as it was the Borough Council who removed the tyres so promptly following our phone call. It also gives me the opportunity to promote the Borough Council's Clean Up Line (freephone) 0500 2532687 which can be used by everyone to report dumping or a build up of rubbish in public areas. They also have an email address cleanup@west-norfolk.gov.uk.

Many thanks.

**Philippa Sewell
Parish Clerk**



Station Road

Dear Newsletter

Qualifications

During the 50's I was a farmer's boy during four years summer holidays on Malthouse Farm. This was only a small farm owned and run by Walter (Tubby) Cross but in those days there were seven men working that farm – George Sarsby, Erney Hudson, Finney Hudson and his brother Jeff, Charlie Woods, Reggie Mindham and Paul Parnell. These were some of the happiest days of my life – not a care in the world. Of course I had to start thinking about a career so it all got a bit serious after that. I was one of Roger Pott's young gentlemen and I had to learn Latin and ancient Greek and I do know what Gladstone said in 1883 but I didn't go into the Forestry Commission because I was only a half-wit farmers boy!!

The poem below rediscovered by me:-

Qualifications

There was a time not long ago, when they thought it was a joy
To take you into Forestry if you had been a farmer's boy.
They said, 'Indeed you must be tough to labour and to toil
And spend your life extracting a living from the soil'.
A Bank Clerk or a Traveller was treated with suspicion
But a farmer's boy was welcomed to the Forestry
Commission.
Today it's very different, and if you want to be
A worker or a forester in HM Forestry,
You should be intellectual and good at general knowledge
And have had your education at University or College.
They argued –'If you're digging drains or even cleaning paths
You ought to have your GCE in geometry and maths'.
It soon became quite obvious you couldn't plant a tree
If you didn't know what Gladstone said in 1883.
For biology and botany you really ought to speak
A little bit of Latin and a smattering of Greek.
So if you are a country clot, they'll say 'We are afraid
That a person of your calibre just wouldn't make the grade.
For we are very intellectual and simply can't employ
Some silly country bumpkin or half-wit farmer's boy'.

By Alexander McGoldrick

Dr S.J.Hammond



**Dear
Newsletter**



College Drive

Dear Newsletter

Planning application

Well, what are the planners thinking! 355 homes plus all the other rubbish they want to put in our beautiful village. I was at the meeting and I am a resident of Heacham as I moved here by choice, and for all the talk they must realise that the deal is probably already done. I do hope everyone who cares did voice their objections to this monstrosity and register their complaint before 21st May.

How on earth is this village going to cope with the extra people? The doctors struggle now to give the residents appointments. They will be even more stretched if a care home is built and in the schools the classes will grow. I know a new pumping station is on the cards but the one we have cannot cope with a downpour we sometimes have.

The infrastructure will fall apart if we are not careful. Then there is the petty crime which has increased - the vandalism to estate agents signs and wing mirrors on cars. There are more young adults in the village out of school and work. We used to have the occasional bobby on a bike; now we have to be patrolled by one or two police cars.

The extra traffic will be awful in the summer and the accidents are bound to increase. Why oh why can they not just leave us alone. I hope everyone voted in the elections so the local government will come to realize that this village is a force to be recognized.

But again, the people in King's Lynn will build them here instead of their back yard!

But in reality, we are going to have to accept that it is very likely to happen, especially if the local council already have the grant from the government to build here. It just really depends on how much development we will get, not whether we have one or not.

S. Smythe

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Old Bakery Court

Dear Newsletter

'Evolution Express'

The Pocahontas Players have done themselves and our village proud once again. Last night four of us attended the opening night of their musical 'Evolution Express', this being a first for them, branching out into musicals.

Not being a natural singing group as stated in the programme, they must have put in endless hours of rehearsing to get it right and they certainly did. Brilliant choreography too, the dance routines were sharp and crisp which again takes so much hard work to get right.

I dread to think how many hours or how many people it takes to produce costumes of such a high standard. Once again they were breathtaking, particularly in Scene 3 'The Age Of The Train' where the performers entered on roller skates from behind the audience, my favourite I have to admit. Could these young people skate before this production I don't know, but hours of practice must have gone into perfecting this scene.

So many of our local young people are in The Pocahontas Players and we should be proud of them. The one thing the four of us commented on as we came home was the enjoyment on their faces; they love it and there are some real stars amongst them.

Well done once again.

Lydia Page



Leaside

Dear Newsletter

Thank You

I should like to thank my many friends in Heacham for much kindness, help and support received during my recent six-month period of indisposition, including lengthy stays in three hospitals. I also wish to apologise for not having been able to hold my Birthday celebration in December or to present this year's Music Marathon in March, as expected, and for any inconvenience caused on either occasion.

I was delighted to be able to return home to my newly decorated bungalow on 1 May, as plans to move back to my home town proved not to be practicable after all. I also regret that I am not now allowed to do any more Christmas Day Swims at Hunstanton, but also wish to express my grateful thanks to all those who have sponsored me over twenty eight years from 1984 to 2011 inclusive, helping to raise considerable sums for Round Table charities; instead, I look forward to being able to spend Christmas with my elderly mother at Bungay for the first time in many years.

John Harris

Anmer Village Social Club Film Night

Friday 21st June at 8.00pm

'LES MISERABLES'

Doors open 7.30pm

Tickets on sale at the door - £3.00

Further details tel: 01485 579465 or

email: films@anmerclub.co.uk

Bantoft Accountancy

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Proprietor: Nickie Bantoft, FCCA

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Please contact Nickie to see if we can help you.

01485 525880

nickie@bantoftaccountancy.co.uk

You can also contact Bob who deals with corporate matters.

Robert Jolly FMAAT (Consultant)

bob@bantoftaccountancy.co.uk

Bantoft Accountancy is the trading name of Bantoft & Co Ltd.

Station Road Garage

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Round Table (Norfolk Tables) presentation to SERV

(Service by Emergency Rider Volunteers)

On Wednesday 24th April Area 6 Round Table (Norfolk Tables) presented SERV with a cheque for over £2,000 to support them. SERV were chosen as the charity to support by Richard Dix of King's Lynn 54 Round Table who was this year's Area Community Services Officer, and all Tables agreed that this was a very worthwhile charity as it covers the whole of the area.

The photos show David Parish (Chairman of SERV) accepting the cheque from Mark Older (Area Chairman), and in the second photo, some of the Chairmen of Area 6 including Gary Waddison of Hunstanton Round Table (Centre Back) and Richard Dix, CSLO of Area 6 and member of King's Lynn Round Table 54, on the right.



The acceptance speech from David Parish is as follows:-

“Thank you for inviting me here and for your generous donation. For those of you who don't know me, I'm David Parish, Chairman of SERV Norfolk. I think it was way back in July 2011, when the idea of SERV Norfolk was just a few months old, that I did a presentation to the King's Lynn & District 54. This was one of my first ever presentations. I explained that we wanted to provide Norfolk's hospitals with the same free blood bike courier service that was already available in many other parts of the country, where volunteers delivered blood and other urgently needed items at night and on bank holidays for NHS hospitals completely free of charge, helping to save lives and substantial sums of money.

At our first meeting in February 2011, we had set ourselves a crazily ambitious target of going live in Norfolk that October. Achieving this was extremely challenging but rewarding. We actually went live at the end of September 2011 and SERV Norfolk have continued to go from strength to strength.

Although we are best known as 'Blood Bikers' we do much more than pick up and deliver blood and blood products for our hospitals. For example, we also pick up samples from these hospitals and deliver them to specialist diagnosis facilities in London for urgent analysis, sometimes directly, but often in conjunction with our colleagues in SERV Suffolk & Cambridge & Herts & Beds.

SERV Norfolk is also helping a team of scientists carrying out world leading Leukaemia research at the N&N by picking up and delivering samples to them from Leukaemia patients at other hospitals such as Addenbrookes.

We are also helping the youngest and most vulnerable people in our community, sick and premature babies, by picking up frozen human breast milk from Norfolk mums who are willing to donate this precious gift. We then deliver it to the region's milk bank at the Rosie Hospital in Cambridge, where it is processed and stored. When required, we pick up and deliver donated breast milk from the Rosie to places such as the Neonatal Intensive Care Unit at the N&N. Recently we've even had to pick up a batch for the NICU from a London milk bank. Donated breast milk can make a huge difference to the outcome for these children as often their own Mums are unable to produce the milk they need for the first few days.

However, none of this work would be possible without the financial support of organisations such as yours. Whilst everyone involved in SERV Norfolk gives their time for free, we need money to buy, maintain and operate the equipment. Also, the demands on us are increasing. In 2012, our first full year of operation, we carried out just under 300 tasks, but we've already carried out over 150 tasks this year and we expect the final figure to be over 500.

So thank you once again Area 6 Round Tablers for your help and support, it's very much valued and appreciated.”



Hunstanton Round Table

On Wednesday 24th April, Kevin Waddison, a former Chairman of local Hunstanton Round Table 615, became Area Chairman for Founders Area 6 (Norfolk). This is the first time a Hunstanton Tabler has taken up this position.

Kevin will be visiting Tables all over Norfolk from his own Table as far as Stalham and Harleston.

Kevin said: "I joined Round Table to become part of a group that was fun-loving, not scared to try something new or push themselves to new limits, whilst putting something back into the community. I'm really looking forward to getting around the Area and meeting all the members".



At the same meeting, local Tabler Richard Dix of King's Lynn 54 Round Table, sadly had to leave due to the age rule that Tablers must leave at 45 years old. Richard, who was formerly of Hunstanton 615, had been a Tabler for over 20 years.

The photo shows Mark Older of Dereham 175 Table handing over the Chairman's chain to Kevin Waddison.



HEACHAM MANOR

THE MULBERRY RESTAURANT

The award winning Mulberry Restaurant is set within the charming house and idyllic grounds of Heacham Manor Hotel.
Open to non-residents with a wide selection of the finest food served daily.

Lunch Dining
12.00pm-2.30pm Daily

Bar Snacks
12.00pm-2.30pm Monday-Friday
12.00pm-6.00pm Saturday & Sunday

Afternoon Tea
2.00pm – 5.00pm Daily

Evening Dining
6.00pm – 9.00pm Daily

Steak Nights
6.00pm – 9.00pm Mondays

To view all our menu's and for up to date events at
The Mulberry Restaurant,
please view www.heacham-manor.co.uk
Please book in advance to avoid disappointment. T: 01485 536 030






Heacham Manor Hotel Ref HNL
Hunstanton Rd, Heacham, West Norfolk, PE31 7JX Tel: 01485 536030
www.heacham-manor.co.uk



**Make a Difference to
your Community with
Age UK Norfolk's
Community Volunteer
Programme**

Have you ever thought "I would like to do something to make a difference in my community but don't know where to start"? Age UK Norfolk can help you take your first steps and will offer continued support so that you can make a real difference to your community.

Volunteering in your community is a way to develop new skills, meet new people in your neighbourhood and feel involved. Age UK Norfolk is looking for people living in the western half of Norfolk who are prepared to volunteer some of their time as community volunteers, to help people in their own community. Age UK Norfolk will provide information, support and training and volunteering will be flexible to fit around any other commitments you may have. Community volunteers will help support older people by providing information, helping people to feel part of the community and encouraging a spirit of volunteering among others – making a real difference to their community. Age UK Norfolk has a variety of other volunteering opportunities, so if the volunteer mentor role doesn't appeal please get in touch to find a volunteering role that suits you.

To find out more about the community volunteer role, please contact Eamon McGrath on 01603 785222 or Eamon.mcgrath@ageuknorfolk.org.uk

Check out all of our volunteering opportunities at www.ageuknorfolk.org.uk or phone Age UK Norfolk's volunteer recruitment line on 01603 785241.

**SEDFORD VILLAGE HALL &
SCHOOL FETE**

(including Car Boot)
will be held on

**Saturday 13th July
2.00 – 4.00 pm.**

(Car Boot set up from 1 pm onwards)
Sedgeford Village Hall, Jarvie Close

**Bouncy Castle, Stalls, Entertainment,
Face painting, Raffle, Refreshments**

Lots of fun for all the family.

DOG SHOW
(Entry on the day).

for further details ring:
01485 570889 or 01485 579002



North West Norfolk
Trefoil Guild

COFFEE MORNING

At

Union Church, Hunstanton

On

Saturday 22 June 2013
10.00am – 12.00 noon



PALM BEACH HOLIDAY PARK

Welcomes you back and wishes you a very happy summer 2013

Please feel free to come and take a look at our friendly, family run, newly redeveloped park on the North Beach at Heacham.

You are welcome to view our large display of new model caravans from leading manufacturers at unbelievable prices (compare ours to others), we also have a selection of preowned caravans.

Also

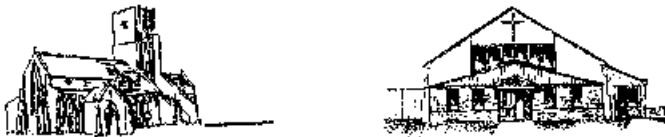
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CHURCHES TOGETHER IN HEACHAM

Greetings from the manse,

As a piece of literature the book of Job is unique. In a way it is a drama, but not action drama. The characters are more like members of a panel taking part in a public discussion and each expressing a point of view in answer to a question about the reason for innocent suffering. Like such a panel, the book of Job explores the question but does not exhaust it for it seems to make room for all our own thoughts, questions and experiences concerning suffering. As late as New Testament times suffering was regarded as the direct result of sin. In the gospels, Jesus, by healing a paralysed man, demonstrated that the man's sins were forgiven (Mark 2; 1-12). Another time when he was about to heal a blind man from birth, the disciples assumed that this affliction was caused by either his own sin, or that of his parents. Jesus interestingly said that it was neither. (John 9; 1-3) Disasters were regarded in the same way. Some Galileans killed by Pilate, some workers killed on a construction site, were regarded as sinners. Jesus pointed out that they were no guiltier than the rest of the nation. (Luke 13; 1-5) The belief that sickness and suffering were the direct result of sin forms the background of the argument of the book of Job. People believed that God's reward for faithfulness came in the form of material benefits in this life. A long and prosperous life was thus a sign of righteousness, and because there was so much uncertainty about an active future life, this world seemed the only place for God's rewards. This outlook forms the basis of the opinions expressed by Job's "comforters". Job, bereft of his health and possessions, even of his children, has but to repent and God will restore all. The writer of the book of Job was not satisfied with the conventional outlook. He, like others, was asking: "why do the wicked prosper"? "why do the innocent suffer"? Ultimately these questions were to lead to a belief in life after death, for divine justice was not always seen to be done in this world. But, despite his search for a deeper understanding, the writer was still unable to find any reward for Job's constancy other than material prosperity in this life. A number of interesting lines of thought are opened up by the book. It is easy to be faithful to God when all goes well, but adversity is the real test of faith. Many a sufferer has cried out like Job, "What have I done to deserve this"? Many in their anguish have reproached God for his apparent lack of justice and mercy. Job's message to them is one of trust in the ultimate goodness of God, even though for a time it is not evident. Job himself remained constant under his sufferings because he knew that God would vindicate someone who had always been faithful to him. Thus the story of Job is timeless. He represents everyone who cries out, "why did it happen to me, to us"? He also represents the firm belief of the prophets that after suffering would come restoration. One unknown writer carried the subject of innocent suffering further still. This writer lived during the Exile, and his poems are preserved in the book of Isaiah. He described a Servant of God who would suffer innocently for the sins of his people. The writer, for his part, saw that innocent sufferings might indeed be God's way of salvation. It is noteworthy that the idea of God's achieving his purpose through suffering, rather than through judgment and a display of physical power, was born during the suffering nation's captivity in Babylon. Both the book of Job and the Suffering Servant poems point forward to the New Testament. The Christian revelation does not entirely solve the problem. Nevertheless, it does give reassurance that innocent

suffering is part of the redemptive purpose of God, as the writer of the Servant poems thought that it might be. The role of Messiah favoured by Jesus was much influenced by the Servant poems. He carried the point of suffering beyond that of Job. Jesus was the truly righteous man, crying out after the manner of Job, "my God, my God, why hast thou forsaken me"? But, more than Job, even death would not shake his constancy. The Resurrection was essential in order to assure all those whom Job represents that God does vindicate the righteous, and that the wicked do not ultimately prosper.

Rev. Kim Nally
Heacham Methodist Church

PARISH REGISTERS

Faithful Departed (Church Linked Funerals)

5/5/2013 Phyllis Joyce Davis 83

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

We do extend our sympathy and condolences to all who have been bereaved. The church prays for friends and family at the Sunday morning services around the time of the funeral.

Church Contacts: (telephone code: 01485)

Methodist Church The Rev'd Kim Nally 570232

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

St Mary's Church Office 572539

Email: heacham.church@googlemail.com

The Parish Church of St. Mary: Sunday Services in June

8.00am Holy Communion (BCP)

10.00am Morning Worship
(Holy Communion on 30th June)

10.30am Morning Worship at the Junior School
(Holy Communion on 9th June)

6.00pm Evening Worship
(Holy Communion on 30th June)

June Services at Nursing/Residential Homes

Tues 4th June 2.30pm Rebecca Court

Mon 10th June 11.00am Holy Communion at Millbridge

Wed 19th June 2.30pm Summerville

Fri 28th June 10.30am Fridhem

Take note: Handbell Concert in St Mary's Church at 7.30pm on **Tuesday 2nd July** given by a choir from the USA. Tickets will be available from the Christian Bookshop in Lodge Road.

METHODIST CHURCH Sunday Services

10.30am Morning Worship

Preachers:

2nd June	-	Rev Alison Davies
9th June	-	Philip Batstone
16th June	-	Elizabeth Macleod
22nd June	-	Rev. Kim Nally with Communion
30th June	-	Mike Gunnell
7th July	-	David Clarke

Midweek Holy Communion Services:

These are held on the second Wednesday of each month. The June Service will be on Wednesday 12th at 10.30am. All who love the Lord are welcome to attend.

Regular Activities at the Methodist Church

MONDAY: Indoor Bowls 7pm – weekly

TUESDAY: Ladies' Fellowship:

2.45pm on 11th and 25th June

Hands and Needles Club:

7.30pm on 11th and 25th June

THURSDAY: Social Evening at 7.15pm on 13th June
 FRIDAY: Indoor Bowls 7pm - weekly
 SATURDAY: Coffee Morning on 15th June 10am-12 noon

A warm welcome is given to all who come to our mid-week events - you don't have to be a church attendee. An invitation is given to all locals and visitors.

COFFEE MORNINGS AT METHODIST CHURCH

Coffee mornings will be held on the third Saturday morning each month during the spring and summer. The June meeting will be on Saturday 15th from 10am-12 noon. There will be a Book Stall, Gift Stall of Ornaments, and Home Made Cakes.

CAN I COME TO CHURCH?

This question was asked recently by a person who had not been to church worship for many years. The answer is of course - Yes. Do I have to be a member of the Methodist church to come to your Sunday Services? The answer to this is No. Anyone is welcome to our Sunday 10.30am Service, whether they have previously attended, or have never attended a church before. God so loved the world, He sent His Son that whosoever believeth in Him would have eternal life. He's waiting to meet you for the first time, or to welcome you back. And so are the Leaders of Heacham Methodist Church.

REGULAR ACTIVITIES AT ST. MARY'S CHURCH

You might think that St. Mary's is only open on Sundays; this would be misleading. We are 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; for very young children there is the Rainbow Circle Toddlers' Group; all the women are welcome at *Girls Together* and there is a *Men's Group* as well; all can be part of 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.

**Ben Greer + 440 miles + 100kg =
 THE BIG LIFT**

I had the honour to walk with this guy on his first day.

Over £12,000 raised so far....

Culdrose 7th June

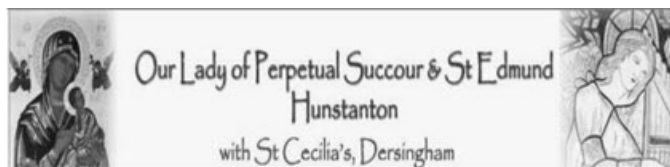
Hertford 30th June

www.thebiglift.co.uk

Please take a look if you haven't already done so.

Culdrose and Hertford? You know who you are.....

Jackie Merralls



Hunstanton Catholic Parish

Hunstanton Catholic Parish Church of Our Lady and St Edmund, Sandringham Road, Hunstanton with St Cecilia's, Mountbatten Road, Dersingham.

Resident Priest: Father Michael Ryan, 81 Mountbatten Road, Dersingham, PE31 6YE.

Telephone: 01485 543818. Website:-

www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org

The CAFOD Syria Crisis Appeal was generously supported and, together with money raised at the lent lunches and lent fast day, we were able to send a total of £704.49.

We had a visiting Priest to officiate at Mass on Sunday 5th May. Father Tom Ryan came to appeal on behalf of The Missionary Society of St. Columban (also known as the Columban Fathers), who do missionary work around the world. A grand total of £653 was raised over the two Masses at Dersingham and Hunstanton.

The ladies shared lunch was again an enjoyable occasion. Ladies



from all Churches and other organisations, from the local area and King's Lynn, each brought a plate of food to share and enjoyed a feast of delicious food

and good conversation.

On 22nd June starting at 12 noon at St Cecilia's, Dersingham, we will have a delicious Strawberry Fair, which includes not only strawberries and home-made scones, but also various stalls, raffle and tombola. Please come along to support this very popular event. The evening of 20th July is our annual Parish



barbecue in the grounds of the Church at Hunstanton. Please see the bulletin or website for further details.

Our daily Masses are usually held at 9am at St

Theresa's Convent, 27 Sandringham Road, Hunstanton on Tuesday, Thursday, Friday and Saturday and at 10.15am at St Cecilia's, Dersingham on Wednesday. These are subject to change, so please check Church notice boards, website or phone. Sunday Masses are 9am at Dersingham and 11am at Hunstanton.

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 10.15 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.



**Scallywags Parent, Baby & Toddler group
and the Amazing Community Spirit!**

We were very touched by the arrival of Julie, Glenn, Robert, Margaret, Mike and Liz one chilly Saturday morning in May to help strim, rake and clear brambles, nettles, rubbish, bricks etc from the garden at the Scout Hut. They certainly proved that many hands make light work. Without your help we would still be here now! A very big THANK YOU!

You also helped alleviate some of the disappointment we felt at not receiving any funding from Tesco to help with buying some outdoor play equipment.

We would also like to say thank you to Jennie of Cheney Hill for donating a sandpit, Anna and Karl from Budgens in Dersingham and A.E Wallis's for giving us cardboard boxes for one of our craft activities.

It was also really lovely to welcome Ms Jackson and some of the School Council children from Heacham Infant and Nursery school. Please come again!

Our friendly and lively parent, baby & toddler group is on every Wednesday during term – from 9.30-11.30am. If you would like any more information then please call Clare on 07816 913657 or Jo on 07521 447284.

We look forward to seeing you there!

UNION CHURCH
Sandringham Road, Hunstanton
(Opposite the Library)

Summer Fair

**SATURDAY
6 JULY
10.00am - 1.30pm**

**Morning Coffee and Tea
Light Lunches
Variety of stalls including
gifts, cakes, sweets,
plants, kitchen, books,
pre-loved clothes and
quiz
Hunstanton Concert Band**

Annual Golf Membership
For less than £12 per week
A friendly and welcoming club

New for 2013 Major investment in

- Purpose built golf reception & larger changing facilities
- State of the art grass care machinery.

HEACHAM MANOR
HOTEL • RESTAURANT • GOLF

For less than £12 per week members may enjoy:

- Unlimited play to the 18 hole golf course*
- Priority tee times reserved for members before 9am daily.
- Control your own tee times online.
- Entry to club competitions including Medals, Stablefords, Matches, social competitions and events.
- To hold an official CONGU Handicap.
- Active Seniors and Ladies section with weekly events and regular matches against other clubs.
- Club social events held during the year.
- 10% discount off food & drink at Heacham Manor bar, the award winning Mulberry Restaurant & Searles Country Park Fountain Restaurant.
- 25% discount off Searles Leisure Club facilities.
- Handicap Certificate and letters of introduction.
- Reduced green fees on other Norfolk, Suffolk, Essex & Bedfordshire courses.
- Superb new improved changing facilities from July 2013.

*subject to availability and conditions

Full Membership only £608
May 1st 2013 to April 30th 2014

For further details and to join call 01485 536 030 E: golf@heacham-manor.co.uk www.heacham-manor.co.uk



Federation of Small Business

Small businesses are the heart of the local community. They generate wealth, employment and opportunity.

Following the horsemeat scandal, many people chose to use their independent High Street butchers. This return is good news, but we don't want it to be a reactionary fad!

We want to see people using all of the independent businesses on the High Street, and celebrate the uniqueness and flavour that they bring to their communities. Once a High Street has fallen into decline the trend can be very difficult to reverse. Still, there are issues that local authorities can address to help reverse the tide of closing shops, and help people return to the high street.

What are we doing?

We are lobbying local authorities on the three Ps:

Parking

Our research shows that seven in ten small firms think parking is priority for the future of independent shops.

Planning

Nearly 70 per cent of members said that small businesses have to wait more than the maximum of eight weeks for local authorities to decide minor planning applications. So we need to see a speedier planning system.

Procurement

Local Authorities spend around £88 billion annually. This could be used to boost the local economy by using local, small business suppliers and keeping procurement procedures simple.

If you are a small business owner - what can you do?

We want more people to use their independent shops and to think small first. So what can you do?

- Speak to your FSB Development Manager to get stickers for your shop windows and if you are selling produce sourced locally, try to highlight this.
- Say thank you to your customers by giving them a postcard with their purchase.
- Spread the message on social media – tweet pictures of people buying your products and share them using hashtag #keeptradelocal or post them on our Facebook page. We will host them on our Tumblr.

If you are a consumer - what can you do?

Why not think small first when you set off to the shops or when you want to employ a service or visit a cafe? The greengrocer and the butcher are not always more expensive than the supermarket, and they offer a personalised service that you seldom can get in a big supermarket. Sadly, if we don't use our independent businesses we will lose them.

Together we can keep our High Streets not just alive, but thriving.

If you would like to know more about the FSB then please contact me using the details below.

Richard at Rural Broadband
01485 572253
www.ruralbroadband.co.uk

Arms Care Homes Charity Walk

A group of supporters comprising relatives of residents and carers at the Arms Care Homes of Hunstanton, Heacham and Docking, took to the streets on 5th May, to accomplish a Charity Walk to raise funds. The photo was taken at the start of the walk in the grounds of Summerville House.

The theme adopted was the Circus and the participants dressed accordingly!



They were well received on the walk and people responded generously. The proceeds will go towards providing pleasure for the residents of these Homes, and will be much appreciated.

Roland Worth

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www.my-pet-project.co.uk
emma@my-pet-project.co.uk

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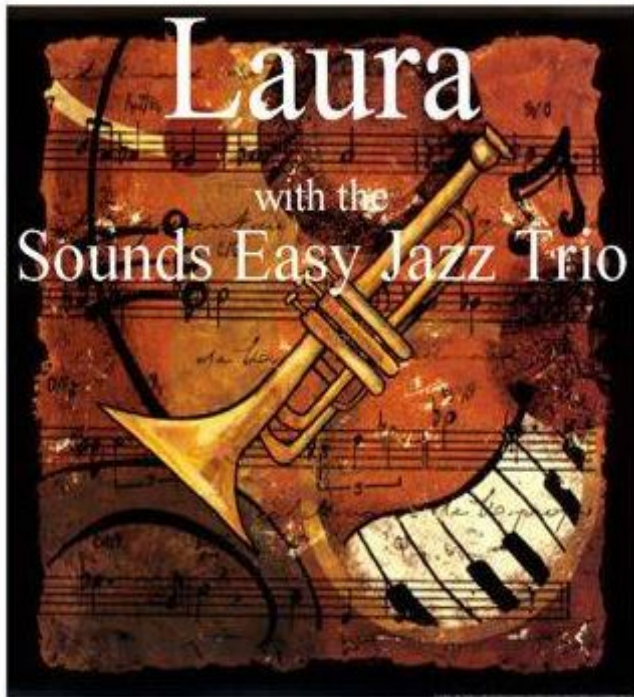
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Entry £5 per person. Advance ticket sales - ring 01485 512460
www.thornhamvillage.co.uk

Free admission for children under 12

* BBQ * Beer Tent * Strawberry Treats *

Proceeds in aid of Thornham Village Hall & All Saints' Church

The lead guitarist of this band is Ed Reed, Heacham resident
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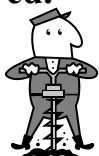
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AMERICAN BELL CHOIR TRIP TO HEACHAM

1st to 4th July 2013

About the Bell Choir:

Central Presbyterian Church, founded in 1861 with 15 members, is located in Downingtown, Pennsylvania, a western suburb of Philadelphia. In 2011, over 600 members celebrated 150 years of worship, mission and fellowship. Eight musically inclined people were recruited to form the first handbell choir in March of 1975, when an anonymous donor gave the church a set of 25 hand bells. Over the ensuing years, the choir has added bells to cover 6 octaves as well as 4 octaves of hand chimes. This is the choir's sixth trip to the UK with the original visit in 1986. In addition to enhancing church worship, the bell choir rings in nursing homes, schools and at community meetings and local malls in and around the local area.

Programme during their visit to Heacham:

On route to Heacham by coach on Monday 1st July, the visitors spend some time at Sandringham, looking around the House and surrounds. The party then arrive at St. Mary's at about 5.30pm, when there will be a barbeque in the church grounds. This will be a good opportunity to meet our guests and introduce them to their individual hosts – church members who have offered them accommodation. This barbeque is open to all who are interested.

On Tuesday, 2nd July, Terry Clay will accompany the group in their coach, and show them around the Creekes' and Nelson's Birthplace, finishing at Sheringham. They will then come back to Heacham for a fish and chip supper at the West Norfolk pub, before giving a Handbell Concert in St. Mary's Church at 7.30pm. Tickets @ £6.50 will be on sale at the Christian Bookshop (tel: 01485 579094) or from Hilary Johnson (email: HilaryandSteph@aol.com; or tel: 01485 571022). Children under 14 free if accompanied by an adult.

On the following day, Wednesday, the choir will travel by coach, firstly to Heacham Infants School and then to Heacham Junior School to give a demonstration to the children. After this, their time is their own until 6.00pm, when there will be an evening meal in the church for the visitors and their hosts. This will be followed at 7.30pm by a Praise Party including an Act of Worship when St. Mary's will bid farewell and send their visitors on their way with God's blessing.

The group of 19, which is wide ranging, is on tour of the UK and will be visiting two other venues apart from Heacham.

Community Cinema

On Saturday 22nd June

Cinema in Syderstone

presents

'Lincoln'

Epic and reverential biopic from Steven Spielberg with an Oscar-winning central performance by Daniel Day Lewis. Important also to mention Sally Field as Lincoln's wife and the meticulous work that has gone into recreating 19th century Washington DC. A compelling portrait of a complicated man.

Venue: Amy Robsart Village Hall,

Syderstone PE31 8RX.

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578588 of 578171

Email: cinema@syderstone.com



THE ROYAL BRITISH LEGION

Poppy Calls

Staying independent in your own home

Help for those unable to carry out essential household repairs and installations:

Being able to live independently at home is something that most of us take for granted. But for many people, looking after a home can be a source of frustration and difficulty. Even dealing with minor chores such as changing a light bulb, or fixing a broken lock can prove to be a real struggle.

What is Poppy Calls?

Poppy Calls provides a free dedicated handyperson service to those who are unable to carry out small repairs and minor alterations to their homes. Using our own trusted and trained fitters, and in partnership with other specialist agencies, we can take away the jobs that make life difficult.

Are you eligible?

To be eligible for our help, **you must have served in the Forces** for at least seven days, or be the dependant of someone who has served; this includes widows, widowers, cohabiting partners or civil partners of ex-Service people.

So, how can we help you?

We carry out a range of small household repairs and minor adaptations. Below is a list of just some of the ways our Poppy Calls fitters can help you:-

- Putting up shelves, curtain rails or grab rails;
- Changing light bulbs and tap washers;
- Fitting door and window locks and other security items;
- Fitting and testing home smoke detectors;
- Advice on energy saving measures;
- Installing a care phone;
- Hanging/repairing doors;
- Hardstanding and ramps for electronic powered vehicles.

Safety at home:

Your security is important to us. We only use our own qualified fitters who drive branded Poppy Calls vans. All of our fitters carry identity cards, which they will show you at the time of their visit. Our visits are scheduled in advance, so you will know when to expect a visit from our fitter.

How to apply:

If you think we can help you, or if you would like more information about the Poppy Calls service, please contact us at the number below or complete and return the enquiry form.

Telephone: 0800 032 0306

Email: homesupportadmin@britishlegion.org.uk

Poppy Calls Enquiry Form

Please complete and return this form to:

Poppy Calls Centre, The Royal British Legion, 7 Avro Court, Lancaster Way, Ermine Business Park, Huntingdon. PE29 6XS

Name:

Address:

.....

.....

Postcode:.....

Telephone No:

.....

Email:

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.....

.....

How else can we help?

Poppy Calls is part of our Poppy Support welfare services which offer financial, emotional and social support, and advice on a wide variety of issues. If you are serving or have served in the Armed Forces, or are a dependant, then you would be eligible. Please contact us for more information about the other services available.

If we can help we will.

Legionline - 08457 725 725

www.britishlegion.org.uk

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Maureen Wolfe – Marathon Runner

So it's all over.

Pauline and I, along with a bunch of other Ryston Runners, both runners and spectators, travelled to London in the early hours of 21st April, to compete in the Virgin London Marathon. It was a warm, sunny day - not quite what we'd hoped for (which was cool and drizzly), but better than the near arctic conditions we'd trained in.

It was a bumpy start to the week with the bombings at the Boston Marathon, leading to speculation as to whether the London Marathon should go ahead. We felt it should and we are glad that it did. One of the most memorable and emotional moments of the day was the 30 sec silence for the victims of Boston, there were thousands and thousands of runners chattering away at the start line and when the whistle blew everyone was silent - quite amazing!

We watched the elite runners start the race on big screens; 10 minutes later I crossed the same red start line - Pauline and our friend Lesley were at the green start. I had trained to run the race at average pace of 9 minutes per mile, this would squeeze in just under 4 hours. The support from the crowds was amazing and entertainment from the musicians was great. I ran the first 23 miles on target quite happy with how I felt, no real problems or pain, just a little tightness in my legs which suddenly turned into severe cramp in my thighs. There were no barriers at this point on the course so nothing to lean on - except the spectators on the pavement, poor people. So there I was laying on my back on the pavement with some kind chap manipulating my legs. After a couple of more stretches the cramp went and I toddled off up the road gradually gaining pace again, but unfortunately this had lost me several valuable minutes.



Virgin London Marathon
21st April 2013

We went, we ran, we conquered !

We would like to say a huge thank you to everyone who sponsored us, for East Anglia's Children's Hospices in memory of **Baby Callum Eldridge**

The total amount raised is still to be finalised but it is beyond our wildest expectations.

And it's still not too late to sponsor us now!

I ran down the Mall with a big grin on my face. Feeling much better than I did last year, I finished in 4hours and 10 mins – 3 mins faster than in 2012. I am a little disappointed but having the satisfaction that we (Pauline, Lesley and I) had raised a great deal of money for a very worthy cause.

As I ran along the Highway towards Canary Wharf, I heard my name being shouted and who should it be but Steve and Odette and their friends who'd travelled all the way to the city to support us, supporting their cause. I know that nothing can replace the loss of their baby boy, but if being involved in our marathon journey and witnessing the generosity of people for their cause gives them any degree of comfort, then it will all have been worthwhile.

Pauline and Lesley both had superb runs finishing in 3hrs 36mins and 3hrs 34 mins respectively – amazing ladies (or 'machines' as I usually call them!)

I had stated that this would be my last marathon, the training conditions this winter were abysmal and it took some serious determination to go out, but we did and a bit like childbirth - you soon forget the pain. I probably won't pound the streets of London again, but maybe some other British or European city – who knows. . . . watch this space!

Some Marathon Statistics:

Weeks training: 16

Miles run: 474

Time spent running: 70 hours

Av Runs per week: 4.4

Calories Burnt: 57,043

Toe nails lost: 3 so far – another couple to go!

Money raised for EACH: £4,010.55 (at time of printing)

This has far exceeded anything we had imagined. We would like to thank all those who have sponsored us so generously, friends, family, colleagues and customers of Budgens at Dersingham (Pauline), Deborah Services in King's Lynn (Lesley) and Wolfys, in King's Lynn and Hunstanton (Maureen). THANK YOU! And also to those who trained, supported, encouraged and generally put up with us during training!

Maureen Wolfe

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Creepy House Summer Reading Challenge at your local library

There's a spine-tingling adventure waiting for children when they take part in the 2013 Summer Reading Challenge – Creepy House. They can join the adventure at any Norfolk library during the summer holidays. Pick up a pack and explore the Creepy house, discover

its secrets and meet some of the hair-raising residents!

Read six books and collect stickers that reveal the creepy residents of the house. All children who read six or more books will be presented with a medal and certificate to celebrate their achievement.

Look out too for the Mungler Top Trumps cards to collect and swap with family and friends.

Children can choose any books they like: fact books, stories, joke books or picture books. Audio books and e-books count as well, so long as they borrow them from a library.

Are Norfolk's children brave enough to explore The Awful Upstairs, The Gruesome Ground Floor and The Spine-tingling Cellar?

Look out for more details in the library, including special Creepy House themed events. For library opening times visit: www.norfolk.gov.uk/libraries

Summer holiday events at Hunstanton Library

For further information about any of these events, or to book your place where necessary, please contact the library on (01485) 532280.

Launch of the Creepy House summer reading challenge

Saturday 27th July - 10.30am start

Stories followed by lots of activities! Come and join in this year's reading challenge!

Children under 8 must be accompanied by an adult.

Creepy House Storytime!

Wednesday 31st July - 10.30am – 11.30am

Come along for some creepy stories followed by lots of activities. Come and join in this year's reading game!

Children under 8 must be accompanied by an adult.

Creepy House Junk Modelling Fun!

Wednesday 14th August - 10.30am – 12 noon

Booking essential as spaces are limited.

Come along and have a go at making something for Creepy House out of junk and recycled materials! Suitable for children of primary school age and over.

Materials provided.

Children under 8 must be accompanied by an adult.

A Mad Monster Storytime!

Wednesday 21st August - 10.30am – 11.30 am

Come along for some monster stories and activities! Children under 8 must be accompanied by an adult.

The Creepy House Presentation Ceremony!

Saturday 7th September - 11.00am start

Booking essential as spaces are limited.

When you have completed the Creepy House Reading Challenge, book in for our presentation ceremony!

Children under 8 must be accompanied by an adult.

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Heacham Art Show

4th-5th May saw the inaugural Art Show at the Old Friends Hall (OFH), Sunnyside, Heacham. The photograph was taken on the Saturday morning when many people from our village and further afield came to view the superb range of exhibits and enjoy some smashing cakes donated and expertly baked by Jodie Richardson.

Our thanks go to all the exhibitors, of which there were over twenty, with at least one exhibiting for the first time. Thanks to the Wash Art Group, Heacham's Pine Mall Group, the Docking Art Group, in particular Pat Diggins, and all those people who made the event possible.

A positive reaction was received from many who ventured into the OFH, on how well the building looked as well as the wide variety of exhibits. There were also questions from several people who wanted to know whether they could exhibit next year, so look out for the Art Show 2014. Only eleven months to go, so all you budding artists get brush to canvas, or any other medium you fancy and get ready for another splash of colour.

If anybody is thinking of starting a new Art group and would like to utilise the OFH, or would like to hire the Hall for any other function, please contact the Parish Office.



Heacham In Bloom

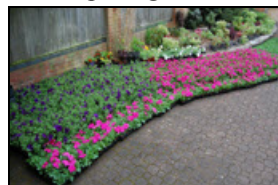


Great news on the sponsorship front, Palm Beach Caravan Park have once again sponsored a bed at North Beach with a very generous £200 and a thank you to Dave Curtis who has created the new sponsorship signs. Friends of Heacham Beaches, supporters of Heacham in Bloom since we began, have also given us a donation, just in time as we now have to pay for all those plants. This year we ordered over 1200 bedding plants, which have arrived from Rolveroak Nursery Long Sutton. They have done us proud and we have been busy making up baskets and troughs which will soon be appearing all around the village.



Also a huge thank you to Norfolk Lavender for the donation of the lavender plants which will form part of the raised bed on the junction.

There is still plenty of time to enter **The Best Blooming Caravan Competition**, posters and entry forms have been sent to each caravan park in the village. Forms are also available at www.heachamparishcouncil.co.uk. I also remind you of the **Heacham Pride of Place Campaign** where we encourage you to take a fresh look at where you live, work or play and make improvements to it. We have just been told that our judging day is to be Friday 12 July, so the next 6 weeks will be incredibly busy. We are putting a call out to anyone willing, in those last few days prior to the judging day, to help us present the village at its best.



Steve Percy
Chairman of Heacham In Bloom
heachaminbloom@btinternet.com

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Hunstanton Library Town Read

Hunstanton Library is on a mission to see how many members of the local community they can encourage to read and share the same book at the same time – to tie in with the ‘Creepy House’ Summer Reading Challenge theme. The chosen book is ‘Dark Matter’ by Michelle Paver.

“January 1937. Clouds of war are gathering over a fogbound London. Twenty-eight year old Jack is poor, lonely and desperate to change his life. So when he's offered the chance to join an Arctic expedition in Gruhuken, he jumps at it. But the Arctic summer is brief. As night returns to claim the land, Jack feels a creeping unease. One by one, his companions are forced to leave. He faces a stark choice. Stay or go. Soon he will reach the point of no return - when the sea will freeze, making escape impossible. And Gruhuken is not uninhabited. Jack is not alone. Something walks there in the dark...”

How can you take part?

The **Hunstanton Library Town Read** starts on Saturday 20th July 10.00am. Come along and get your copy of the book!

Join us for the **Hunstanton Library Town Read Coffee Morning** on Friday 30th August at 10.30am and let others know what you think about the book. Refreshments provided.

For further information about the Town Read please contact Hunstanton Library on (01485) 532280.



1st HEACHAM GUIDES

Tuesday 4th June 2013
from 5.30pm – 7.00pm

Methodist Church Hall, Station Road, Heacham

If you are aged between 10 and 13, we would love you to come along so we can show you all the fun things on offer, such as taking part in a wide range of exciting activities at weekly meetings, and at special events or holidays. Guides do everything from adventure sports to global awareness and community action projects, to healthy lifestyles and personal challenges.

For more information please contact:

Sue Theunissen 07833 747059 or just come along.



Guides are back in
Heacham....

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When and where are the next courses taking place?

Courses/Dates/Venues:-

Is it for me? – Half day business awareness workshop:

3 June - Marham

11 June - Burnham Deepdale

1 July - King's Lynn

Building your business idea – Full day workshop:

8 July - King's Lynn

Planning your business - Full day workshop:

9 September - King's Lynn

Building your business idea – Full day workshop:

16 September - King's Lynn

7 October - King's Lynn

Planning your business – Full day workshop:

14 October - King's Lynn

For more information or to book, please contact:-

Tel: 01923 698430 – Email: courses@tchc.net www.tchc.net



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1st HEACHAM CUBS

After the Easter holidays we started on our Personal Safety badge with finding hazards and dangers in various locations. On 25th April we had a demonstration from Snettisham Judo Club and the Cubs all had a chance to join in. Then on 28th April we joined Explorers, Scouts, Cubs and Beavers from all over North West Norfolk to celebrate St George's Day at Sandringham. After meeting at the Visitors Centre, we all paraded towards the church. Then we all renewed our promise outside the church during a short service and, although it was a cold day, at least it was dry and all the groups looked smart all lined up. Our flag bearer was Archie Greef.

In May we planted poppy seeds along the wall at the side of the Scout & Guide Hut, getting ready to commemorate 100 years since the start of World War One in 2014. We will plant some more next year to make sure there is a nice display to show our respect for the men and women who died. Next year, Cubs also have a project planned to honour the men who died from Heacham. Thank you to Darren Whitmore and his son Jack who cleared the strip of ground for us and getting it ready so we could plant our seeds.

Heacham Youth Club opened up on a Thursday so the Cubs could come along and use the equipment on offer. They could have a go at table tennis, air hockey, table football, snooker and games on the x-box. Plus they could buy a drink and some sweets at the tuck shop. Thanks to Tracey, Sam, Jason, Tim and Tanner for their help at keeping the Cubs amused. Ziggy seemed to enjoy herself at the Table Football! It was also Ziggy's birthday (a Big One) and she brought in cakes for us all. We all sang Happy Birthday to Ziggy, Kyle Feeny and William McGrath.

With the lighter evenings we are able to get into our garden and, after tidying the squares, the Cubs planted some wild flower seeds in their square. Each pack has an area to look after. The bird table was visited over the winter and the insect cairn housed a few creepy crawlies and the daffodils gave us a bit of colour over the dull spring. Hopefully we can plant some more spring bulbs this year.

We have an Activity Day and Camp planned with other Cubs during May and June, so fingers crossed for some nice weather!

Happy Scouting to all our Cubs.

Akela (Sam), Rama (Michael), Kaa (Jack) & Ziggy (Julie)

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No matter whether we are born with a disability or, as we get older, develop conditions such as arthritis which make tasks more difficult, we may need help and advice on how to continue gardening.

Gardening with disabilities is a support group, encouraging and enabling people to manage their own garden regardless of age and infirmity.

Monthly meetings are held with talks, discussions, practical workshops and outings. A small book and tools library is available to members and a possible garden visit from our garden advisor.

Meetings are usually held in the conservatory at Park House Hotel, Sandringham, on the third Friday afternoon of each month.

21st June 2013 - Summer Coach Outing

19th July 2013 - Our own Flower Show

Further information can be obtained from Joan & Ray Thomas.

Tel: 01485 540712

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 PE31 7LR



Hunstanton Lions Club

At the May Lions Business Meeting, items discussed included the Hunstanton Carnival, Bowls Tournament, and helping good causes.

In June we will be holding our annual Fun Fair Day. Hunstanton Lions invite children from local schools with Special Needs to join them for a fun day at the funfair and a fish & chip lunch, come rain or shine.

Sunday 30th June: Hunstanton Carnival. Please look out for us on the Green where we will have our gazebo set up.

Sunday 28th July: 2pm Hunstanton Lions Club Open Charity Bowls Drive, taking place at Heacham Social Club. For more information or to book a place call Chris Holt on 01485 541534.

200 Club:

April Draw: 1st Prize Elaine Bird, 2nd Megan Edge, 3rd Christine Earnshaw

May Draw: 1st Prize Ruth Hunt, 2nd Mrs M. Sarsby, 3rd Richard Bird, 4th Val Rybak.

Car Boot Dates:

June 9th & 23rd, July 7th, September 8th, October 6th & 20th

If you would like more information about Hunstanton Lions please contact Peter Sutton 01485 570030.

Jane Scott

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MONDAY 3pm - 11pm
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TUESDAY - SUNDAY
12 - 2pm & 6 - 9pm

-000-

TRADITIONAL SUNDAY ROAST

FROM 12 noon - 2pm & 6 - 9pm

-000-

Bushel & Strike

Deli Club every Thursday 9.00pm. All welcome.

Paula and Mark wish Hazy all the best in her new venture and would like to welcome Michael.

Brancaster Camera Club

Tuesday, 11th June 2013

An evening with Sam Bean LRPS
THIS IS AN EVENING NOT TO BE MISSED!

Tuesday, 25th June, 2013

An evening with Mike Stew LRPS

'A Woodland Walk'

(This was postponed earlier in the year)

We would love to see visitors or new members at any of our meetings which are held in Brancaster Staithe Village Hall at 7.30 pm on the above dates. Entrance is £3 to include refreshments. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725.

Thornham Village Hall Open Day

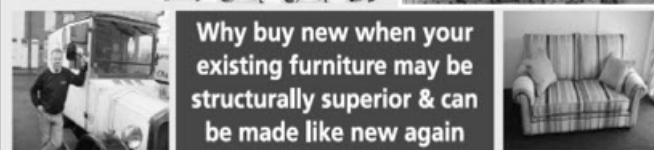
Saturday 20th July 2013

2pm to 4pm at Thornham Drill Hall.

Come along and see what activities, clubs and groups are currently being held in Thornham Drill Hall and the new activities that will be taking place in the exciting, brand new village hall on completion. From Yoga and Zumba to Arts and Photography there should be something to suit everyone's taste. Or why not trigger a new interest and take up a new hobby! Entry is FREE and refreshments will be available. We look forward to seeing you there!

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NEWSLETTER SUDOKU No. 71

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

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

The Heacham Newsletter deadline

Recently several items have been received for the Newsletter after the deadline date has passed. Whilst we endeavour to include all items submitted, the deadline date for entries for the following month is clearly shown on the front cover of each newsletter. To avoid disappointment, please ensure we receive your information by the due date.

Many thanks.

The Heacham Newsletter Team

TONY'S HOUSE MAINTENANCE

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01485 571038. Mobile 07932 123781**

Solution to
Newsletter
SUDOKU
No. 70

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



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News from Rollason Stage School

The children have been working very hard on their dancing. We have a lot of carnivals and shows ahead of us which we are all really looking forward to!

Classes are held in Heacham and Hunstanton. Mondays are at Heacham Public Hall top room, 6 years and over.

4.15- 5.15pm - Ballet, tap and modern dance

5.15- 6.00pm - Street dance

NEW CLASS starting 3rd June - BOYS ONLY - Street dance - 6.00-6.45pm!!

NEW CLASS starting 3rd June - Zumba - for 14 years and over - 7.00-8.00pm.

Wednesdays and Thursdays are in the Town Hall basement in Hunstanton.

Under 6 yrs classes are on a Wednesday in Hunstanton 4.30-5.15pm - Ballet, tap and modern dance.

Seniors are also on Wednesdays 5.15-6.15pm – Ballet & Modern.

6.15-7.00pm – Senior street crew.

There is also a musical theatre group. This is held on Thursdays 4.30-5.30pm.

Private lessons are available on request.

This is a friendly school. We take examinations, take part in dance festivals and perform at lots of events. The children gain lots of confidence, keep fit and really enjoy it.

Please call 01485 579074 or 07585 002124 for more information.



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WHAT'S ON REGULAR EVENTS

PC = Parish Council Office Pound Lane OFH = Old Friends Hall, Sunnyside HSC = Heacham Social Club
PH = Public Hall PRH = Pine Residents Hall, Wilton Rd MC = Methodist Church Hall, Station Road
NC = Neville Court SG = Scout & Guide Hut, Sunnyside SM = St Mary's Church Hall, High Street

MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH Top Room)
SUNNYSIDE CLOSE (Sheltered Housing for over 60's)
Coffee Morning 10.30am Tel : 570492
RAINBOW CIRCLE TODDLER GROUP 1pm in school term
time Tel: Pip 570812 or Karen 571837 (SM)
ZUMBA GOLD Exercise to music 1-2pm Suitable for all
levels 2.15 - 3.15pm Gentle stretch & relaxation classes for all
ages Tel: Suzie Povey 07900 818311 (PH)
ROLLASON STAGE SCHOOL Dance Classes age6+ Ballet
tap & modern 4.15-5.15pm Street 5.15-6pm Boys only street
6-6.45pm age14+ Zumba 7-8pm [Tel:579074](tel:579074) (PH)Top Room
2nd HEACHAM RAINBOWS Term time Girls 5 to 7 years old
5 - 6.00pm Tel: Mary Harpley 07813014477 (PRH)
HEACHAM TENNIS CLUB Junior Coaching @ 5pm
Tel:Richard 07718553415 or Janice 07923612187 (HSC)
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: Rob 572239 or Julz 572890 (SG)
HEACHAM IN BLOOM 3rd Monday monthly @ 7pm (PC)
INDOOR BOWLS CLUB 7pm (MC)
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

HEACHAM DAY CENTRE FOR ELDERLY 9am-3.30pm
Transport may be available Tel:Mick Harpley 07527125574
(OFH)
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 Run by W.N. Mind Lunch
Coffee & Chat at Piece of Mind 4 Poplar Avenue Tel: Hannah
or Mandy 01553 776966
LINE DANCING 1.30 - 3.30 pm Contact Diane 571166 (SM)
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)
1st HEACHAM GUIDES wef 4th June 5.30 – 7pm Tel: Sue
Theunissen 07833747059 or just come along (MC)
SLIMMING WORLD 5.30pm & 7.30pm Tel: Ann 01553
763949 (SM)
WEIGHT WATCHERS 7pm (OFH) Tel:Alison 07796 904311
PARISH COUNCIL MEETING 3rd Tuesday monthly 7.30pm
(PC)
HANDS & NEEDLES GROUP every other Tuesday
7.30 – 9.00pm Tel: Joan Careless 570363 (MC)
HEACHAM DIGITAL CAMERA CLUB meets 1st & 3rd
Tuesday monthly 7.30pm Sandringham Club West Newton
Email: heachamdigitalcameraclub@yahoo.co.uk or call Viv for
info on 07906056019
POCAHONTAS PLAYERS Drama Group 7.30 – 9.30 pm Tel:
570402 (PH)
LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds
HEACHAM BOOK CLUB 3rd Tuesday monthly Tel: Beth
570479

WEDNESDAYS

CAR BOOT SALE Sports Field from 7am (HSC)
SCALLYWAGS PLAYGROUP Term Time 9.30 – 11am £2
Tel: Clare 07816913657/Jo 07521447284 (SG)
WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar
Ave Heacham £35 per day or £20 part of a day (personal
budget holders & self-funders welcome) Tel: Joyce Armstrong
07704338775 www.westnorfolkmind.org.uk

CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)
LINE DANCING 1.30 – 3.30pm £3 Tel: 532317 (PH)
PATIENT ADVICE & LIAISON SERVICE 2 – 4pm on 2nd
& 4th Wednesdays monthly (PC)
FOOTBALL Under 8' & 9's 4.30-5.30pm Heacham Social
Club playing fields Contact Mark 07561303886
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)
HEACHAM TENNIS CLUB Senior Club night @ 6pm Tel:
Janice Campbell 07923612187 (HSC)
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)
WEST NORFOLK SINGERS 7.30pm Tel :Heather Titcomb
01485 542960 (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)
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
WRITING GROUP AT HEACHAM SURGERY 3 - 5pm every
other Thursday Contact Heacham Surgery or Tel: Caroline
Smith 01553 819460 between 1-1.30pm Tuesday
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](tel:534741) (SM)
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last
Friday of the month at 2pm
SOLO WHIST – Don't be solo – Go solo 2 - 4pm Entry £1
Congenial atmosphere (PRH)
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)
WILDFOWLERS 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)

SUNDAYS

CAR BOOT SALE Sports Field from 1pm (HSC)

HEACHAM DIARY

Saturday 1st June GIG 'Carol Ann' at Silver Sands
* 'Songs Old & New' with Robert Stephenson at Heacham Social Club

Sunday 2nd June 'Sunday Afternoon Jazz' at Fox & Hounds Station Rd from 1.30pm

Tuesday 4th June GIG 'D.N.A.' at Fox & Hounds Station Rd from 8.30pm

Saturday 8th June GIG 'Travis Graham' at Silver Sands
* 'Early 20's Jazz to Rock-n-Roll' with Anna at Heacham Social Club

Tuesday 11th June GIG 'Machine Shed.' at Fox & Hounds Station Rd from 8.30pm

Saturday 15th June Coffee Morning at Heacham Methodist Church 10am – 12 noon Cakes Books Tea & Fellowship

Saturday 15th June GIG 'Cliff Alman' at Silver Sands
* 'Caribbean Evening, Classic Reggae' with Kenny Bernard, BBQ & fancy dress at Heacham Social Club

Sunday 16th June GIG 'Wildwood' at Fox & Hounds Station Rd from 8pm

Tuesday 18th June GIG 'Keno Kings' at Fox & Hounds Station Rd from 8.30pm

Thursday 20th June 12 noon Deadline for submissions for insertion into the July Edition of the Newsletter

Friday 21st June GIG 'Rise' at Fox & Hounds Station Rd from 8.30pm

* 'Karaoke' with Mick's Sensations at Heacham Social Club

Saturday 22nd June NW Norfolk Trefoil Guild Coffee Morning at Union Church Hunstanton 10am–12noon for more info Tel: Mary Harpley 07813014477

* GIG 'Mark Steel' at Silver Sands

* GIG 'Mike, Terry & Friends' at Heacham Social Club

Sunday 23rd June Heacham Twinning Club Open Gardens from 12noon Entry £3 for more info Tel: 572252

Monday 24th June 'Bingo' at Fridhem Rest Home Station Road Eyes down @ 7pm 'All Welcome'

Tuesday 25th June GIG 'Betty Sealox.' at Fox & Hounds Station Rd from 8.30pm

Wednesday 26th June Blood Doning Session at Heacham Public Hall 1- 3.30pm & 5 – 7pm New donors welcome

Friday 28th June GIG 'Jam Session with D.N.A.' at Fox & Hounds Station Rd from 8.30pm

Saturday 29th June 'Messy Church' at St Mary's Heacham 10am to 12 noon No unaccompanied children Please book in advance Tel: 571348 or email griffin568@btinternet.com

* 'Elvis is in the Building' at Fridhem Rest Home from 2pm Tickets £5 (inc hog roast roll) Tel: Marie 571455

* 'Classics from the 50's to the 80's' with The Big D at Heacham Social Club

Sunday 30th June GIG 'Mark Wilkinson Jazz Quartet' at Fox & Hounds Station Rd from 1.30pm

Tuesday 2nd July American Handbell Choir Concert at St Mary's Church 7.30pm £6.50 For tickets Tel: 579094/571022

Wednesday 17th July Friends of Heacham Beaches 7.30pm at 35 High Street Heacham

OTHER EVENTS

Tuesday 11th June Brancaster CC 7.30pm at Brancaster Staithe VH 'An evening with Sean Bean LPS' Tel: Jim Till 210013 or Wendy Callow 01553 674725 Entry £3.00

Tuesday 25th June Brancaster CC 7.30pm at Brancaster Staithe VH 'A Woodland Walk' with Mike Stew LRPS Tel: Jim Till 210013 or Wendy Callow 01553 674725 Entry £3.00

Sunday 30th June RAF Bircham Newton Heritage Centre Open Days 11am-5pm more info at www.rafbnmp.org.uk

Saturday 13th July Sedgeford Village Hall & School Fete (inc Car Boot) 2–4pm at Sedgeford Village Hall Jarvie Close Fun for all the family For info Tel: 570889 or 579002

Saturday 20th July Thornham Village Open Day 2-4pm at Thornham Drill Hall Free Entry

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: Diana 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

Tuesdays

BRANCASTER BABY & TODDLER GROUP Simms Reeve Inst.Hall Brancaster 9.30-11.30am(term time) £1.50 per family For info email: 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

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

Wednesdays

SING FOR WELLBEING. from 10am–12noon at Snettisham Memorial Hall Accessible to all New members welcome Tel: Carol O'Neil 01328838316oremail carolone@homecall.co.uk

HUNSTANTON VOLUNTEER SURGERY 3rd Wednesday monthly 10am-12noon at 1st Flr Council Offices Valentine Rd Tel: 01553760568 Karen Lee or Karen@westnorfolkvca.org

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

DOCKING LOCAL PRODUCE MARKET 10am - 3pm in Ripper Hall Tel: 518945

LYMPHOEDEMA SUPPORT GRP meets the 2nd Wednesday monthly 10.30am-12noon at Tapping House Snettisham

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

ROLLASON STAGE SCHOOL Dance Classes under 6yrs Ballet tap & modern 4.30-5.15pm Seniors 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 for information.

HEACHAM LITTLE DRAGONS Korean martial arts of self defence 'Ages 5+' 4.30 - 5.30pm at the Scout Hut Heacham. For details contact Ian on 07806 622154

Thursdays

ROLLASON STAGE SCHOOL Musical theatre group 4.30-5.30pm at Hunstanton Town Hall Basement Tel: 579074

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)

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 Steve 07425 145887

THE SONG REMAINS THE SAME Monthly musings on music by Frank Edmonds

An offer from Dusty he could refuse!

Ah, what it must be to be on speaking terms with the stars. My only claim to fame in that regard is that I went to school with Terry Butcher, the England football captain of the Eighties, famed for that iconic image of him playing on with a bandage around his head and blood down the front of his shirt. (You wouldn't see that nowadays. Players have to change their shirt even if they get a minor nosebleed).

Terry's parents lived in a modest bungalow in the next street from us, in Lowestoft, Suffolk; his dad worked at nearby Blundeston Prison. But to be honest, although I must have even played football with him in school kickabouts, I could never really pretend I was mates with him or anything. I'm sure if he saw me today he wouldn't have the foggiest idea who I was.

(Actually my memory from schooldays is that while Terry was considered to be pretty useful, he was by no means the best. There was a lad whose surname was Martin – can't even remember his christian name now – who we all thought was the bee's knees. Clearly this was before Terry went on to, er, a hugely successful international career that would make such views look really rather foolish ... But all the same, whatever happened to Martin?!).

Anyway, no such fame issues for Heacham Newsletter reader Joy Pearce – or "Friend To The Stars," as I now call her. Joy, it turns out, as a young girl from the ages of five to 11, in Hayes, Middlesex, went to school with Frank Allen – who would go on to become the bass player with Sixties pop legends, The Searchers (he's on the far left in the group picture).



Frank had joined Cliff Bennett And The Rebel Rousers in 1961 – a band whose members would include future Rolling Stones piano player Nicky Hopkins ... and a certain Charles Hodges and David Peacock, later to find fame as Chas And Dave. Bennett and his band are best known for their 1966 top ten hit with the Beatles song, Got To Get You Into My Life.

But in 1964, Frank joined The Searchers – and promptly had an international hit on his hands, singing co-lead vocals on the No 3 hit, When You Walk In The Room.

The Searchers were already established hitmakers, having hit the ground running in 1963 with Sweets For My Sweet (a No 1), and following that in quick succession with Sugar And Spice (No 2), Needles And Pins, and Don't Throw Your Love Away (both No 1s), perfect pieces of jangly Merseybeat pop, every one of them.

Goodbye My Love, a No 4 in 1965, was their last top ten hit. But The Searchers have always continued releasing records and touring – now celebrating 54 years in the business, 49 of them with Frank.

In recent years he has also turned to writing, bringing his sharp sense of humour to bear on a lifetime of musical memories, with

the band history *The Searchers And Me*, and his tales of life on the road, *Travelling Man*. It was this latter book that prompted Joy to get in touch with me, after reading my recent piece on Dusty Springfield. Frank knew Dusty well – potentially, it turns out, very well indeed!

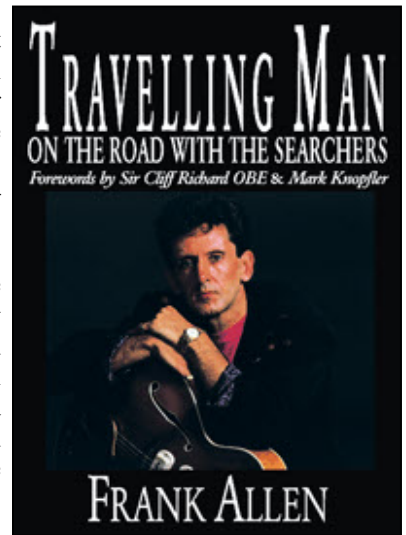
In *Travelling Man*, he impishly describes how on tour Dusty would "arrive by limo each morning, her mascara truck following behind and taking up the whole of the block."

Dusty, he said, had style. "She was the epitome of a true star in an age of working class heroes. She exuded glamour and fantasy."

Frank tells the story of a night in the early Seventies when he, Dusty and a friend piled into his little red Mini and hit the town. Dusty's sexuality, he said, "had always been in question" – she had a girlfriend at the time, singer Norma Tanega – and they headed for an "in" club filled with beautiful people, most of whom were gay.

Despite this, a soon worse-for-wear Dusty was confessing she had a thing for football players, and particularly fancied Leeds United goalkeeper Gary Sprake (who as a boyhood Leeds fan, I can tell you was possibly the least good-looking bloke in a team of startlingly unappealing players).

"Shock, horror – Dusty fancied men, do I hear you say? Well she did," said Frank. Not only that, but at the end of the night he was caught completely off guard to find Dusty's hand on his





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thigh ... and hear her confess of her desperate need to have a child, as her body clock was ticking.

“My mouth was probably gawping like a goldfish, but nothing was coming out,” he said. He was reminded of the story that Marilyn Monroe had suggested to George Bernard Shaw that with his brains and her beauty, a child of theirs would be incredible. “Ah yes,” replied Shaw, “but what if it had your brains and my beauty?”

Frank admits he was no Shaw anyway, and despite Dusty’s assurance that she would take sole responsibility for the child, “the moment was lost, and the magic had gone.” But he often wonders what might have been ...

Joy told me she has caught up with Frank a couple of times when he appeared at the Princess Theatre in Hunstanton. “He is the most unpretentious guy, and always willing to chat,” she said.

“At school Frank Allen was Francis McNiece – my main recollection of him is swapping beads in the playground! We had a school trip to Ruislip at the age of ten, and there is a photo of us setting off in his book, so that is my main claim to fame!” She adds: “His house backed onto the field of the local secondary school, and my friend remembers his brother jamming in the back garden.

“I sent him a copy of an old photo of a school play we were in, and he told me it hangs in his downstairs loo!”

And how can you fail to be impressed by that?!

Travelling Man: On The Road With The Searchers, by Frank Allen, boasts forwards by Sir Cliff Richard and Mark Knopfler, and looks to be a rattling good read.

And if any other readers have links to people from the world of music, I’d love to hear from you. Contact me at: frank@bronyaaur.demon.co.uk

Heacham in 1921

Thursday 6th March 1921

Further adventures of S. C. Neville-Rolfe’s descendants.

Filling in the morning

After a visit to Sedgford Hall where Game had been donated by Aunt Jane to other members of the family, Margaret Torrey’s car containing her sister Marie and the 19 year old student, sped up to Hun’ston and discussed the ugliness of the houses. They analysed them and found it was the Carrstone and stone which did not agree – Carrstone and Brick are nice, or brick and stone, but not the first and last.

The car pulled up on the road, near the corner of one of the greens not far from the Sandringham Hotel. They stepped out of the ‘taxi’ leaving Marie within. Margaret and the student went for a stroll. So hot was the sun that day that they could not hold themselves up as they walked down the grass to the pier - then they diverged to the right, and went through the Hunstanton gardens. They agreed how ideal it would be to bathe, and had Margaret not been there, the student’s wild animal spirits would have immediately hurled themselves into the loose limpid water of the blue.

A sailing boat lay at anchor near the pier head, a white speck on the azure sea. Lazy waves, rolled themselves out on the shingly sand, and drained themselves away with rustling murmurs as the pebbles rolled on upon another, a thousand glittering jewels. This was the voice of the deep expressing content as it basked in the stifling sun, and cooled by the slightest breeze.

Margaret interrupted the silence by telling how she once heard the children petition to their nurse to go to the sea.

“Lets go to the water, lets go to the water!” they cried, a natural demand of beauty – but Nurse said “No No my dears, lets go to the shops, you’d prefer the shops much more.”

The student called it base, Margaret expressed the view that she did not care for sailing, never did – and she did not really like being on the water, only by the water. It struck the student as a curious view.

When they had gone through the gardens they came to the Cliff, and saw the same view as they saw on the first day, only of course in a different light. They strolled back through the gardens, but struck up past the War Memorial (at the top of the gardens (looks like the London cenotaph) and came out on the road.

Instead of rejoining the car on the right pavement, they crossed to the left and passed the car. Marie was busy talking to Thacker – and went to Winlove to buy a peculiar kind of bread for Aunt Marie, for she particularly likes it.

By another descendant

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Hunstanton & District Rotary Club

We recently had an inspiring talk on the subject of Neuroblastoma. Charlotte Rham was our guest speaker and she introduced Linza Corp, the first full-time member for this charity which is now in its fourth year. In the photo, Linza is on the left and Charlotte on the right.

Neuroblastoma is a rare form of cancer which is very aggressive and affects the nervous system, often afflicting babies. Rotary members were very concerned about the effect on children



suffering from this awful affliction. With treatment, the survival rate is only 80% and hospices provide care and comfort. The charity also supports families in times of bereavement. A FAN club operates, enabling days out and free

holidays to be taken. 100% of all donations go towards the charity and the care of the children.

At another of our meetings, Anthony Law returned to tell us about the new project that Brancaster village has for their Sports Club which started in 2006. He thanked the Rotary Club for their donation towards the six portable floodlights which had been used regularly with about twenty people attending each session. As they have a large area for most sports, such as volley ball, tennis and football, they would like to refurbish a room which adjoins the community centre. This small hall needs a new roof and possibly some updating and for this Anthony, on behalf of the Club, is seeking grants and funds. At present they are asking for volunteers in their neighbourhood to staff this amenity and are hoping to open in September or sooner for two or three nights a week. This hall could also be used by the community for other functions, and schools in the area could use the facility once it is up and running.

Community Care was a fascinating subject introduced to us by Angela Gifford. She informed us that community care could be traced back to the year 1601 when, in the time of Elizabeth, daughter of Henry VIII, a Poor Law was introduced to deal with the problems of old people and also people with mental health problems. The Poor Law clearly defined the responsibility of

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every parish to support those who were incapable of looking after themselves.

In 1834 the Poor Law Amendment Act required relief to be provided by institutions only. This led to the construction of a huge network of workhouses. Also asylums were being built, including one near Norwich, and the workhouse in Docking was built in 1835, housing about 400 inmates, the staff numbering only 7! In Queen Victoria's time, in 1872, a convalescent home was built in Hunstanton.

The two World Wars caused many problems with injuries and lack of housing. In 1948 about 155,000 prefabricated houses ('prefabs', for short) were built and the NHS was introduced. Also the National Assistance Act, 1948, stated that, "It shall be the duty of every local authority to provide residential accommodation for persons who, by reason of age, illness, disability or any other circumstances, are in need of care and attention which is not otherwise available to them." This, together with the recent introduction of welfare benefits, encouraged the beginning of the move from institutional to community-based care. In 1988, the Griffiths Report was published with its recommendations including the appointment of a Minister of State for Community Care and the transfer of all community care to local authorities. The report recommended giving 'earmarked' grants partly funded by central government, to local authorities. It also recommended that local authorities be allowed to purchase services from other agencies. In 1989 the White Paper 'Caring for People' was published in response to the Griffiths Report. The next decade saw a dramatic increase in the number of voluntary and private sector providers.

Angela, our speaker, was from Able Community Care (est. 1980), Norwich, which provides 'Live-in-care', avoiding people having to leave home to move into residential care. More

information can be obtained by telephoning 01603 764567 or email: Ablemg@aol.com Their website is www.uk-care.com Our Rotary Club meets weekly. If you would like further information about Rotary, telephone Phil Newell, 01485 533864 or Mike Warnes, 01485 534392.

Rene Rooth



The Heacham Newsletter deadline

Recently several items have been received for the Newsletter after the deadline date has passed. Whilst we endeavour to include all items submitted, the deadline date for entries for the following month is clearly shown on the front cover of each newsletter. To avoid disappointment, please ensure we receive your information by the due date.

Many thanks.

The Heacham Newsletter Team



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Incinerator update

Following the County Council election extraordinary changes are underway at County Hall. They could spell the beginning of the end for the incinerator and deliver reforms to how Norfolk is governed. At their first meeting on 13th May, newly elected Councillors from across the political spectrum united to reject Councillor Borrett's continuation as NCC's leader. They also overwhelmingly decided to hold a full council debate on the future of the incinerator, which is expected to take place in June following the preparation of reports and the release of contract details. At the time of writing this update, County Council officers were refusing to make the incinerator contract available for the newly elected members to inspect. This situation will have to be resolved if members are to make an informed decision about the project's future.

More information about incinerators on the continent has come to light. After signing long incinerator contracts some German waste authorities found themselves locked into paying 3 times the going rate to dispose of their waste, effectively subsidising 3rd party and imported waste disposal. Dutch incinerators are so short of material to burn they are looking to the UK as a source of rubbish to be imported. Here in Norfolk more efficient waste treatments (previously ignored by NCC officers) should now receive the attention they deserve. If NCC officers continue to ignore them it may be time to change the officers responsible. The Planning Inquiry has now ended.

KLWIN Event for your diary:

13th July - African Music & Dance with the brilliant Anna Mudeka Band. Tickets in advance £10 or £12 on the door. Call 01553 840640.

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Mike Knights
Vice Chairman KLWIN

Heacham at Night

June is not the best of months for night time observing as the sky does not get very dark. The 21st June is the summer solstice, the longest day of the year and the start of summer. Solstice means 'sun stands still' as the sun stops getting higher in the sky on this day and subsequently begins appearing lower, reaching its lowest point on or about 21st December. The sun's motion, of course, is not causing the seasonal changes in day length that we experience. The tilt of the Earth causes us to receive more energy from the sun in our summer whilst people in, say Australia, receive less. As the Earth orbits the sun, this position is slowly reversed and we receive less energy in our winter whilst Australia enjoys its summer. And we are certainly not closer to the sun in summer; in fact, due to the Earth's elliptical (egg shaped) orbit we are 5 million km further from the sun on 5th July than we are in December. Not that this makes much difference to the climate. Last fact: the Earth orbits the sun at 30km/second - just over 67,000mph.

I mentioned solar observing last month and I did some during the sunny May bank holiday. I saw several prominences and sunspots. The latter are a bit cooler than the rest of the sun's surface and so appear darker. Magnetic fields are associated with them which lead to huge arcing flares - prominences. The sun is close to a solar maximum - more spots, prominences and 'mass ejections' than average which is why amateur interest has grown and equipment has become available. At the time of writing a 'monster radiation burst from the sun' was reported at around 5pm on 13th May. This one was not directed towards Earth but others to come may be and their effects on communications and power distribution can be significant.

I managed to spot the Panstarrs comet at the end of April. Just a smudge but I found it; the comet coming in the autumn is supposed to be brighter and 'by end of November this year



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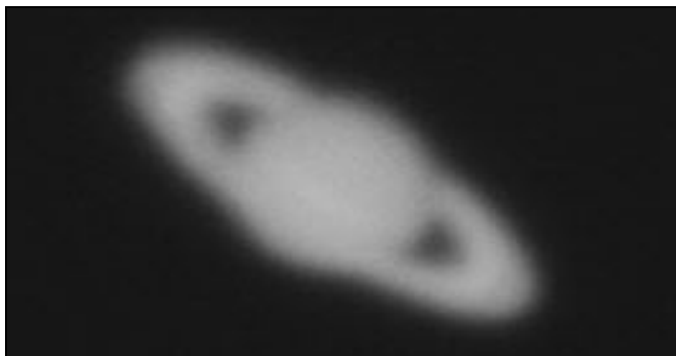
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hopes are that ISON may briefly get as bright as the Moon in the sky'. If it does you will need no help to find it but comets are fickle.

I observed Saturn on several 'clear' nights - there was still water vapour and wind – and managed to get some fuzzy images; the rings were clear if not the detail in them. Saturn continues to provide a fine sight in a telescope throughout June.



Saturn's rings are presenting themselves quite well. They are only 100metres thick so almost vanish if seen edge on. But they are over 100 thousand kilometres from inner edge to outer edge. There are several groups of rings and thousands of fine structures within them. Small moonlets within the ring system create gaps within it (not seen in this poor image taken on 11th May at 22.47 in Heacham).

I was on Heacham south beach at 10.30pm on 13th May to look at Jupiter and the crescent moon. They would have been closer on the 12th but it was cloudy then. The 13th was clear but bitterly cold but the view was worth it – I didn't see any of you there but, perhaps you were there later in May (this is like Dr Who) to see Jupiter, Venus and Mercury. Mercury will still be visible for much of June and Venus is until around the 21st when it is very close to Mercury but also very low down and so difficult to see. Jupiter leaves the evening sky after the first two weeks.

There is a weak meteor shower (The Ophiuchids) which peaks on the 10th. Look SSE as late as you can but only expect up to 5 an hour.

If you found the star Antares last month find it again – low down towards the horizon just east of south (23.00 on June 15th, 22.00 by June 30th). Then track around the horizon to about SSE and look for another bright star a little further above the horizon. This is Altair (10 times as bright as the sun and 16.7 light years away); From Altair, tilt your head back until you see very bright Vega (52 X as bright as the sun and 25 light years away). Then go just north of east to find Deneb. This does not look as bright as the other two but is, in fact, 70,000 X the sun's brightness. A distance of 1,5050 light years makes it appear dimmer. These three stars form the summer triangle, a term used by Sir Patrick Moore 60 years ago.

With binoculars you might like to scan the sky in a region between Altair and Antares (ESE and SSE). You could find up to 6 fuzzy objects. These are large clusters of stars – globular clusters – which Messier included in his catalogue in 1771. He listed 103 objects altogether so that they could be eliminated when searching for comets as fuzzy objects tend to look the same. Comets, being very much closer, show movement over time.

Turn some lights out and find a dark spot – unless on the beach looking for those planets AFTER sunset.

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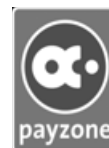
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THE POCAHONTAS PLAYERS

Evolution Express - The Musical

Well really, we do not know how to start

What an amazing show this turned out to be. We say 'turned out' because as an overall non singing drama group, we wanted to push our limits and perform something very different for our group. Dave Curtis (our chairman) came up with this idea of depicting man's achievements, through dialogue, song and dance. He began with the early cave men, going out to hunt for food for their families on foot. Man then invented the 'wheel' which went onto fire and engines, thus Mr Stephenson inventing Stephenson's Rocket, which saw the train.



Then came the 1st World War, with the invention of the Radio. Everything was brought to us by rail and road, including by heavy goods trucks. Then the car, being used for pleasure as well as work. It all came to the grand finale with the invention of World Wide Web, depicting that now, whatever we need, it can come to you, as each cast member walked out of a massive computer screen, with a medley of up beat songs, with the final song 'Nothings gonna stop us now' bellowed out, at the top of our voices.



We cannot begin to thank all our loyal and new supporters. All the donated raffle prizes. The businesses who displayed our advertising posters. The ten programme sponsors and The West Norfolk Inn for displaying advertising fliers in each menu holder. THANK YOU!

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This production, we saw Zac Hawkins in his first acting role as Matthew the Caveman and also as an Army Soldier. We also had Charlotte Linford in her first Pocahontas appearance as a Radio Ga Ga dancer. Another new member was Emma Hurn, who sang as a Cave woman, clutching a baby wrapped in an



animal pelt (Not a real baby and not real animal pelts, we would like to add here!!)

The backstage crew are just as important as the cast and, for this production, we welcomed a very efficient young lad, James Rushmore, who had all the backdrops under control during the performance.

We also welcomed to the sewing team of this production Terrie Barrett, who is a whizz-kid with her needle, thread and sewing machine, making Janice and Heather's load much much lighter.

Although we welcomed 5 new members, we also said goodbye to two of our more established members, Laura Thomas and Ben Parr, who have had several years with the group and who are now off to University. They started The Pocahontas as two very shy cast members but leave us as two very confident teenagers. "Good luck Laura and Ben, we shall miss you both very much. Laura, for your beautiful singing voice and Ben for your wit and charm but both for your good manners!!!"

We, the group had spent many hours rehearsing, singing, dancing and hope that our audiences went home feeling uplifted? We certainly did! Thank you all again for your support because without YOU, we wouldn't be such a huge success. We feel so proud to be a part of Heacham's Pocahontas Players and we hope that Heacham feels just as proud to have 'The Pocahontas Players' as part of them.

We are now on our summer break and will be back to start auditions and rehearsals for our Panto, which this year will be written by Jim Race. More info on that later but at the moment we are going to enjoy our summer

from The Pocahontas Drama Group

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Heacham Green Team



The Green Team are really pleased to be launching our new Heacham Green Team logo, designed for us by local lad: Gareth Liddington; thank you Gareth. We have already been sending out letters under the new logo and courtesy of Heacham Parish Council. It can also be seen on a new Heacham Green Team page on the Parish Council Website www.heachamparishcouncil.co.uk This page will provide links to meeting reports and keep you updated on what we are doing and when.

Doorstep glass recycling seems to be one of the issues of the day and The Green Team has heard from Cllr. Long that the Borough Council very much intend to introduce a glass collection as part of our green bin collection from April next year. The Green Team are also hoping to introduce a number of drop off sites for certain plastics like bottle tops which you are not able to put in your green bins at the moment. Not only will the tops not go to landfill, but money will be raised for charity..... more news on that next month. So, start collecting bottle tops now. The Parish Council report a roaring trade in compostable caddy bags, which means a large percentage of you are giving food waste recycling a whirl. If it stops food from going to landfill, that is brilliant, but hopefully many of you are still composting at home and perhaps more importantly looking at ways not to waste food. I'm sure you aren't wasting food. None of us can

these days. If anyone has any good recipes for using up leftovers, let us know and we will include it in next month's newsletter.

Dog excrement is still a major eyesore in the village. Poo bins are plentiful and are going to be marked on the village map. There is no excuse for leaving the stuff where your dog deposits it or putting it in a nice plastic bag and leaving it hanging on the nearest fence, which is almost as bad as leaving it be. It shows a lack of respect for your neighbours as well as being a serious health hazard.

Your green team. (We still need more members, so come along and have your say in your village. Don't moan, do something to help).

Mike Drew

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ANYONE FOR TENNIS?!

Well known Heacham 'boy' Paul Forster, probably best known for his prizewinning running in the 90's, has just started a new venture.

Having played tennis for many years as a club player in addition to other sports, he is aware that all too often tennis is seen as an elitist sport or one difficult to take up on your own.

Paul is offering his affordable services to people between 18 and 80 years of age who want to get fit the fun way and at their own pace by playing tennis. His down to earth manner and sense of humour make him the ideal person to be your hitting partner and tweak your game if you would like to improve.

If you would like to book a regular or one off session for yourself or a group of 3, please ring Paul on 07899 878912.

Heacham Tennis & Social Club contact Janice Campbell said: "We always extend a warm welcome to prospective new members, guests and visitors. Membership is not necessary to receive Paul's help. However, we would be delighted if Paul ignites an interest and love of tennis in a new cross-section of people who have never been to Heacham Tennis & Social Club before."

Heacham Tennis & Social Club can be contacted on 01485 5707765. Ask for Janice!

Anyone for TENNIS?!




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Paul is an affordable, down to earth experienced tennis player. He is available as a hitting partner and will tweak your game if you would like to improve.

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The Kitchen Gardener

When I shuffle off to the great kitchen garden in the sky – speaking of which, a big thumbs up for the new Heacham at Night column – (and when I get there I sincerely hope that those I have loved and lost together with the dogs I've shared my life with are waiting to greet me) – I'd like my epitaph to read 'it seemed like a good idea at the time'.

So it did with last year's parsnips. I had a big fat packet of seeds from the previous year so I tested the boundaries not once but three times by sowing year old seed when I know parsnip seed has to be fresh every year.

Normally, I always sow in the second week of May and thin seedlings to at least 6-7 inches between stations. May could seem to be rather late for sowing parsnip, but I find if I sow any earlier germination is a very hit or miss affair with a high failure rate. I like to see my seedlings growing and developing happily, and not doing a dying swan routine.

From the May sowing they grow away really well and I enjoy enormous fat deep rooted crops ready after the first proper frost through to April/May the following year.

By the third week in June, I was having a panic as not a single seedling had emerged from the three sowings and I was beginning to feel like a village somewhere had lost its idiot.

In desperation, I bought new seeds and sowed into modules which I wasn't happy about for a root crop but couldn't see how else I could speed up the process. I transplanted the seedlings 4 weeks later before they'd developed tap roots. Edible, just, but small and multi rooted. Gourmet product they were not. It was the gardening equivalent of car crash TV. Sigh.

It is possible to test the boundaries with peas, however. Germination time is much faster – I start them off in modules – so if they don't want to come out and play only a small amount of time is lost. This year, I've sown sugar pod peas with a sow by date of 2009 and germination was good.

I'm strict about buying fresh sweet corn seed every year. It likes warm soil, so there's not a lot of room for manoeuvre time wise if germination fails. I've noticed, too, that even with different seed merchants some of the more popular seeds can sell out early in the season.

Another good idea at the time was to try out a new fruit with meat combo we Brits are so fond of (for example – pickles and chutneys, apple sauce, prunes, quince and a great deal between). I put some rhubarb into a main course game soup and added coriander seeds for good measure thinking their citrus flavour would complement the rhubarb, carrot and other veg. in the pot.

The rhubarb was fine, but the seeds were another matter. The more firm seeds were exactly the same size as shot and every so often I had to check what I was eating! But here's the thing – if I don't try out my little experiments I'll never know...

The very dry late spring has meant more watering than usual for the time of the year – young fruit trees and bushes, anything growing up against a wall, anything flowering (strawberries for example) and young just planted veg like the peas and broad beans from module sowings earlier on. I also give anything growing in a pot a good drink particularly when a high wind is forecast to give them a bit of ballast to help them to stay upright.

If even after that they go base over apex then I prop a brick against the laying down pot and leave the whole thing horizontal until the wind dies down – one bash on the ground is bad enough for my precious Acers, several and I'd be doing hissy fits.

Late May sowing will include leeks – grown in great volume and used from November to late May. Very versatile in the kitchen – leeks can be used in any dish that requires an onion and, of course, with onions. A bit like cabbages the leek crop is a good old workhorse, steady, reliable and always there when you need them. The most comforting of comfort food in the middle of winter, yet fun too when turned into various salads served warm or cold.

I start the seeds off in the cool end of the polytunnel, sowing quite thinly as I want good sturdy plants to transplant later. If sown too close together they get a bit leggy fighting each other for nutrients and light. Early June I'll direct sow runner and French beans to extend the cropping period, earlier beans module sown and planted out by the third or fourth week in May.

I grow two types of cauliflower, one that crops in April and one that turns in around May. I don't grow summer ones as I found they bolted and so decided to give up that particular battle, concentrating instead on what I can grow well at that time of the year.

Add a month for the spring we've endured and the April crop began to be ready to eat around the middle of May. I sow my cauliflowers the first week in May and transplant them a month later. So for the last couple of years that's almost 13 months in the growing. Space, time and patience are required plus a good deep watering in a dry spring or the heads are even later forming and the queue of plants waiting for the space start tapping their toes, pursing their lips and looking at their watches.

There's a massive payoff – cauli like nothing that comes from a shop and crammed full of flavour. I take my machete to the tough lower part of the stalk, peeling off the outer bark so there's more stalk for the pot. It's so tasty – a definite chef's perk.

Cold cauliflower is lovely with a simple but cheese dressing. This is a handy recipe if you love cheese but have to go steady for health reasons as a little bit of a strong cheese goes a long way. Stilton is too soft, Danish Blue or Roquefort or some other pungent blue works best. Experiment with amounts to your personal taste. Mash the cheese in a bowl and when smooth enough for you work in some good vinegar – wine, sherry or tarragon work nicely, roughly a dessertspoon per ounce of cheese. Season, half a teaspoon of mustard, snipped chives and enough plain yoghurt to create a dressing to your liking.

I like to serve this with seed bread made from last year's squash seeds, and therein lies a whole other story that seemed like a good idea at the time!

Hilary Dellar-Lane

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Tue 4th - D.N.A.
Tue 11th - Machine Shed
Sun 16th - Wildwood - 8 pm
Tue 18th - Keno Kings
Fri 21st - Rise
Tue 25th - Betty Swallox
Fri 28th - Jam Session with D.N.A.
Sun 30th - Mark Wilkinson Jazz Quartet - 1.30 pm
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MUSINGS FROM THE POTTING SHED

Many things grow in the garden that were never sown there. Thomas Fuller 1732

Things are moving at last. It's quite amazing how a few warm days can trigger growth. When I did my last article, the trees were still very bare and it seemed as if Nature was refusing to wake up. Today, just a month later the trees are in full leaf and all is fresh and beautiful. Mind you apart from a blistering weekend recently, it's still very cold first thing and even as I type this, in late afternoon, it is still far from warm out there. But I refuse to put on the heating, preferring to add a sweater instead. When my beloved girl was still with me, the old boiler - no, not her, the heating thingy - was hammering away to keep her warm as she couldn't get around much. Now, to save the pennies, I move about briskly or add layers.

Anyway, as I said, things are actually growing out there. My tomatoes are reaching for the sky. My good friend, "young" David, now, sadly, also departed, would probably have been eating his by now. There's a chap who, like my mum, could really grow things. Me, I muddle around in the soil and generally get reasonable results but my mum and the Davids of this world always seem to be streets ahead. But my broad beans are looking good except where the chickens have been scratching and dislodged a few and my low beans and climbing beans will be ready to be put out in a few days. I sowed cabbages today and put in a few rows of beetroot and it rained quite hard just after lunch to water them in nicely for me. I decided this year to grow radishes in a pot as, when I put them in the ground, I forget to water them and they go all woody and bolt. My spuds are all through and now I pray for a lack of frost, as do we all. And I noticed the first spears of asparagus this morning, which I shall scoff tomorrow. The wild plants ie those sown by the birds, do much better than my so-called asparagus bed has ever done. Last week was my umpty umpth birthday and three of my children came home. We had a lovely barbecue and did some bought asparagus on it. Super, even better than poached or grilled. I was sorry to see them depart but that's the way it has to be, they have their own lives to lead. My youngest is in the process of buying her own place, in the village and when she goes, I'll be able to become a complete slob and do just as I like.

There has been quite a furore over the proposed development to the south of the village. I went to the parish meeting and feelings were running high. I have to admit that I'm not at all happy about it as, whilst I think the local people need homes they can afford, this development is too much, amounting to a small village of its own. We shall have to see how things pan out.

UKIP certainly seem to have put the wind up our pompous politicians. Perhaps they will realise that people need to be listened to and that they need to feel compassion for those they govern, many of whom are really struggling to make ends meet. It has always seemed to me that politicians get into power having the best of intentions but once there, they forget what it's all about. So a good kicking occasionally is a wake up call. Let's hope they listen and I don't just mean the Tory/Lib Dem alliance but the other lot as well. I have always said that no one should be able to get into parliament unless they have had a "proper" job for a few years first. John Major was one of those and I always had a great deal of respect for him even when I disagreed with his policies. The current lot seem to have gone straight from university into politics and don't seem to know how the country ticks. And they never even try to explain the reasoning behind their decisions. Going back to barbecues, my old one was very old and the last weekend was enough for it. You just can't get stuff that lasts can you. I mean that one cost £9.99 and has only

lasted about 20years. So now the poor thing will go to the metal recycling place and I've gone quite mad and bought a new one. This was considerably more expensive and should, with luck, see me out. Anyway, I arrived back from coffee with a friend today, Sunday, to be greeted by Eileen saying "come on dad get a move on, there are sausages to cook and I'm off on my horse in an hour." Hassle, hassle. So we fired up the monster (charcoal of course, none of this gas rubbish) and cooked sausages. And it worked just as well as the old one. It even has a lid, and a built in thermometer. And we ate outside as well. And the rain held off. Aren't we the lucky people. It's raining steadily now but I've cleaned the beast up and it's covered with a posh-ish waterproof-ish cover courtesy of Travis Perkins. Used to hold sand I believe and fits a treat. But I've just realised that I forgot the asparagus. Ah well, there's always tomorrow and Eileen will be at work so I can have all four sticks to myself.

You know, we moan about our politicians but aren't we glad we live in England where we can say what we like about them and there will be no knock on the door in the middle of the night. I've been listening to the radio and reading in the papers about the elections in Pakistan. There has been a 60+ percent turnout despite the Taliban bombing and killing people so let us hope that their new leaders will be able to bring order and peace to those poor people. Now, I have nothing against Muslims. Mohammed, their prophet preached peace and brotherhood and in the early years of Islam, Baghdad, the capital of what is now Iraq, was the home of one of the greatest universities of the early middle ages where people of all creeds and nationalities could study and worship, in their own way, in peace. Then along came the so-called Christians bringing fire and slaughter. Christianity was started by a chap called Jesus who, like Mohammed, preached peace and brotherhood, and men took his words and turned them around and along came the Inquisition to torture and burn all those who disagreed with the teachings of the

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Church. People blame religion for the troubles of the world but its people who are responsible. I just hope that the Taliban with their distorted Sharia laws will go the same way as the Inquisition did and Man will learn to live in harmony with his neighbour.

It's quiet outside this afternoon but generally when the weather is at all good, I listen to the children across the road charging round their garden and having a good time out of doors. I've been reading the National Trust magazine just recently and there's an article bewailing the lack of outdoor activity amongst our young people. I'm pretty sure that a lot of parents are not too happy about letting their precious ones go wandering off on their own. But children don't usually do that, they are either in pairs, as I usually was or in small gangs. Some join the scouts or guides and have a great time, as I certainly did. I know there are a lot of young people who prefer to sit in front of a computer screen or spend hours using their smart phones but that's what happens with modern technology. It didn't exist when I was young and now I find it all hard to cope with. I think that eventually things will settle down and youngsters will find other things to amuse themselves. We can't turn the clock back and we can't put the genie back in the bottle. It's up to parents and teachers to offer children the widest range of choices and let them get on with it. It's interesting that both Scouts and guides as well as Sea cadets and the like are oversubscribed and are, in fact finding it hard to get enough leaders.

I saw in the paper that UK supermarkets are relaxing the rules about use of GM feed for animals on the grounds that there is not enough non-GM soya to make feed. However Brazil apparently produces enough non-GM soya to provide feed for all of Europe with some left over. I suspect it's the Agribiz companies putting pressure on UK and European companies to relax the rules. Europe is standing firm but our lot, as usual, are rolling over.

Despite the Leveson report saying the newspapers should be controlled by legislation, the Government are vacillating. I wonder who is twisting their arms? How many times are these ultra powerful media moguls going to ruin peoples lives before someone with guts says "enough".

A nice bit to finish with. A horrible rubbish tip at Thurrock near London has been turned into a beautiful wildlife haven. So far 120 acres have been converted with 400 to go. The picture in the Observer looks lovely. In addition the methane produced by the rotting stuff underground is being collected and burned to drive 15 turbines, which will provide enough electricity to power 100,000 homes for the next 30 years. Good news for a change. It's amazing what vision and imagination can do.

Michael Drew

NB: I still forgot the asparagus. Tomorrow?

HEACHAM SPORTS AND SOCIAL CLUB

Committee News

As the summer season gets under way the Wednesday car boots are back between 7am and 12 noon, and have been running successfully despite some inclement weather. Sunday boot sales began on 26th May from 1pm. Both sales will run throughout the summer and we look forward to seeing everybody again. These events provide a lovely opportunity for friends old and new to meet, compare purchases and even have a coffee together.

As summer approaches the football season has come to an end but the sports areas are very busy with tennis, green bowls and cricket. Have you seen the new football pavilion? Progress details are regularly included in the newsletter.

In the club, we have weekend entertainment and Wednesday quiz nights with lots more going on in between. The big screen will be in use throughout the summer showing all the big sporting events. We hope to have free Wi-Fi in the club very soon. Please see notices inside the club for full details. Why not enjoy a game of Bingo on a Friday in the Public Hall at 7pm.

Food is available throughout the week on various days. Sunday lunches are very popular so booking is advisable to avoid disappointment.

Children are having lots of fun in the playground. We respectfully remind parents that, for their own safety, children using the playground must be supervised by a responsible adult.

As always, we are delighted to welcome new members, not just to the Club but to the many sports groups such as Bowls and Carpet Bowls, Tennis, Football, Cricket, Badminton and Petanque. Just ask at the bar for contact details.

You will find full details of our club activities in the What's On section in the centre pages.

The contact numbers for Boot Sales are 07527 125574 and 07974 187011. For all other enquiries please call the Social Club 01485 570776.

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HEACHAM LAWN TENNIS CLUB

The power of advertising has paid off! New senior members from as far afield as Wells have joined the senior section and we hope to have a substantial increase in senior members this season.

We are now registered on the LTA Places to Play website and are attracting enquiries from visitors to the village well before they arrive! To comply with the Places to Play requirements, we are offering FREE use of the grass tennis courts at specified times to ensure that no one is precluded. Please see Tennis notice board sited on the outside wall at the back of the Public Hall for these times.

Junior Club / coaching is very well supported and, though we have such a wide age range, we are able to accommodate all and keep them happy during their time with us. Hopefully, by August, we will have a few who are willing and confident to enter the Under 12 Round Robin event at Hunstanton Tennis Tournament, which is a fun mini-tournament run in conjunction with the main one.

Anyone wishing to join for whatever reason please contact Janice Campbell 01485 572120 or make enquiries to staff in the Social Club. Most certainly, Heacham Lawn Tennis Club can boast superb grass courts at very affordable rates and have sessions to accommodate all.

Casual play is available for visitors but why not consider a weekly ticket? Family memberships available also. Please contact Janice for more information.

Heacham Carpet Bowls Team

Winners of the King's Lynn Dairy Crest league 2012/13:-

Alan Holman.
Robert Pritchard.
Roger & Janet Winkless.
John & Mary Hunt
Jean Read.

The league comprising 16 Carpet Bowls teams from around the King's Lynn district playing monthly games at Lynn Sport.

Carpet Bowls sessions are held every Tuesday, Wednesday, and Thursday mornings at the Public Hall Heacham, 10.30am to 12.00 noon. Everyone is welcome.



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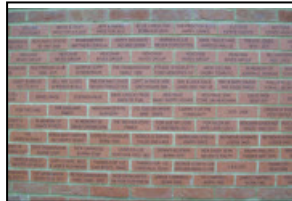
For those of you who have been to see how the new pavilion is progressing, you will see that the outside is finished. Internally, electrics, ceilings and then flooring will be next. Sadly, photographs of the inside are not possible at this time – it's far too dark in there to take any pics!



What a wonderful building it is and how lucky we are as a village to have secured such an enormous amount of National money to allow us to have this wonderful addition to our sporting facilities. All pavilions viewed prior to our

commitment, were basic, square or rectangular boxes with little character or shape to them at all. We most certainly cannot say the same for our build. In keeping with the Public Hall, Borough Planners specified the bricks used so it would blend in with what we already have. I'm sure you will all agree, our pavilion is one to be proud of and one which I'm sure, by the very nature of its appearance, be respected by all who use it.

The next phase will be the upgrading of the existing pavilion and we envisage this will be as spectacular, if not more so, than the new building.



We have received our promised £50,000 from Sport England and Football Foundation are paying their percentages as we go along. Local funding is all in now and we hope that a few local individuals and businesses will support the Patrons' Board, which is to be housed in the revamped existing pavilion for all to see. Whereas the bricks were priced at £25 each, we have had to set the price at £250 for the Patrons' Board as the first people to subscribe to this suggested a minimum donation of £250. We sincerely hope that we have support for this as we appreciate and accept that prices are rising all the time. It is over a year since we submitted application for grant aid and, although contingency plans were allowed for, there have been several jobs needed that could not have been foreseen which have obviously bumped up the cost. If you would like to subscribe to the Patrons' Board, please write with your wording (1 line of lettering we suggest) and cheque, addressing your letter to Patrons' Board, Heacham Club, 13 Station Road, Heacham. PE31 7HG. Your letter will be acknowledged and the amount you have donated kept confidential.

We hope to be able to post some pictures of inside the pavilion in the next edition of the Newsletter as well as give an update as to how works are progressing.

It is "All about Norfolk" at the Library throughout June; take advantage of our range of books about our wonderful County.

Sponsored by the Borough Council, there are 3 computers available for use at the Library with internet access. If you would like to learn the basics of how to get online and use the internet, we also run free courses at the Library on Thursdays. In addition, we can now offer sessions which help you with basic word processing, spreadsheets and emailing. If you would like to book a place, please ring 01485 572142.

Heacham Library Opening Hours

Monday, Wednesday, Friday - 10am-4.00pm
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HEACHAM PARISH COUNCIL NOTICEBOARD

HEACHAM ANNUAL PARISH MEETING 2013

CHAIRMAN'S REPORT

Mr Johnson reported that once again it had been a busy year, made special by the Jubilee events in the form of the Village Street Party and the Jubilee Garden Party at the Junior School. Meetings to discuss how to protect the coastline had been made all the more poignant by the 60th Anniversary of the 1953 Floods. Mr Johnson thanked St. Mary's Church for their help in marking the Flood Anniversary. Mr Johnson also thanked Mr Sean Sands who as the Village Sports Coordinator had organised Team Heacham's successful entry into the village games last year. Mr Johnson commended the Parish Council Committees for the work done in Brays Pit, the Saltings, The Old Friend's Hall and the scheme to improve the seating area at the top of the Recreation Ground. In finishing, Mr Johnson stated that he would be standing down as Chairman in May after 2 years and thanked Ward members, parish councillors and council staff for all their support and wished the new Parish Council Chairman good luck in the role.

FINANCIAL REPORT 2012/2013

The Clerk reported that the income for the past year was £111,135: 70% of the Council's income came from the precept which last year was £77,390. The precept was averaged out to £19.04 per registered elector for the year. The remaining 30% was made up mainly of Rental Income. The Council's decision in 2011 to move a large proportion of its reserve into a Bond had netted a much higher amount of interest, when that bond closed it had been re-invested in another fixed bond. Expenditure was less than income at £108,964 which represented a spending of £26.80 per elector. The Parish Council had made a number of grants to groups and projects which were considered of benefit to the local community such as St Mary's Church, Heacham Pavilion Project, Heacham Newsletter, MIND Heacham, Tapping House, Citizen's Advice Bureau, Norfolk Rescue Service, and the NSPCC.

NORFOLK RIVERS' TRUST – JONAH TOSNEY

Mr Tosney outlined the 9 Chalk Rivers Projects which the Norfolk Rivers' Trust was delivering on behalf of DEFRA. The multi-million pound project aimed to tackle siltation which was the biggest problem for small fast flowing rivers and create a management plan to improve both biodiversity and water quality. The trust was working with Landowners and the Environment Agency to restore life in the rivers which had been damaged over time by straightening and dredging. The first phases of the project had been completed and the second phase which included the Heacham River was now underway. Mr Tosney reported that the first scheme further up the course near Eaton Farm had been completed where Kenhill Estate had reworked the river taking down steep banks and remodelling the shape of the river. A second project upstream of Norfolk Lavender was also planned.

VILLAGE ORGANISATIONS: REPORTS

HEACHAM YOUTH CLUB: Miss T Swann reported that the Youth Club was now in its fifth year and had 63 registered members. Three former members were training as youth mentors with two former members appointed to the management team. Ms Swann thanked Jennings Shop who helped keep the Tuck shop supplied and St Mary's Church who allowed them to use the hall free of charge. Donations at the Carnival had helped raise £326.00 for club's funds.

QUEEN'S COTTAGE ALMSHOUSES: Dr N Gunther reported that all 5 cottages were now occupied. Dr Gunther reported that one cottage had been remodelled, this had transformed the existing studio layout into a one bedroom cottage, making better use of

the space. It was the intention to do the same to each cottage when they became unoccupied. Dr Gunther stated that around £35,000 had been invested in the cottages over the past few years and thanked the village for their support at the Cottage open days.

HEACHAM SCOUT ASSOCIATION: Mr J Geraghty paid tribute to George Graby, who had long been involved in the management of the Scout Hut and was very much missed. The new kitchen would soon be completed at the Hut. All three groups: Beavers, Cubs and Scouts were doing well and were looking forward to the St George's Day parade at Sandringham with other Scouting groups in the District.

HEACHAM GUIDING ASSOC: Mrs Harpley reported that the Rainbows and Brownies continued to do well, however there had been no luck reopening Heacham Guides. The Brownies and Rainbows had both been involved in projects with Heacham In Bloom.

PATIENTS PARTICIPATION GROUP: Mr Mike Press explained the role of the PPG as a liaison and consultation service between medical staff and 8000 patients. The PPG had raised concerns about the impact of the large development; however the developers were not obliged to consult the surgeries. The group continued to look at ways to reduce missed appointments with doctors and nurses and an online system of booking appointments had been introduced. Recent surveys showed that 92% of patients were happy with the service provided. The AGM would be held on 15 July. Mr Press also stated that the surgery had plenty of the measles vaccine should it be required.

HEACHAM TWINNING ASSOCIATION: Mr C Hammond introduced the Twinning Association as a non-civic organisation which held fundraising events such as Barn Dances and open gardens in order to host their French guests. The Association held regular conversation classes to help everyone improve their French and get the most out of their visits. Last July 43 French visitors came to Heacham and despite the weather a good time had been had by all. This summer a contingent from Heacham would visit Criteuil-La-Magdeleine. Mr Hammond said the Association would welcome more members.

HEACHAM YOUTH & COMMUNITY CENTRE TRUST: Mr P Sutton spoke on behalf of the Trustees. The Trustees had spent some time reviewing the aims and conditions of the trust deed and was in discussion with the Charity Commission about how to move forward to ensure the money could support local groups. Mr Sutton said that the new purpose of the Trust would be published in the Newsletter in due course.

HEACHAM BOAT OWNERS' ASSOCIATION raised its concerns over the supervision of the boat ramp at North Beach at High Tide.

FRIENDS OF HEACHAM BEACHES considered that the level of dog fouling on the beach was unacceptable and questioned whether dogs should be allowed on the beach especially off the lead.

Other reports were given by: Heacham in Bloom, Heacham Newsletter, St Mary's Church and Borough Councillor Colin Manning.

PARISHIONERS' QUESTIONS:

Parishioners at the meeting raised a number of issues which included: A call for more to be done about the loss of a permissive path at Church Farm, A proposal to create wildflower meadows in the village and concerns raised about the levels of traffic using Fenway to access Summerhill.

Copies of the full meeting report are available from the Parish Council Office on request.

HEACHAM PARISH COUNCIL NOTICEBOARD



May Meetings in Brief

Chairman: Mr David Chessum was appointed Parish Council Chairman and Mr Peter Colvin was appointed Vice- Chairman at the Parish Council's annual meeting.

David Chessum: The new Chairman paid tribute to Mr Johnson, who had been the Parish Council Chairman for 2 years and thanked him for his service.

Footpath Warden: The Council welcomed Mr Faulkner's offer to continue to act as the village footpath warden and acknowledged receipt of his annual report.

Tree Warden: Mrs P Hammond and Mrs Carr agreed that they would jointly carry out the role of Tree Warden.

Church Wall: Mr Clay explained that the old wall on Hunstanton road had not been deliberately damaged, but had started to crumble due to old age. The wall had been pushed over to remove the danger of it falling on anyone.

Recreation Ground: The Council agreed to bring forward the completion of the garden project in the recreation ground and commended the work of Norfolk Landscapes.

Summer Activities: The Council had decided with regret that there would be no activities programme this summer with the exception of Clay Pigeon shooting. The numbers for events had been in steady decline for several years.

Fly-tipping: The Council was concerned to note that on several occasions a large quantity of chips had been dumped near Brays Pit, presumably to feed the ducks. It was agreed to write to all chip producing establishments to warn them that dumping food waste was not acceptable and could carry heavy fines.

Anti-social Behaviour: The Parish Council expressed concern about the way in which several recent anti-social behaviour issues had been dealt with in the village and agreed to take their concerns to the local Inspector.

Health and Planning: The Parish Council listened to a plea from Mr Press, Chairman of the PPG, to raise the issue to require developers to consult the NHS and local doctors when preparing planning applications which would have an impact on the local services. The Parish Council agreed to discuss the proposal and see what action it could take to lobby to change legislation.

Parish Council Vacancies: The Council noted that in addition to the vacancy created by Mr Chapman's resignation, there were now another two places available as the Council accepted, with regret, the resignation of Mr Peter Mallam and Mr David Page.

Compostable Bags for Food Bins

The compostable bags for using in the food caddies are now available from the Parish Council Office. These bags are supplied by the Borough Council and cost £1.15 for 50 bags.

Notice of Parish Council Vacancy

A vacancy has arisen on Heacham Parish Council for a Parish Councillor. This vacancy will be filled by cooption rather than election. Interested parties should contact the Parish Council Office for further information or present themselves at the next Parish Council meeting which will be held at the Parish Office on Tuesday 18 June at 7.30pm

The Clerk

Heacham Carnival Parade and Fete Sunday 4 August

Heacham's Annual Carnival Parade will take place on the afternoon of Fete day and will be led by the Lavender Queen and her Princesses. The new Lavender Queen will be announced this month. The music this year is supplied by the colourful Ambassadors of Borrowash Marching Band. Hopefully everyone has started to think about their float entry for this year. Registration forms which include parade timings and the route are now available from the Parish Council Office. Don't forget we can't have a parade without you.

The Local Elections (Parishes and Communities Rules 1986) Parish of Heacham (Heacham Parish Council)

Notice is hereby given that two casual vacancies have arisen in the office of Councillor for the above Parish.

An election will be held and notice of this published, if within 14 working days of this notice, a written request that an election be held to fill the vacancies signed by 10 general electors of the Parish, is given to the Returning Officer.

The Returning Officer
KL&WN Borough Council
King's Court
Chapel Street
Kings Lynn
Norfolk PE30 1EX

If no such request is received by the Returning Officer, the Parish Council will take the necessary steps to fill the vacancy by co-option

The Clerk

28 May 2013

Village Sports Coordinator – It could be You

The Parish Council had hoped that it had organised a replacement for Sean Sands as Village Sports Coordinator, but James Pollard, a talented local coach, has secured a job abroad and cannot fulfil the role. If you have a passion for sport and firmly believe in all the good things that sport can bring to a community, then please get in touch with the Parish Council Office. CRB checks are carried out by the Borough Council and an honorarium is available to offset any costs in carrying out the role.

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

Open Tuesday - Friday 10.00am-Noon

HELP LINES

HEACHAM GROUP PRACTICE **01485 572769**
HEACHAM MON TO FRI 08.30 TO 13.00 14.00 TO 18.30
SNETTISHAM MON TO WED 08.30 TO 12.30 14.30 TO 18.00
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

OUT OF HOURS DOCTOR **111**
 For out of hours service, please call the NHS Helpline

HEACHAM & DISTRICT COMMUNITY CAR SCHEME **534777**

HEACHAM CHEMIST **570297**
 OPENING HOURS MON TO FRI 09.00 TO 18.30
 SAT 09.00 TO 17.30

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

HEACHAM PARISH COUNCIL OFFICE **572142**
 OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT **572142**
 BOROUGH COUNCIL OFFICE **01553 616200**
 BOROUGH COUNCILLORS
 Mrs S. SMEATON **01485 572528**
 Mr C. MANNING **01485 523287**
 NORFOLK C C MICHAEL CHENERY **01328 823411**

PARISH LIBRARY **571928**
 OPEN MON, WED, FRI 10.00 TO 16.00 SAT 10.00 TO 12.00

HEACHAM POST OFFICE **570330**
 OPEN MON TO FRI 09.00 TO 17.30 SAT 09.00 TO 12.30

EMERGENCY SERVICES
 QUEEN ELIZABETH HOSPITAL **01553 613613**
 NHS Helpline **111**
 DENTIST Emergency only for patients not registered with a dentist **01553 769264**
 COMMUNITY MIDWIFE (Ask for Hunstanton M/W) **01553 613613**
 POLICE **101**
 SAMARITANS **01553 761616**
 CHILD LINE **0800 1111**
 ELECTRIC **0800 7838838**
 ANGLIAN WATER **0845 7145145**
 GAS ESCAPE **0800 111999**
 EMERGENCY 24hrs VETERINARY CLINICS **01485 570065**

HUNSTANTON LIBRARY **532280**

OPEN MON. TUE. and FRI 10.00 TO 17.00
 WED. 10.00 TO 19.00
 THUR and SAT 10.00 TO 13.00

HEACHAM COMMUNITY WEBSITES

www.heacham-on-line.co.uk

E-mail admin@norfolk-on-line.co.uk

www.heacham-village.co.uk

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

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

BED & BREAKFAST

Jean & Chris
“Bramley” 38 Church Lane,
Heacham

Prices between £20 & £25 per person

Tel: 01485 579366

LOCAL BUS SERVICE BETWEEN HUNSTANTON AND KINGS LYNN

Norfolk Green

Service 10 and 11

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0647 first bus to Kings Lynn then twice an hour.
 0654 first bus to Hunstanton then twice an hour.

Service 10 (Sunday)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0908 first bus to Kings Lynn then 0938, then hourly from 1048.
 0843 first bus to Hunstanton, then hourly from 1018.

Service 10

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.
 0855 first bus to Kings Lynn, then 55 min past the hour.
 0808 first bus to Hunstanton, then 0849, then hourly from 1003.

Service 10 and 11 (Sunday)

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.
 1008 first bus to Kings Lynn, then hourly from 1118.
 0943 first bus to Hunstanton, then hourly from 1048.

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Smithdon High School Bus

Service 401

Via:- Folgate Road/Fengate, Station Road
 0816 to Smithdon School
 1530 from Smithdon School

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Coasthopper Service

Kings Lynn to Cromer & Fakenham Via Norfolk Lavender, Hunstanton, Holme, Thornham, Titchwell, Brancaster, Wells, Sheringham.

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All Bus Enquiries

www.norfolkgreen.co.uk
 Tel: 01553 776980

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Main pick up points for The Heacham Newsletter.
First Saturday each month except January.

Jennings, Cooks Butchers, Heacham Bakery, Heacham News (Olivers), Post Office, Parish Council, Church, Co-op, Tescos, Fish Bar, Wine Cellar.

HEACHAM HALLS

Public Hall	570776
Pine Residents Hall, Wilton Road Mrs Crisp	579440
Methodist Church Hall, Station Road Mike Careless	570363
St Mary's Church Hall, High Street Mon, Wed, Fri 10.30 to 12.30	572539
Old Friends Hall Sunnyside Close	572142
Heacham Scout Hut	572890

HEACHAM CHALK PIT RECYCLING CENTRE

Summer opening times are 9am - 6pm. Winter opening times, which apply from 1st October to 31st March, are 9am - 4pm.

MOBILE LIBRARY

ROUTE DER 224 11th/25th	(Tuesdays) June	ROUTE DER 223 4th/18th	
COLLINGWOOD CLOSE	09.40	ROBIN HILL	10.25
SOUTHMOOR DRIVE	10.00	CHURCH LANE	10.40
SANDRINGHAM DRIVE	10.20	RINGSTEAD ROAD	10.55
CHENEY HILL (F/SIDE)	10.40	NEVILLE CT	11.40
WOODSIDE AVE	11.05	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.20	PINE MALL	12.30
NOURSE DR/INGLEBY CL	12.15	SITKA CLOSE	12.50
ROLFE CRESCENT	13.45	SUNNYSIDE	14.15
BUSHEL & STRIKE	14.05	MEADOW RD	14.40
GIDNEY DRIVE	14.20	POPLAR AVE	15.30
BANKSIDE reverse in	14.40	GYMKHANA WAY	15.50
MARRAM Way/Norway CL	14.55	JENNINGS CLOSE	16.15
MARRAM Way/Spruce CL	15.10	COLLEGE DR/G CL	16.50
MARRAM Way/Neville RD	15.25		
CUNNINGHAM COURT	15.45		