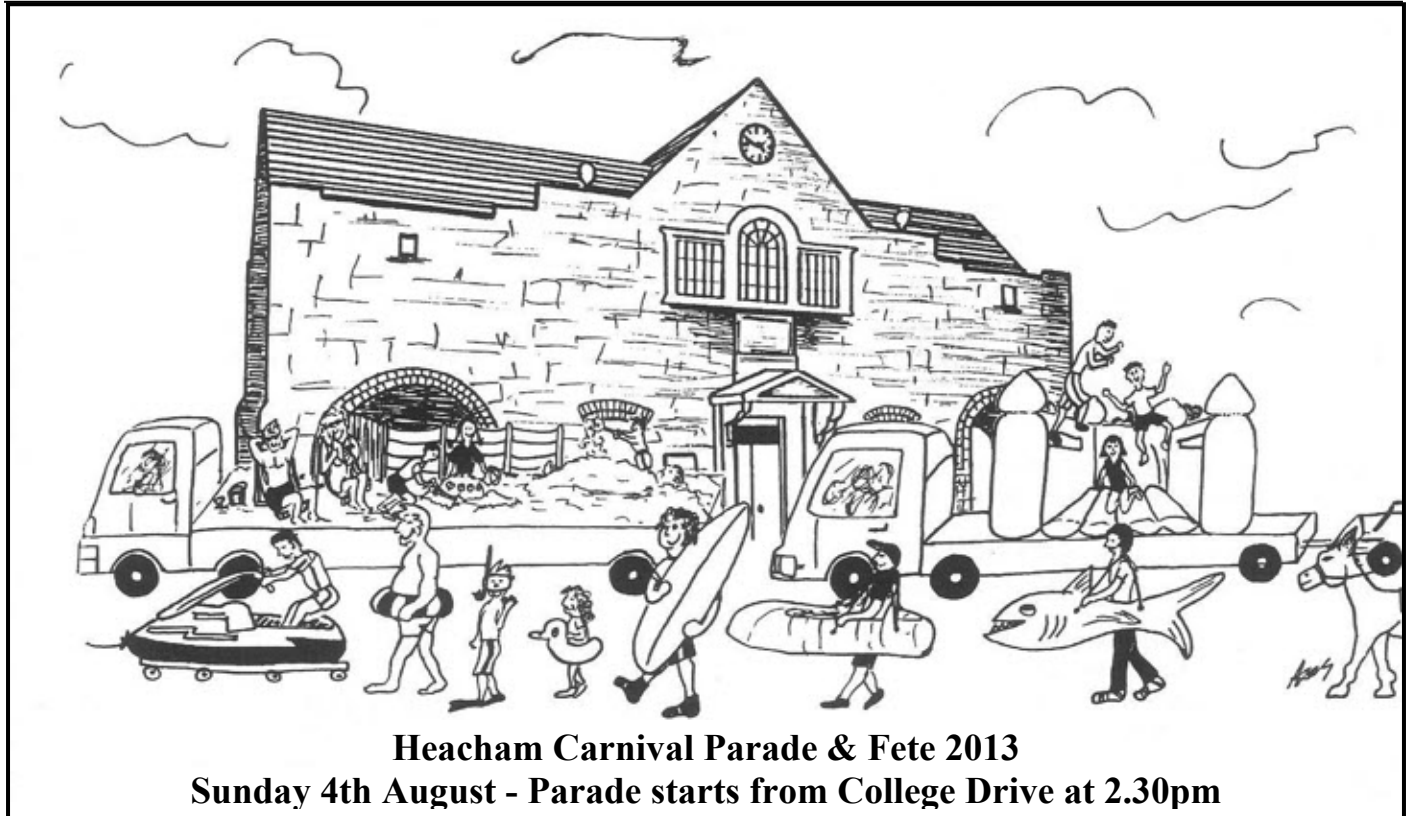




THE HEACHAM NEWSLETTER

August 2013

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Heacham Carnival Parade & Fete 2013
Sunday 4th August - Parade starts from College Drive at 2.30pm

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

Fridhem Rest Home, Summer Fete

Saturday 24th August at 2pm

Lots of stalls including a raffle, bottle stall, tombola, cake stall, crafts, hog roast, childrens games & table top sale.

If you would like to book a table, at £5 for each table, please call Marie or Chelsie on 571455.
(please bring your own table)
Fridhem Rest Home, 79 Station Rd, Heacham.

Annual Charity Sale

On Thursday and Friday, 8th and 9th August from 10.00am to 4.00pm and on Saturday 10th August from 9.00am to 11.30am in the Church Hall, High Street, Heacham, in aid of TOP KIDS IN BELARUS and the NSPCC.

Only new and good quality nearly-new and second items for sale: Books, bric-a-brac, small furniture, pictures by local artists and much, much more.

Please come and browse, buy and help these really needy causes.

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET
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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH



Fenway

Queen Elizabeth Hospital

Dear Newsletter

Once again we are busy with the Car Boot Stall for the Queen Elizabeth Hospital, so if anyone has any spare wool, it doesn't matter how small the oddments are, it can be used.

Also clean paperback books and nearly new clothes are most welcome. Many thanks to all the people who help me.

Phyllis Sanderson

Tel: 570643



Dear Newsletter

Heacham Boys Brigade

Do any Heachamites recognise any of the boys in this photograph. Phyllis Sanderson has been handed the photo as it was thought that she might know the boys but she only recognises one, Cecil English, the Drummer Boy on the right. Can anyone put names to the rest?

Macmillan Coffee Morning

Neville Court is holding it's annual

**Macmillan Coffee Morning on
Friday 6th September
from 9.30am – 11.30am**

Tombola, Bric-a-brac, Cake stall, Raffle

All proceeds to Macmillan.
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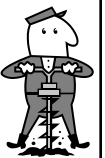
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Handbells Bell Choir

A large St Mary's audience were treated to a wonderful presentation of handbells by the Bell Choir of Downingtown, Pennsylvania during early July. In a varied programme, the whole range of techniques were demonstrated by this hugely talented and accomplished ensemble. Beethoven's



'Ode to Joy', film themes of John Williams, 'Over the Rainbow', 'The phantom of the Opera', and a medley containing both the English and US anthems, made up just part of the programme. A 'taster' of their concert, which for all of those who attended,

will live long in the memory, is available on the St Mary's website, just a small record of the wonderful evening they gave us.



The choir also visited both Heacham schools with a demonstration of handbells, with opportunities for the children to have a go.

Fridhem Rest Home

Is holding another restaurant evening on

Friday 30th August from 7.00pm

The cost is £20 per person for a 3 course dinner (please bring your own wine/beer)

To book a table and collect a menu, please ring Marie or Chelsie on 571455 or call in. {all food to be pre ordered}

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Six of the Best

Nothing beats a healthy tasty bit of quiche and salad followed by six puddings, as provided for the second meeting of "Fluff Ball's Pudding Club" on June 26th. With ten puddings having proved too much for almost everybody at the previous meeting it was generally agreed that half a dozen left more room for some accompanying cream and custard, though this smaller number did seem to be a trivial challenge for welcome newcomers Emma and Andy yet still enough to provoke one "lightweight" into rushing outside and finding a lost dog to escort home in order to miss a couple. Puddings ranged from the opening scrumptious Blueberry and Chocolate Sponge to the final Fruit Pavlova, with the sequence getting hastily altered through the fear of our organiser failing on this second occasion to quite make it to the "Canoffee Pie". Participants came from as close by as Heacham High Street and from as far away as Newcastle-upon-Tyne.

Good fun was had by all, with "Fluff Ball" himself in attendance



on this occasion, albeit under the table for most of the event, making it on to his owner's lap for a little end-of-evening photo-opportunity not to be missed by a pretty Pekinese. Many thanks to Trish and colleagues at the High Street Café for the fine puddings and custard and patience with customers.

Robin Turner

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PRESS RELEASE

2013 ANNUAL MILLBRIDGE DOG SHOW & SUMMER FETE

Sunday 11th August, Millbridge Care Home, Lynn Road - Gates open at 1pm

On Sunday 11th August, Millbridge Care Home will be hosting the annual Millbridge Dog Show and Summer Fete within its delightful grounds in Lynn Road, Heacham.

The Dog Show has been running for over 20 years and is a major event within the local calendar. This year, judging will be orchestrated by Mr. & Mrs. Greeves, local dog experts who also assist in judging the world famous Crufts.

Entrants have the opportunity to participate in a range of categories, including:-

- Prettiest Bitch
- Most Handsome Dog
- Cutest Puppy (under 1 year)
- Best Veteran (over 10 year old)
- Dog with the Waggiest Tail
- Dog with the shiniest coat
- The dog that looks most like its owner
- Residents Choice – voted for by residents of Millbridge Care Home
- Best in Show

Charges for entering your dog in the show are just £1 per dog and rosettes will be awarded to first, second and third places in each category, in addition to the overall Best in Show category.

On the day there will also be a children's fancy dress competition with two categories, age 3 - 6 and 7 - 10 years old, and prizes for the best entries.

A host of stalls are planned including tombola, raffle, bric-a-brac, cake stall, various games and craft stalls for all to enjoy. There will also be a range of refreshments available including a delicious BBQ together with hot and cold drinks.

In addition, live entertainment is planned during the afternoon and a local dignitary will be opening the event.

Why not join in the fun on Sunday 11th and visit us for what has become one of the main local events of the summer.

For further details and entries please call 01485 570 349 or e-mail Terenia.Skevington@ehguk.com.

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SUNDAY 4th AUGUST
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CARNIVAL & FETE

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CHURCHES TOGETHER IN HEACHAM

Summer... long, sunny, hot days. That seems to be how most people want to remember the summer months, which, when you consider the reality of the last few years, appears to be wishful thinking rather than remembering reality. There are good days. As I write, in the middle of July, we are having some long, hot days (and nights), England have won the first Test Match and go to Lords in good heart and there is a British Gentlemen's Singles Champion at Wimbledon. Perhaps there is room for more than nostalgia.

No longer can we approach the beginning of July wondering if a Brit will win Wimbledon (but not really believing it will happen), Australian cricket no longer carries the same fearsome aura it once did, even the Lions joined the party and came home to Wales (and a few other places) with songs in their hearts.

Yet we should not look upon the past as a place in which to live. We carry all the memories – good and bad; all our experiences leave their mark on us and influence our lives, but these should be a guide and not a tyrant. And for each of us there will be times to come of change.

As I write a London Hospital is besieged by camera crews and reporters litter the street. A baby is due and for one young couple another major change is about to happen in their world. Hopefully their lives can be as normal as that of any other young parents – not easy with the media of the world looking in from all angles.

Change is always a part of our lives, at times an unwelcome intrusion (how many new homes are being proposed for Heacham?), sometimes it cannot come quickly enough (the last days of pregnancy?).

Over the last few days I have been into both Heacham schools and hearing from some children of their feelings when facing change: moving school, moving house. Amongst the responses two in particular were mentioned: excitement and fear – reactions that arise throughout our lives, regardless of age, when changes loom.

The six years I have spent here have left their mark and I will move on from here with feelings of loss as well as excitement and wondering about the future. There will be many goodbyes to be said – see below about August afternoons at the Vicarage.

I move on knowing that whatever happens there is a God present at all times – the promises we read in the Bible are real. As the children recognised, the fear we feel *before* change often disappears like a summer mist as time moves on. Trust in God – and enjoy the sunshine.

Steve



Steve Davies, Vicar of Heacham

PARISH REGISTERS

Faithful Departed (Church Linked Funerals)

11/06/13	Ronald Thomas Grieve	75
23/06/13	Kenneth Harold Dearden	91
27/06/13	Peter Frank Weston	78

"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.

METHODIST CHURCH Sunday Services

10.30am Morning Worship

Preachers:

- 4th August - Jean Miles
- 11th August - Cathy Fielding
- 18th August - Rev'd Alison Davies
- 25th August - Jenny Sparks

Midweek Holy Communion Services:

These are held on the second Wednesday of each month. The

August Service will be on Wednesday 14th 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 6th and 20th August
- Hands and Needles Club
- 7.30pm on 6th and 20th August

THURSDAY: Social Evening at 7.15pm on 8th August

FRIDAY: Indoor Bowls 7pm – weekly

SATURDAY: Coffee Morning on 17th August 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 attender.

COFFEE MORNINGS AT METHODIST CHURCH

Coffee mornings will be held on the third Saturday morning each month during the spring and summer. The August meeting will be on Saturday 17th from 10am-12 noon. There will be a Book Stall, Gift Stall, 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.

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 August

8.00am Holy Communion (Book of Common Prayer)
During August the 10am and 10.30am congregations meet together in the church at 10.

10.00am 4th Morning Worship
11th Holy Communion - Mothers' Union
18th Morning Worship
25th Morning Worship

10.30am at the church for 10.00 am in August
6.00pm **NO** Evening Services in August - see below

AFTERNOONS IN AUGUST

On **4th August** support the carnival procession and St Mary's float. There will be cold drinks in the church afterwards.

On **11th August** there will be a Songs of Praise in St Mary's Church at **5pm** to mark the end of Open Churches week.

On **18th & 25th August**, *while stocks last*, there will be refreshments in the **Vicarage garden**. A chance for Alison and I to say our farewells to all who can come.

Time: 3.30-6.00. So that we have an idea of numbers, it would help if you can drop an email to heacham.vicar@gmail.com or leave a message on 570268.



REGULAR ACTIVITIES AT ST. MARY'S CHURCH

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

August Services at Nursing/Residential Homes

Tues 6th 2.30pm Rebecca Court
Mon 12th 11.00am Holy Communion at Millbridge
Wed 21st 2.30pm Summerville
Fri 23rd 10.30am Fridhem

Join us on
Saturday 31st August
at St Mary's church, Heacham for a
Messy Picnic
Bring your own picnic and join in the games outside (if fine) or inside (if wet)

10.00-12.00
St Mary's church

Messy Church returns to its normal format from September

Please let us know in advance at griffin568@btinternet.com or 571348 (Brian/Josephine) if you are coming.



**"DIGGING UP THE PAST
IN 2013"**

Local history and archaeology? The eighteenth season for the Sedgeford Historical and Archaeological Research Project (SHARP). It is a long term archaeological and historical look into the past of Sedgeford, recording the story of the village since man first came to live there.

The 'dig' season continues until Friday August 16th 2013, and visitors are very welcome from Sunday to Friday between 10am and 4pm, with an extended tour on Fridays at 3.30pm conducted by the various supervisors. All free of charge. (Please note we are closed on Saturdays)

In addition, we have lots of background to the dig and merchandise in the Information Hut and, if you are hungry or thirsty, we have refreshments available at the 'Diggers Café'.

Tuesday night lectures connected with archaeology at Sedgeford Church on 6th and 13th August. These commence at 7.30pm and usually end by 9.00pm at the latest. Bring a pew cushion to sit on if you wish.. Entry is free but we do ask for a donation towards the hire of the church please.

If you want to join in there are still some courses, both week long and day, to attend in order to learn about different aspects of archaeology. If you are already an experienced digger you are very welcome to join in. See www.sharp.org for more information and application forms.

How to find us.

Coming from the B1454, which passes through Sedgeford, take the road signposted to Snettisham. 'SHARP' is on the left at the first bend and the site is at the end of the track with a carpark available.

More information about SHARP on the website at: www.sharp.org

**Do Something Amazing Today
Save a Life**



From 252 invitations, 113 people attended the blood donor session at the Public Hall on 26th June and 101 units were collected.

There were 2 new donors. Thank you all. For your diary, the next visit to Heacham by the NBS will be on **Wednesday 30th October 2013.**

To make an appointment for the next session, ring the Helpline 0300 123 23 23 or online at National Blood Service information www.blood.co.uk

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St Mary's Church

Sedgeford

Flower Festival and Craft Fair

23rd – 25th August

from 10.00 am until 5.00 pm

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Barbeque – every Friday night after 9.00pm.

Deli Club will unfortunately have to take place again in a few weeks time as we are busy with food. Thank you to all who took part. Look forward to starting this again after the summer holidays.

Mark and Paula

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The Kitchen Gardener

I'm in love again; it's lemon basil this time. I generally grow the things I like and do well (or as well as possible) in my garden's conditions, but when placing the seed order I buy one or two packets of seeds each year to experiment and try new things. Also, if for example the courgettes were just OK but nothing special last season, next year I'll grow some of the same and one of a new (to me) seed. I can then see which does best and - most importantly - has the superior flavour.

Last seed order time I fancied a packet of seed offering a 'basket of basil', with a blend of seven varieties including lemon, cinnamon, aniseed and a purple leaved version. All the basil's germinated well and have been great fun, growing in the greenhouse alongside my staple sweet basil.

The lemon basil is so good I've found a seed merchant who sells the seed by itself. With the basket of basil I can't be sure of getting just the basil I want, and both space and growing time are limited in the summer months. They sell a lime basil too, which I'm determined to try next year.

My favourite breakfast this summer is a slice of homemade wholemeal bread toasted one side only, spread with chunky marmalade and sliced strawberries topped with torn lemon basil leaves.

During a cold spell all the basil's take on the air of a sullen teenager copping a quick fag round the back of the bike sheds - shoulders hunched and vaguely glowering. Whatever. I substitute with pretty little variegated lemon thyme leaves on the toast. This is eating what's good in the garden right now - when any crop is over there's sadness tinged with anticipation of the next good thing.

Someone once told me she gave up vegetable gardening because she felt she had no control over the garden and that she could never come in at the end of a day's work and say that the garden was 'done'.

She was right, you haven't and it isn't. Growing food is a way of life. It has taught me patience and a sort of amused and resigned acceptance when things go wrong despite my best efforts. "Ever tried, ever failed, no matter. Try again, fail again, fail better." Whoever dreamed that one up must have been looking in my greenhouse at the time.

This year it's the brandywine tomatoes who've given up the ghost. If the yield from six plants is more than ten fruit it will be a miracle. Cucumbers looking dodgy too. The main bulk of the tomato crop grown in the polytunnel will, if current truss setting and fruit formation is anything to go by, be reduced by 60-70%.

Still plenty to do, and plenty to enjoy. I read a vegetable gardening book recently that noted that during July and August there's very little to do apart from a bit of watering and weeding. On all the plots I've known that certainly is not the case. The watering alone is a major job, more so in our dry eastern corner. Whenever I walk out of the door at this time of the year there are many, many things calling for my attention - the hardest job is to separate the essential from the urgent!

Sometime this month I'll be making raspberry vinegar. It's a delicious addition to the preserves store cupboard giving a taste of summer when used in winter salads, and a lovely fruity acidity to the beautiful and colourful salads we can concoct from the bounty of this time of the year. It can be used diluted as a summer drink, I sprinkle it sparingly over strawberries and other summer

fruit and have read of it being used poured over Yorkshire puddings as a sweet course.

Take 1 lb raspberries and 1 pint vinegar of your choice - cider or 'white' malt vinegar work well - and put both into a non-reactive bowl (glass or china). Cover and leave to stand for 4 or 5 days giving the mixture a stir when you pass by and it occurs to you. Don't fling the vinegar bottle into the recycle with gay abandon unless you have a prettier vessel for your end product. I've made the mistake so you don't have to!

Strain the liquid off into a saucepan measuring it at some point. If you are not fussed about it being cloudy some muslin in a sieve will do. But for a jewel like vinegar strain it through a jelly bag and let it drip slowly overnight. If you intend to give some as a gift then the latter method is a must. Remember too, that vinegar can be pretty destructive if left for any length of time in anything it reacts with.

Now to the sugar. It depends on taste, it's usually between 4 oz to 1 lb per pint of strained liquid. Add it to the vinegar in the saucepan and stir over a low heat until dissolved. At this point you can taste it and add more sugar if you like. The other alternative is to add no sugar and then sweeten to taste when it is used. Boil for ten minutes. Pour into sterilised bottles. It keeps for a year at least - if you can keep your hands off it for that long.

This month I'll be sowing a few more outdoor lettuce seeds, opting for the more hardy variety - these are the lettuce for eating right up to the first frosts. Last year, early August sown outdoor varieties of lettuce were good to eat until the last week in November.

Another job I'll be doing around now is stopping the winter squash. I'm growing the large Crown Prince - it looks gorgeous with its blue/green skin and bright orange flesh and keeps all through winter to spring. I'm looking for large healthy fruit so limit production to one per plant - maybe two if they are doing particularly well. Not this year though because it's too dry and my soil is thin and chalky even though I add as much bulky matter to it as I can.

Once I can see the fruit is growing away really well I pinch back to a few leaves beyond the fruit so the plant can concentrate its efforts in one direction. I'll also remove any remaining fruit and flower as these will simply sap the plant's energy and there would be lots of poor quality immature fruits at the end of the season.

An essential and urgent job, if it's still dry and hot, is a rain dance!

Hilary Dellar-Lane



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1st Heacham Cubs

Heacham Cubs were busy in the last term before our break over the summer holidays. We took the opportunity to finish off some of the badges. The Cubs spent an evening pitching and striking a tent to finish off their Campers Badge after they had completed a lot of the sections during Cub Camp. Over the last few weeks we also finished off their Personal Safety Badge and had an evening of making models from recyclable material following on from the recycling theme which could be used for our Global Challenge badge.

On Thursday 20th June we went to Smithdon High School swimming pool for an hour of water polo with Jennifer Savage. The Cubs had a wonderful time splashing about trying very hard to score goals. Many thanks to Jennifer.

Over the weekend of Saturday 13th Sunday 14th July, Heacham Cubs joined Scouts and Beavers at a family camp at Wolferton; there were approx 68 people. Everyone arrived between 9.30 and 10am to pitch their own tents. After flag break and camp rules, the children could run around and play while the adults chilled out, some trying to find some shade. After lunch the children tried their hand at some crafts and made catapults, dream catchers, bead men keyrings and bead bracelets with Beth and Theresa.

Everyone went out with Julian on a Geocaching course and managed to find the treasure at the end. After tea it was time for some games organised by Rob; they all played rounders (children and parents) and a game involving water and getting wet. As the evening cooled down we all went for a walk round Dersingham bog. When we came back the camp fire was set up just in time to stop the midges from eating us all alive and we sat round the camp fire eating cake and drinking hot chocolate.

On Sunday after breakfast the Cubs put their tents away then the children and parents had a go at Archery and Shooting while the leaders put their tents away and started tidying up and getting lunch ready.

Many thanks to Michael (Rama), Julie (Ziggy), Simon, Rob and Barry who helped with all the cooking and serving for this hungry bunch. We managed to munch our way through 184 hot dogs, 24 beefburgers and 8 tins of beans for tea on the Saturday; on Sunday they cooked 100 more sausages, 6kg bacon, 30 eggs and another 8 tins of beans for breakfast!

Also thanks to Sam L. (Chil) and Kathryn who came with me on the Friday to help put up some of the leaders tents and sort all the food out ready for the weekend.

Our last meeting was on Monday 15th July when we went to the SHARP dig at Sedgeford with the Scouts and Beavers. They were given a tour of the site and a talk on what has been found over the years. They also had a chance to see the bones of a man that had been excavated and from his injuries had met with a grisly death. The children then had a chance to look round the gift shop before being picked up.

During the summer term we invested William Jones and William Thompson and welcomed 2 Beavers who joined us for the last few weeks. We were also able to present another Silver Award after Kyle Feeney completed all 5 of the Challenge Badges so "Well Done Kyle".

Unfortunately, due to work commitments, Jack (Kaa) may not be returning on a regular basis from September but hopefully we can get someone else who can help out.

Heacham Scout Group are always looking for volunteers to help.

Happy Scouting to all our Cubs and wishing them all a very Happy Summer Holidays and Stay Safe!

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



Heacham & Criteuil-la-Magdeleine



Twinning Association

VISIT TO CRITEUIL-LA-MAGDELEINE MAY 2013

On the afternoon of Friday 24th May 2013 twenty-nine members of the Heacham & Criteuil-la-Magdeleine Twinning Association arrived at their destination - Le Logis du Paradis - to be greeted by a warm reception from their hosts at the start of their third visit to the Cognac region of France. Old friendships were renewed and everyone enjoyed glasses of punch, wine and the local speciality Pineau de Charente kindly supplied by Nick Brimblecombe and his wife Sally who is the Chairman of the French twinning club.

The following morning we all met at outside the village "Salle des Fêtes" in Criteuil and set off for Napres a small commune of the village of St Preuil which was one of the overnight refuges for Major "Blondie" Hasler and Marine Bill Sparks, the only two surviving Cockle Shell Heroes on their journey from Bordeaux to safety in Spain in December 1942. We were able to see inside the "one up-one down" cottage where they were sheltered and fed. An excellent account of their mission and escape can be read in the book by Paddy Ashdown called "A Brilliant Little Operation". After the visit to the cottage several of us walked part of their route along the paths through the vineyards and could only imagine what their hazardous journey must have been like in mid-winter in the freezing weather with the enemy all around. This was followed by aperitifs and a picnic lunch in the village hall in St Preuil and either a game of boules or a two hour walk around the village to see the old Fontaines and Lavoirs.

That evening we all went with our hosts to the Official reception in the "Salle des Fêtes" hosted by the Mayor Michel Fougère. Once again the evening started with aperitifs after which everyone sat down to an excellent dinner followed by speeches and dancing to a local entertainer. We eventually retired to bed in the early hours of Sunday morning tired but happy.

Sunday was a "free day" spent with the individual hosts.

On early Monday morning we again met at La Place in Criteuil village to catch the coach to take us to Rochfort - a former important Vauban fortified naval port on the Charente estuary. Here we split into two groups. We visited the Corderie Royale (Rope Walk) which was commissioned by Louis XIV between 1666 and 1669 and was at the time the longest building in Europe. Here we had a demonstration of how ropes were made. Production ceased in 1867 and the building was destroyed by the occupying German forces during the 2nd World War but after being abandoned for twenty years was restored as a tourist attraction.



Our second visit was to see the Hermione - a reconstruction which started in 1997 of the frigate in which the French adventurer Le Marquis de La Fayette sailed across the Atlantic to join the American insurgents in the struggle for their independence in 1780. Once completed, this vessel will again sail across to America in commemoration of that voyage.

After an excellent lunch "en plein air" at Le Galion restaurant we went to Brouage for the afternoon. Another former Vauban fortified port which is now situated several kilometres inland. This town was built in 1555 and was the birthplace of Samuel Champlain who went on to found the settlement of Quebec in Canada. In the church can be found a very interesting exhibition relating to this. After being a flourishing salt making centre in the 17th century the sea receded and the town became a store for gunpowder and munitions until the last soldiers left in 1885. The restoration began in 1980 and is now a tourist attraction with its ramparts, boutiques and cafés.

On Tuesday 28th May we visited the small town of Villebois Lavalette where we had another picnic lunch in the ancient covered market place. On the way we stopped to see the Chateau de la Mercerie. Known as the "Versailles" of the Charente it is a large folly built by the two Rethoré brothers between 1947 and 1970 but which was never finished. The impressive façade which is only one room deep is some 200 metres long and can be seen from miles around. Unfortunately there was not time to look inside to see some extraordinary murals which adorn the walls.

After lunch we had a guided tour round the town and up to the Chateau which at one time was the seat of the Duc d'Epéron who became governor of the region in 1587 during the reign of Henry III. Several kings of France have stayed at the Chateau including Louis XIII on his way to Spain to marry the Infanta of Spain. There are excellent views from the Chateau with the Dordogne region in the distance to the south.

This being the final day of our visit we mustered in the Salle des Fêtes that evening for even more aperitifs and to say our final goodbyes to our friends. We departed by our various ways - car, train or plane - the next morning feeling perhaps a little exhausted after such an eventful weekend and sad to say "au revoir" to our hosts but none the less extremely content with the way our "petit séjour" had gone despite the weather. We are now planning for and looking forward to the visit to Heacham next July of our friends from Criteuil-la-Magdeleine in the hope that their visit here will be as enjoyable as our visit there.

Our next social event is a Race Night at the Public Hall, Station Road, Heacham on Saturday 10th August 2013. For more details of this and information regarding membership of the association please contact the membership secretary on 01485 579465 of email: twinclub@hotmail.co.uk .



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Heacham at Night

As I write this the Sun is shining down and the heat wave is in its second week. The temperature of sun's photosphere (surface) is about 6,000 C whilst the corona (extended sun's atmosphere) is 400 times hotter. Why this is so is still unknown. And, just to remind you, the Earth is orbiting the sun at 67,000mph and is well into the 6 month leg which brings it to its closest approach around Christmas.

The nights are beginning to draw in now because the tilt of the earth's poles means Heacham's position on the planet is gradually moving away from the point at which the sun is directly overhead at noon. Consequently the sun rises a bit later and sets a bit earlier each day and it gets a little lower in the sky at midday. If you have access to a computer this animation will make things clearer <http://www.mathsisfun.com/earth-orbit.html>

At least you can now get out and do some star gazing earlier in the evening. The first stars you are likely to see appear in the darkening sky are Deneb (magnitude 1.3); Altair (magnitude 0.8), and Vega (magnitude 0.0). They form the Summer Triangle. Magnitude is apparent brightness and the lower the number the brighter the star or planet appears to be. Very bright objects have negative magnitudes, e.g. the full moon has an apparent magnitude of about -13. The faintest object the eye can see without optical aids is about magnitude 6. To find the Summer Triangle face south and look a little towards the west; the brightest star you see should be Vega. Directly to the east of that find Deneb. The line joining the two is the short side of the triangle. Move your eyes down, towards the horizon and you will pick up the point of the triangle which is Altair. Vega used to be the northern pole star and will be again in about 12,000 years when the changing tilt of the earth lines up with it. I gave you some information about these three stars in June's edition.

A very lovely double star named Albireo lies just to the east of the middle of the line between Vega and Altair. Albireo consists of a larger yellow star thought to be linked to a smaller blue star through gravity – they orbit each other. It is a binocular object, though the binoculars will likely need to be mounted on a tripod or similar unless you have steady hands. Many 'stars' are binaries, a system of two, and there are others which are more complex systems than that. A binary star named Kepler 47 was in the news earlier this year as a planet was found within the system and the press likened it to Tatooine, the home planet of Luke Skywalker in Star Wars. Another bright star to look out for is Antares which is red. On the 15th it will be below the moon by about 12 moon diameters.

Where are the planets? Well. It is not a good time for them as the relative positions of earth in its orbit and the orbits of the 7 other planets means they are in the morning sky or dim and distant. Venus can still be found in the evening; the 10th August

is the best night to look for it about 40 minutes after sunset when it will be above the crescent moon. It will be very low in the sky so Lincolnshire needs to be clear. Mars can be found to the east north east before sunrise and has a magnitude of about 1.6. Uranus and Neptune are both well placed south / south east in the early hours of the morning but a telescope is needed. I have seen both in earlier years; tiny blue green discs floating in the dark. They are both gas giants like their bigger relatives, Saturn and Jupiter- most of their immense volumes are made up of various gases. Jupiter is a bright early morning (4am) object at the end of the month; look east and it will be obvious with an apparent magnitude of -1.9.

Some of you might have noted that I have only referred to 8 planets, not 9. This is not my error as in 2006 the International Astronomical Union demoted Pluto from a planet to a dwarf planet. There were reasons for this but they are mainly because the IAU is like some property developers – 'We are right, you lot are irrelevant'. Pluto is now known to have five moons: Charon; Kerburus; Hydra, Styx and Nix. The last two have only just been named by the IAU who ignored an international vote that wanted one of them named Vulcan after Spock's planet on Star Trek. Anyway, on the 6th July at around 11.30pm I located and saw Pluto for my very first time. It was in the sky right over the fields adjacent to the A149 and it certainly looked like a planet. Perhaps the IAU needs to reflect on its stance.

I talked about meteorites last month and this month the Perseid shower should give the best show of the year. Some meteors should be streaking across the skies from when this is published but the peak is between the 11th and 13th. On the 11th observe from midnight until dawn, on the 12th and 13th from early darkness until dawn. There is no moon to outshine them and up to 80 meteors / hour are expected though the most you are likely to see are 20-30. Most will be seen after midnight when the earth has turned into the stream of meteors and they consequently burn faster and brighter. Find a spot away from lights and let your eyes get used to the dark – it takes 20 minutes or so to get night vision. Look a little higher than halfway between the horizon and overhead and vaguely east. And remember that a sun lounger is good for observing meteors – it might be left over from the current heat wave.

Last month I mentioned the Gaia space telescope, a large part of which has been designed and built in Cambridge. An even bigger English space project has just got a boost, funding has been provided to enable a full scale prototype of the Sabre engine to be built in Oxford. This will power the Oxford designed Skylon space plane which will be reusable and able to deliver satellites into orbit much more cheaply than existing systems.

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Musings from The Potting Shed

*I want death to find me planting my cabbages,
but caring little for it and even less about the
imperfections of my garden
Montaigne, Essais, 1580*

Sorry but I was having a gloomy period when I was looking for a header quote, brooding a bit about my Jill. Ignore it. And I actually have planted some cabbages this year. I generally only go for the winter brassicas like sprouts and broccoli but fancied some Spring and Savoy cabbage this year. Well, I suppose I mean next year as these things won't be ready until the back end of this year and early next. I'm glad the brassica cage has been moved as the pigeons are a real pain this year and I guess all the lovely brassica seedlings would be stalks by now.

I had planted out a pot of cut and come again lettuce and another of radish but the chickens took a fancy to both so I'll have to try again. Chickens are good fun but I get a bit cross when they come into the porch and even the kitchen, given half a chance. I put the dog's food down for him last evening and the chickens were in there helping themselves. And I read in New Scientist that chickens were, in fact, quite intelligent. Crafty is the word I'd use.

I spent a bit of yesterday helping Eileen, my youngest daughter, move into her new home. She was going to entertain her Man to supper and I'd just settled down to my evening diet of telly when the phone rang. Oh, what a nuisance, I expostulated, as one does but I answered it. "Dad," came a pitiful voice, "I've just realised, I haven't any plates." So another trip down the road. Then I was left in peace.

I was at the Green team meeting last Thursday and one of the guys mentioned that he was enrolling to become a Master Composter. Now, I didn't say anything but I've been making this

stuff for a good many years and I thought I'd trawl back through my last editions of The Potting Shed to see what might be helpful. Here it is:

MAKING AND USING COMPOST

Compost is a valuable resource to the gardener, costing next to nothing to produce and adding humus and nutrients to the soil. It doesn't matter whether you use it on your flowers or vegetables, it will increase the fertility of the soil and improve the flavour of your vegetables and the resistance to disease of your plants generally. Recent research on organically grown crops has shown that levels of "flavonoids" which are effective anti-oxidants are much higher than in crops grown using artificial fertilisers. They also taste much better!

There are two ways the gardener with a small to medium plot can produce worthwhile amounts of compost. The first is to make a box with a lid out of any old wood. Used pallets are ideal even though they are a brute to dismantle. Your compost box should be at least 2x2x2 feet or larger if you have the space. It is better in my opinion not to leave any gaps between the slats as this will enable the contents to heat up more quickly. The front needs to be easily removed. Stand the bin in an out of the way place. If you can, fill the bin as quickly as possible as the heat generated will help to kill weed seeds and disease spores. However, don't worry if the bin fills slowly, the resultant compost will still be valuable and beneficial fungi will destroy any nasty bugs just the same but not as quickly.

Another way of producing very good quality compost is by using worms. You will need an old (or even a new if you are rich) plastic dustbin. Cut the bottom out and place it where you want it. Put a 4" layer of straw or shredded newspaper in the bottom. Then start filling it. You will be amazed how quickly Brandling worms will colonise your bin. These are smallish red worms which you will only see in compost or manure. You can put any household waste into your bin, keep it moist and add a little lime or crushed eggshells occasionally depending on how quickly the bin is filling. Given reasonably warm weather you should have a good supply of nutritious worm compost in about 6-9 months. The worms will migrate to the top of the layers as they make your compost. Lifting up the bin eventually will give compost at the bottom. Take off the part worked material from the top and start again.

Use of compost: Just fork it into the soil. Use about 1-2" layer for flowers and 3-4" for veg.

Incidentally I have tried the compost produced by Baileys of Norwich from composted garden waste and it supports germination very well. It's reasonably cheap and seems at present to be almost as good as my home-made stuff, which however is free. It is peat and coir free and with a bit of riddling to get rid of the twiggy bits should be a good substitute. You can buy it at the tip. No, I don't get a cut from promoting it! There, that's saved me a bit of thinking. For "Tip" read "Recycling centre." I'm not making as much compost as I used to but I still generally finish the year with about a tonne of the stuff. And honestly, it doesn't smell evil at all, just all nice and earthy. I'm always bleating on at you all to make it, it's really not hard and it's very useful. I generally put a good couple of inches (okay, 10cm) on my flower beds each Spring and things do pretty well from it. Mixed with a little sharp sand and some leafmould, it also makes respectable seed and potting compost. I'm also a great believer in horse muck and there is plenty of that around. Any stables will gladly let you have all you can take away and it costs nothing. I still have a couple of tonnes I collected last year and I've used all I wanted. The neighbours have also had some (and I didn't even charge them!).



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Heacham Junior School Council Report 2013

There has been quite a lot in the papers recently about our political masters. One bit, which did make me quite cross, was the news that Civil Servants (why do we use that term because they are seldom civil and are certainly not our servants) are issued with Government procurement cards (a sort of glorified credit card that we, the taxpayer, pay for). These are supposed to be used to pay for "low value items". Well, correct me if I'm wrong but £927 for a picture frame, £1,655 for a stay at a swanky hotel in Jamaica and £10,000 on a "staff rewards scheme", whatever that is, seems just a little excessive to me. Then a Cabinet Office spokesman has the cheek to say, "this government is tackling waste and making Whitehall leaner so Britain can compete in the global race" Hah! Then, of course there is the fuss over a large increase in MP's pay. I have no doubt that many MP's work long hours tirelessly for our welfare, but on the fairly rare occasions that I look at the parliament channel on TV, there are generally very few people actually in the chamber. Possibly, they are out amongst us, canvassing our views and working hard on our behalf but.....! When did you last see our Henry, in the flesh? Well he was at the village meeting about the proposed development but apart from his fizzog in the papers he is not too visible. And listening to the quality of debate in the chamber, with all the "yah boo to you" and "Yah boo to you back so there", the intellectual level is sadly lacking. I hear better stuff emanating from the school up the road! So, no, I think these people should demonstrate that they are worth a 17% increase before giving it to them. And I'll bet it's only the furore it has caused that's made most of them go all pious and say it's too much. Yes, I know premier footballers get paid huge sums in comparison but, a) they get paid too much, b) I don't like football and c) most of the premier clubs are nigh on bankrupt anyway.

I was having a sort of giggle at the Tony Hall cartoon in the EDP (Sat.13th July). Only sort of as it set me thinking about what those boys, and most of them were boys of 20 and under, must have gone through. I think I've read that some 55,000 allied bomber crew died in the raids over Germany yet after the war they were often reviled as villains who slaughtered thousands of innocent civilians. I have only two comments there. The Germans put Hitler into power and I know that they, initially at least, believed he would save their people. And the German airforce almost destroyed Coventry and did untold damage to London and many other cities. It was war and dreadful things happen in war. So, finally the bomber crews have received their medals and a memorial. We owe them an enormous debt of gratitude.

I was going to have another little rant but I see I've used rather a lot of words so I'd better stop.

Michael Drew

The School Council chose two new bins to encourage recycling at school. In the entrance hall we have a massive bottle shaped bin to recycle plastic bottles which we buy at lunch and break. We have a mushroom shaped one on the field for recycling rubbish at playtime.



Emily, Finlay,
Joseph, Ellie,
Hannah,
Elizabeth,
Matthew and
Joel. School Council 2013.



Our school garden is looking fantastic! A big thank you to Mr Gillings who comes in every Monday to help us grow vegetables, fruit, tomatoes, potatoes, herbs and lots more which we use in the school kitchen or sell in the playground.

The School Council chose several fruit trees which we helped to plant as you can see in the pictures.

In January, the School Council represented the school at the Village



Memorial Service held at North Beach for the 1953 Floods. Two pupils made a beautiful wreath and some others read poems. It was cold!!



But it was an honour to spend time remembering the event with other members of the village. We particularly enjoyed the hot chocolate in the café after the service!

Pupils asked the School Council if they could have a book club. One of our parents, Mrs Back, volunteered to take control and Book Club now happens every Tuesday after school. We play with story cubes, word-searches and sound games



In October, we joined lots of other school councils from our local schools at Redgate Junior to explore 'Racoon Circles'. The idea was to complete challenges to develop team work. It was really good fun!

Pupils complained to the School Council that people kept pushing in on the snack trolley queue ~ so we decided to have a rota so that every class has a turn at the front of the queue. Ever since we started this it has been much better!

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

It's only rock 'n' roll, but I like it!

Did you see the Stones at Glastonbury? On the telly, I mean! Hey, well done you if you were brave enough to trek across the country and spend several days in a tent, facing as much mud, sun, and heaven knows what else that the real thing could throw at you. But if you're anything like me, it would take an industrial-strength crowbar to prise you out from the comforts of your own home these days.

A neighbour of mine who is – cough! – a little bit younger, is a seasoned Glasto veteran now. You get to learn a trick or two, and she benefited greatly this time from paying a bit more for a pre-erected tent.

The sanitary facilities however, remain an absolute nightmare, she said. After a day or two, with that many people about – Worthy Farm swells to a population of over 100,000 – you simply do not want to go anywhere near the portaloos, she said. Those in the know favour an alternative dubbed “the long drop” – which I think I'll just leave to your imagination!

People were saying that this year's festival was the “best ever”



– well, they would, wouldn't they? I watched as much coverage as I could cram into my telly's recorder – and as my neighbour cheerfully admitted, I probably saw more bands than she did, as there are usually several different acts you want to

see, all playing at the same time on different stages.

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I've got to be honest – from all I saw, I really don't think this year's was one of the best. With one exception. One golden, get-out-of-jail-free card, which simply made musical history. Yes – the Rolling Stones headlining the Pyramid Stage.

Michael Eavis, Mr Glasto himself, the farmer who started it all in 1970, was to be seen staring with wide-eyed wonder from the side of the stage, virtually with tears of joy during the Stones' set, so long has he been trying to get them at his festival.

And he wasn't alone. It was lovely to see, peppered among the younger faces in the crowd, people who were well old enough to know better, in raptures of disbelief that they were seeing the Rolling Stones perform before their very eyes. It was virtually a religious experience for them. Or certainly the second coming – of their youth.

The Glastonbury crowd is always something special, and always pretty big, too – but the number squeezing in to see the Stones was off the scale. Not so much a sea of people, it was ocean upon ocean, as far as you could see. Simply phenomenal.

And the Stones were, too. After all the fuss and expectation, what an anti-climax it would have been if their set was just “all right.” But it wasn't. It was magical.

It's hard to put into words what makes the Stones “the greatest

rock 'n' roll band in the world.” Mick Jagger, Keith Richards, Ronnie Wood and Charlie Watts all look as if they've just been chiselled out of a music world's Mount Rushmore. Keith, especially, looks as if he's barely got any right to still be alive! But when you hear them play, boy is that ever wrong!

Sir Michael Philip Jagger OBE is 69. He is stick thin, and jumps about and runs around like, well, a Jumpin' Jack Flash. The mannerisms, the moves, the effortless way he works the crowd – it's half a century of experience money can't buy.

Keith, well ... he's in a world of his own! But it is the world of The Riff, and you can see, from him literally beaming, that he loves every minute of it. Charlie, bless him, so often the band's Mr Surly, spent the entire performance with a broad smile on his face. And Ronnie clearly loves being a Rolling Stone as much as the day he joined.

And this joy at doing what they do best just transmits into their performance. They've been playing (I Can't Get No) Satisfaction now for 48 years (which is a mighty long time to be





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dissatisfied, I grant you). Even I've got a bit fed up with hearing it. But they finished their set with it – and it was an absolute blinder. They don't do things by halves, either. Where another band might use backing tapes, they had a full choir on, and drafted in a French horn player, just for You Can't Always Get What You Want ... and it was wonderful.



What a gig that must have been for the horn player! "You doing anything this weekend, then?" "Er, yeah ... I'm booked to be on stage with the Rolling Stones at Glastonbury!"

This is a band that are supposedly forever on the verge of splitting up, or giving up. And what did Mick tell the audience? "Do come and see us again, won't you!"

I don't think there was a person there who wouldn't want to.

• I had a lovely e-mail from Caroline Rampling, following my article on Otis Redding last month.

"I read your column every month and always enjoy it," she began (and you've got to love e-mails that start like that, haven't you?!). "I just wanted to say how much I enjoyed your article on Otis, one of my all-time favourites.

"I saw him in the Stax roadshow at The Upper Cut Club, in Forest Gate, spring '67, with Booker T And The MG's, Sam And Dave, Arthur Conley (and some I can't remember) – a brilliant night, and all for 17/6 (a friend could only get matinee tickets, which were only 10/-).

"I lived in Essex then, and we had some great youth clubs (remember those?), where for 5/- we could see such acts as Gino Washington, John Mayall, Long John Baldry ... those were the days!"

Caroline, I thank you from the bottom of my heart for your kind words ... and boy am I envious that you got to see Otis play live! That must have been really something.

Otis is as relevant today as he was in the Sixties, too. It's funny I should receive this e-mail just as I was writing about the Stones at Glastonbury, because who was the one singer Mick Jagger name-checked in their performance? Only Otis Redding.

• **FEEDBACK:** If you have any views, comments or suggestions you'd like to air about the column, feel free to contact me at: frank@bronyaur.demon.co.uk

Pictures are all from the Stones' performance at Glastonbury this year:



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Supporting people in their own homes



From time to time in a person's life it may be necessary to have assistance with certain day-to-day tasks and activities.

If you would like information regarding our services or are interested in employment positions available, please contact your local office or visit the website.

Head Office 01485 570611 (covering King's Lynn, Hunstanton, Fakenham, Wells, Burnham Market and surrounding areas)

Norwich Office 01603 898623 (covering Broadland, Sheringham, Holt & surrounding areas)

www.extrahandshomecarenorfolk.co.uk

Have you ever considered a career in Social Care and want to find out more?

Then why not come along to our recruitment open day on Wednesday 11th September from 9am to 4:30pm.

You too could join our award winning team!

Extra Hands have been providing high quality care in the community across Norfolk for over 20 years. During that time our team has grown steadily and we now employ more than 150 carers and 25 administration staff in the area - a skilled, friendly and dedicated workforce who really make a difference to the people that they serve.

We are currently looking for social carers to join our team so if you have been thinking about a career in the care industry or are seeking a rewarding job with flexible working hours, to include alternative weekends, please read on...

At Extra Hands you'll enjoy a friendly, supportive environment marked by mutual respect among all members of our team where you will be encouraged and supported in your pursuit of professional and personal growth through continued training to include NVQ qualifications. We realise that the key to quality care is quality carers so if you share our strong service user focus, integrity, and commitment come join in the satisfaction of care at its finest with a career at Extra Hands.

Good rates of pay - among the best in the industry

Flexible working hours - you choose the hours you want to work

Ongoing training - improve yourself with training and certification including Diplomas in Care.

Career progression - Most of our managers started out as social carers with us and you could be next!

Extra Hands is an equal opportunities employer.

We look forward to meeting you at our recruitment open day, Wednesday 11th September (9am - 4:30pm) at our head office: Extra Hands, Heacham Hall Industrial Estate, Hunstanton Road, Heacham PE31 7JT.

Refreshments available, why not bring along a friend and find out more!

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

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SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS



NORFOLK COAST PARTNERSHIP

PROTECTING AN AREA OF OUTSTANDING NATURAL BEAUTY

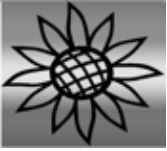
Roadside Nature Reserves

Norfolk's roadside verges stretch for thousands of miles and are such an integral part of the landscape that it is easy to take them for granted. Yet many verges contain plant species that, although once common, are now nationally rare or scarce. To help to protect them, these special sites are designated Roadside Nature Reserves (RNRs) under the Roadside Nature Reserve Scheme, and are individually managed to benefit the plants and animals that live there.

Many roadside verges are very old, lining routes that have changed little since they were laid down centuries ago. These verges represent tiny fragments of the unimproved, semi-natural grassland that was once widespread throughout the country, but which has declined by 98% since 1945, as a result of changes of land use, intensive cultivation and drainage. In the past, road verges were cropped for hay, or grazed by domestic livestock as they were moved around the countryside. Hand-scything continued in some places until the end of the 1950s, with the cuttings raked up and used for hay. This form of management produced the species-rich grassland that still exists on some verges today. As a result, roadside verges are among the few remaining places where plants that were once common can still be seen growing in the wild.

The scheme was launched in the mid-1990s, and is run jointly by Norfolk County Council and May Gurney. There are currently 111 RNRs in Norfolk, with a combined length of over 15kms, and new verges are designated each year.

If you know of a special roadside verge with high biodiversity worthy of being designated as a Roadside Nature Reserve, contact Norfolk County Council's Biodiversity and Countryside team on 0344 800 8020 or go to www.norfolk.gov.uk to find out more.



Heacham In Bloom

Last year the challenge was the rain, this year it is the sun, but I am pleased to report that Heacham looked at its best for the judging. We now have to wait until September to hear our results, but we will keep busy watering and deadheading until then. Our partnership with the High Street has gone from strength to strength and I'm glad to hear that the bikes, "recycled" from Wallis' have impressed you all. I am pleased to say that our Best Blooming Caravan Competition has really taken off, so congratulations to this year's winners Seashore Holiday Park, and well done to Tall Trees and Riverside who came second and third respectively. Congratulations go as well to the winners of the individual caravan competition for putting on a fantastic display, the presentation of those prizes will be made very shortly.

Heacham Infant and Nursery School staged an open air assembly at which HIB awarded prizes for the tallest plants grown in our Sunflower competition. So well done to the winner - Elizabeth Drew, 2nd place Libby Baker and 3rd place Jessica Ferguson.



At the time of writing we are getting ready for the Annual Garden Party on 27 July. Our next meeting is 19 August at 7.00pm - Parish Council Office.

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

Winner Elizabeth Drew

What you have been saying.....

Dear Heacham in Bloom,

What a display this year, not that last year was any less beautiful. We have just seen the new addition opposite Wallis bike shop. What an inspiration, if that does not make it a Gold Medal Year we do not know what will. The team work so hard to get the wonderful results, and providing we are not let down like last year by the verges not being cut, this must be the Gold Medal Year.

Good luck for the judging on 12th July.

Jackie and George

What a pleasure it was to walk around the village and see all the colour co-ordinated hanging baskets and the delightful surprise of seeing the painted cycles with matching flowers opposite Wallis' electrical/cycle shop. The displays at both beaches are excellent too. How lucky you are to live in such a lovely village.

Caroline

You certainly have done Heacham proud, I hope to help with fundraising at your Garden Party on 27th July. I guess my poem about the worm should be appropriate.

Doreen Reed

Good luck for Friday. I love the flowers in Heacham!

Janice Edwards

I think the entire village looks amazing this year. Very well done to all concerned.

Lynda Sharp

You should all be applauded for the excellent work that has been put in to make your village stand out from the crowd. I think I want to move, lol!

Lynne Burch

Good luck for Friday. All the hard work you guys have put in to make the village look bright and cheerful deserves recognition. The bikes opposite Wallis' shop are brilliant and whoever thought of that idea deserves a prize alone. Well done all who have worked so hard.

Janice Campbell

The bikes look brilliant ! Well done everyone :)

Tracey Mellor

Gotta say all the hanging baskets in the village look amazing Well done guys x x

Mandy Taylor

Fingers crossed that all the hard work (which is much appreciated!) pays off!

Aten Ra

Good luck, looks very pretty.

Chris Jarvis

Heachams Pocahontas Players wishes Heacham in Bloom good luck - they deserve 1st prize.- Our Village looks amazing - Thank you ALL x

Janice Curtis

Hope you win. Love Heacham so much xx

Carol Walker

Dear All

Good luck today - everyone has done a marvellous job this year and whatever the outcome this afternoon, you have transformed this village over the past 5 years. I think Susan would agree with me when I say that when we first decided to enter In Bloom, we never imagined that In Bloom could have the impact that it does today.

Well done.

Philippa

Heacham in Bloomers!

You know you really are amazing
This colour scheme's the best
And even when you're really close
You can't spot a single pest!

Pink and purple - who's idea?
Someone with skill and flair!
At every turning they're aglow
Simply everywhere

Wow! You lot deserve gold medals!
Perhaps you're on the list?
Those pink and purple pedals
Surely cannot be missed!

I guess you're going to have a float
In the carnival that's due.
Me and my mates will cheer and clap
Simply to honour you!

Heacham in 1921

Thursday 6th October 1921

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

After the funeral, filling in time to dinner in 1921 language. Is it understandable in 2013?

The student wearing the Homburg that he had donned for the funeral, walked up the Hunstanton Road to the Cottage (now Keepers Gate) and returned via another visit to Church House.

The conversation turned to gramophoneology and he excelled. He explained how the records were classified, and probable reductions, needles, opera, orchestration, composers, artists, machines, catalogues, trademarks, the works at Hayes, Vulcanite and one hundred and three subheadings. The cousins were all thrilled and scarcely dared suggest any comments on the subject. He explained the colossal saving of fibre needles and they marvelled with his calculations proving that they cost less than one five thousandth of a farthing for every second that they all lived and if they realized that 4½ would buy one big bath bun for Barnado boys. Ten times the amount would supply half a score of boys with buns.

He left them soon and made off for the Mill House to see what the wasps were doing. There was a hefty smell of petrol and Aunt Margaret told him that Thacker had already gingered them.

He went on to the Tyles, passed through their outer gates and rang their front door. Tyle appeared in the usual spirit, and cautiously removed first one door and then another, as if he was unbarricading a castle, with his watchdog squealing within. Tyle said that he had seen the student at the funeral. He was led into their dining room and to Miss Tyle who was sitting in the furthest corner from the door. He walked up to where she was sitting and shook her faltering outstretched hand, and she said she recognised the voice.

The student wrote that she was quite blind, and one can see that her eyes are not focussed on any particular object and the blood vessels were rather more marked than in a normal eye.

They told him the summer had been particularly lifeless and uneventful, but they had been attacked by Hornets. The student heard the story over again. They, the Tyles, told him that Carl had been extremely kind as to offer Dick Thorne a job as he was unemployed and, he understood, not drawing unemployment pay.

He bid them farewell, returned to the Mill House and found that his cousin Sybil had arrived and gone to see her children. She, Sybil, had been visiting Clive in Constantinople.

Their conversation hit upon faux pas and Margaret told him a story of how her memory slipped at a party. There was a dance – the guests were arriving and she was receiving them in a small room adjacent to the ballroom. The room was getting filled and to get them moving she said: “Mrs. Snooks will you take Miss Smith to the Bathroom.”

The student retaliated by narrating how Miss Bromley once went to a house to see a picture that was for sale, and how she declared to the owner that she had come to see the table.

Margaret then told him another amusing story of some people (the Lord of the Manor) who had called upon the Broadways (famous for pianos) sweeping class distinction aside, for the Broadways had taken a house nearby – finding the Broadways nice people, she had asked them to a lunch party. Everybody in the house kept on making silly jokes about questions they would ask during the luncheon, and the person (wife of the Lord of the

Manor) kept on saying that no reference at all was to be made about the pianos etc.

The lunch went off splendidly – all had passed smoothly, and as Mrs Broadway motioned her departure, the hostess rang the bell –

The butler arrived and, in the proper way, came up a few paces into the room and waited for orders: “Will you tell them to bring round Mrs Broadway’s piano?” rang out her voice.

An intense pause

“Carriage! Carriage!” she spluttered.

After listening to these stories the student went upstairs to change for dinner.

From another descendant

Don't Tip The Top

Recycle them by squeezing the caps and tops into a milk carton, pop on the lid and drop in our bin

Heacham drop off points for clean tops and caps

St Mary's Church
Heacham Library
Infants & Nursery School

We only want clean plastic tops and caps from the following please:

Milk Cartons & Drinks Bottles,
Aerosols, Washing Liquids,
Powders, Fabric conditioners,
Toiletries, Medication Bottles,
Cleaning Materials: including triggers;

No coffee jar lids or hard & brittle plastic

Heacham Green Team

THE MATTHEW PROJECT

www.matthewproject.org/plastic4charity

Charity No. 1122801



ROYAL AIR FORCE BIRCHAM NEWTON

HERITAGE CENTRE

and Memorial to those who served here from
1918-1962

OPEN DAYS 2013

Sunday 25th August / Monday 26th August

Sunday 29th September

Open 11.00am to 5.00pm

Venue: The National Construction College
Bircham Newton, NW Norfolk,

NCC is signposted off the A148 and B1454.

Postcode: PE31 6RB

Come and discover the fascinating history of this former
Royal Air Force station and its satellite airfields.

Admission & parking FREE!

Disabled access

For more information visit our website: www.rafbnmp.org.uk



Royal Air Force Bircham Newton

Memorial Project

2013 Update

Thanks to the generosity of our hosts, Construction Skills, the Memorial Project has acquired an additional (third) room, which has enabled us to reorganise our exhibits and to enhance the information on display - hence our new name '**Heritage Centre**'.



The museum was first opened on 28 July 2005, and has been open to the public on a regular basis ever since, becoming a focus for the history of this former RAF station and its satellite airfields at Docking and Langham, as well as an important addition to the local heritage. It is available to the general public and to the staff and students of Construction Skills and its visitors. It is also available to school parties and students of aviation and local history and, as a venue for illustrated talks, it provides an educational service.

David Jacklin's new book 'RAF Bircham Newton World War 2 Losses' is now on sale. It documents all of Bircham Newton's WW2 losses and provides a Roll of Honour of all those personnel who lost their lives whilst on active duty at the station. The book also describes local incidents, such as forced-landings and crashes, involving aircraft from other RAF stations. Visitors to the Heritage Centre have shared their experiences and many of their fascinating stories are included.

There is a wealth of information to interest those visiting for the first time and many additional and enhanced displays for those making a return visit. All will be very welcome! The remaining open days for 2013 are: August Bank Holiday Sunday and Monday (25th and 26th August) and Sunday, 29th September.

Project Talks

As part of the ongoing effort to promote the unique history of RAF Bircham Newton and its satellite airfields, a programme of illustrated talks has been given during 2013 in village halls and to clubs and other interested groups around East Anglia. If you would like project staff to give an illustrated talk to your club or association, in return for a small project donation, please contact us.

The project maintains a website, which can be accessed at www.rafbnmp.org.uk

Contacts:- David Jacklin at djacklin@aol.com and 01379 741884 / 07779 429676.

OR: Dizzy Goff at d.goff@btinternet.com and 01485 578527.

OR: Avril MacArthur at avril.macarthur1@btinternet.com and 01485 578588.

FOX & HOUNDS

AWARD WINNING FOX BREWERY

Station Road, Heacham. Tel: 01485 570345

OPEN ALL DAY

BEER & MUSIC FESTIVAL

August 23rd - 26th

LIVE MUSIC: Fri 23rd - Out To Play

Sun 25th - Redemption

Other Gigs in August

(8.30 pm start unless otherwise stated)

Sun 4th - Afternoon Jazz - 1.30 pm

Tue 6th - Against The Grain

Tue 13th - Betty Swallox

Tue 20th - Part Time Blues Band

Tue 27th - Norfolk Blues Society

Fri 30th - Busker Night with D.N.A.

Please check our Facebook page or boards for updates

FOX STEAM RALLY

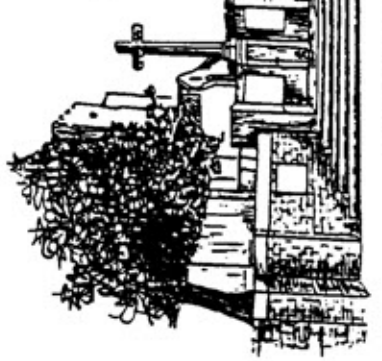
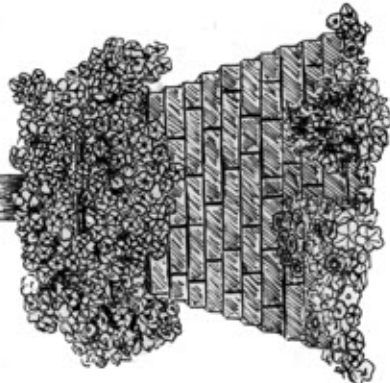
SATURDAY

3rd AUGUST

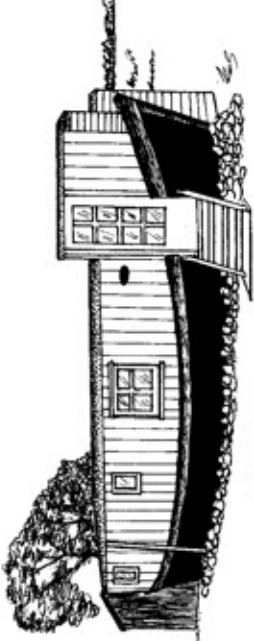


Follow us on Facebook @ foxandhoundsheacham

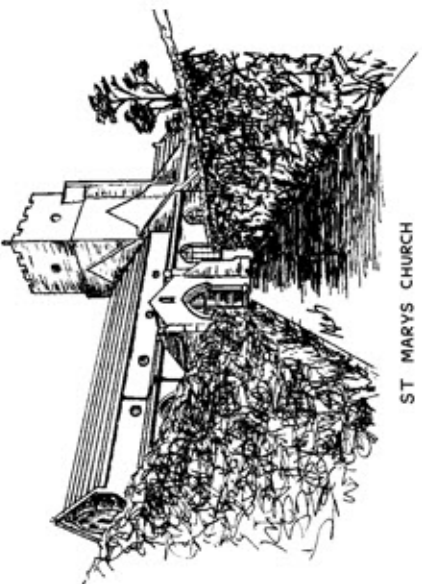
THE HEACHAM NEWSLETTER VILLAGE MAP



WAR MEMORIAL

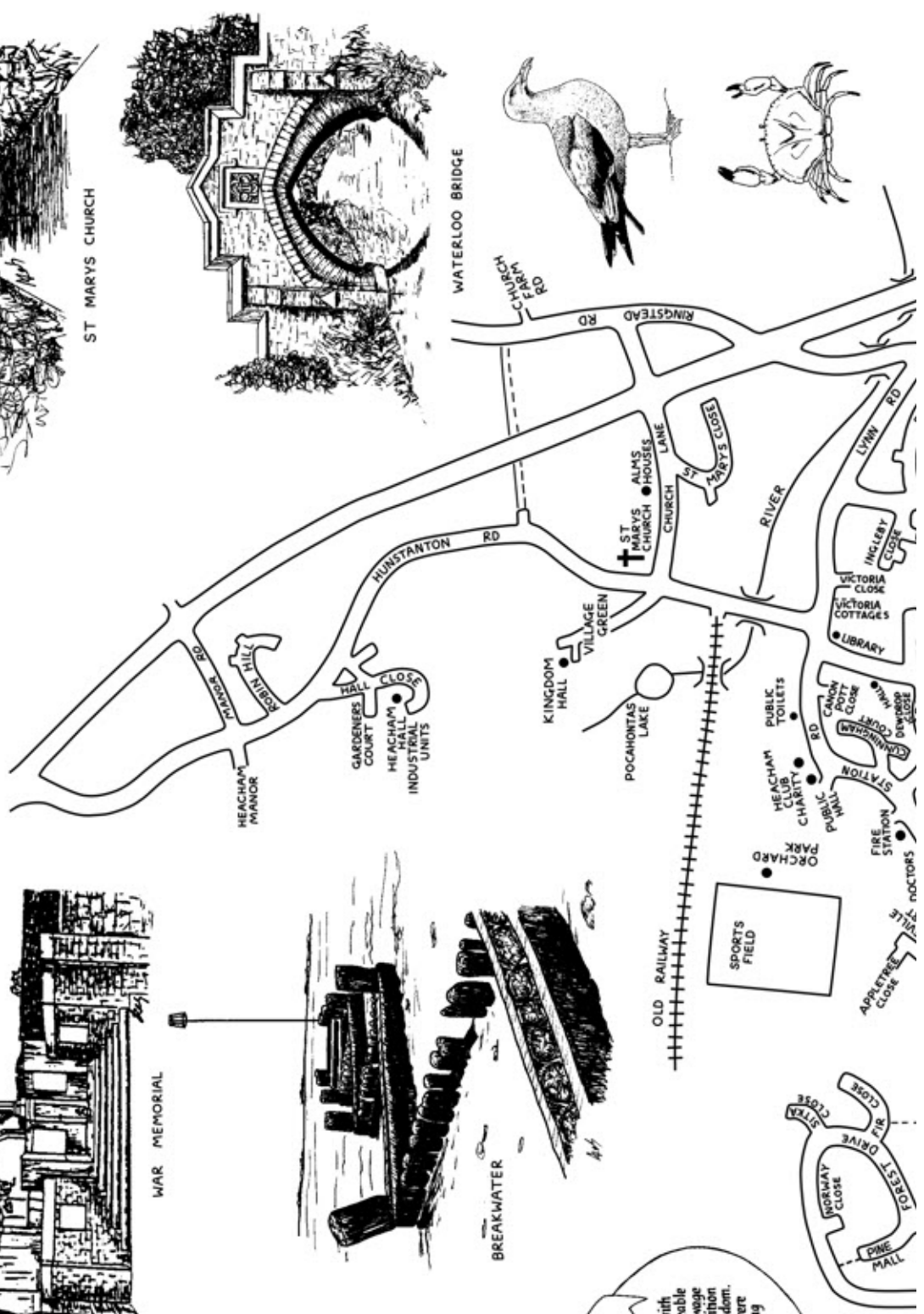


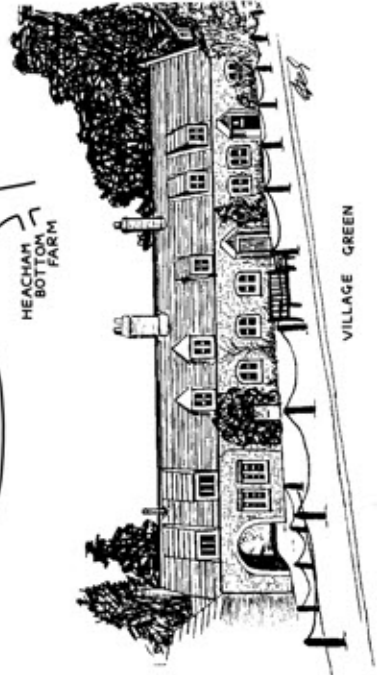
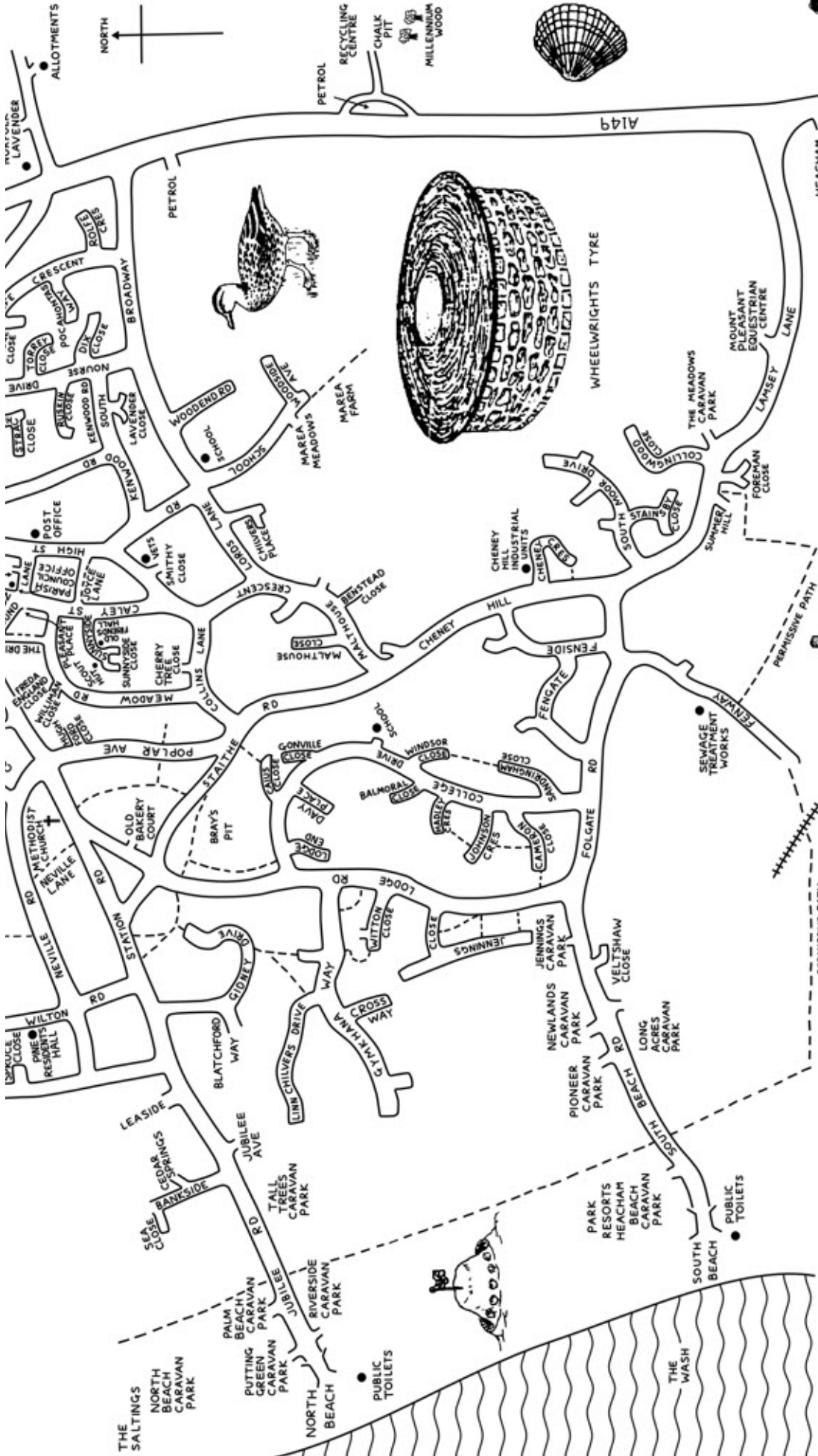
HOUSE BOAT



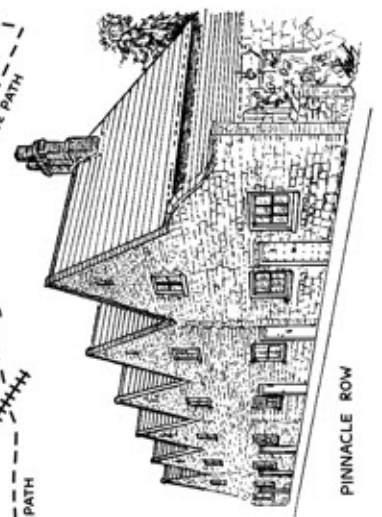
ST MARYS CHURCH

1795 1995
HEACHAM DECLARATION
 In the church of St. Mary The Virgin, Heacham on November 5th 1795 a meeting took place of 111 day labourers from Heacham, Snettisham & Sedgeford with 4 Heacham farmers. They all signed a declaration for a peaceable mode of redress and a petition to Parliament for a minimum wage proportionate to the price of wheat. They advertised this petition to extend it through the county & to every county in the Kingdom. The Acts against Treason & Sedition which silenced protest were carried through Parliament by Pitt's government following riots when King George III opened Parliament just one week before the Heacham meeting. Many families emigrated as Jamine prevailed.

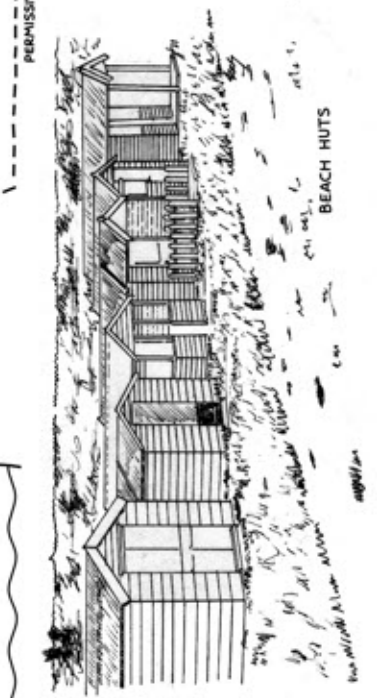




VILLAGE GREEN



PINNACLE ROW



BEACH HUTS

WHAT'S ON REGULAR EVENTS

PC = Parish Council Office, Pound Lane
PH = Public Hall
NC = Neville Court

OFH = Old Friends Hall, Sunnyside
PRH = Pine Resident's Hall, Wilton Rd
SG = Scout & Guide Hut, Sunnyside

HSC = Heacham Social Club
MC = Methodist Church Hall, Station Rd
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 1-2.30pm 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
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 West Norfolk Mind Tea & Chat at Piece of Mind 4 Poplar Avenue 1 - 2.30pm Tel: 572707
LINE DANCING 1.30 - 3.30 pm Contact Diane 571166 (SM)
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)
1st HEACHAM GUIDES 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 MTG 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)

HEACHAM LITTLE DRAGONS Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)
FOOTBALL Under 8&9's 4.30-5.30pm Contact Mark 07561303886 (HSC) playing fields
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)
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 3rd August Fox Steam Rally at Fox & Hounds

** GIG 'Marcia' at Silver Sands

** GIG 'The Birmingham Blues Brothers' at Heacham Public Hall

Sunday 4th August Heacham Carnival Parade & Fete Parade starts 2.30pm from College Drive

** GIG 'Afternoon Jazz' at Fox & Hounds from 1.30pm

Tuesday 6th August GIG 'Against the Grain.' at Fox & Hounds Station Rd from 8.30pm

Thursday 8th to Saturday 10th August Annual Charity Sale in aid of 'TOP KIDS IN BELARUIS' & 'NSPCC' at the Church Hall Heacham. 10am-4pm Thur & Fri 9-11.30am Sat

Friday 9th August Heacham Twinning Ass Evening Car Boot Sale 4-8pm at the Sports field

Saturday 10th August GIG 'Budgie' at Silver Sands

** GIG 'Dave Ryka Howard' at Heacham Social Club

Sunday 11th August Millbridge Dog Show & Summer Fete from 1pm Nine dog categories Lots of stalls, BBQ and children's fancy dress For more info Tel: 570349

Tuesday 13th August GIG 'Betty Swallow.' at Fox & Hounds Station Rd from 8.30pm

Saturday 17th August GIG 'Pat Martin' at Silver Sands

** GIG 'Micks Sensations Karaoke' at Heacham Social Club

Sunday 18th August 5th Annual Charity Cricket Match at Heacham Sports Field from 1pm Gates open 12noon

Monday 19th August 'Bingo' at Fridhem Rest Home Station Road Eyes down @ 7pm 'All Welcome'

Tuesday 20th August GIG 'Part Time Blues Band' at Fox & Hounds Station Rd from 8.30pm

Thursday 22nd August 12 noon Deadline for submissions for insertion into the September Edition of the Newsletter

Friday 23rd August Heacham Twinning Ass Evening Car Boot Sale 4-8pm at the Sports field

** GIG 'Out To Play' at Fox & Hounds from 8.30pm

Friday 23rd – Monday 26th August Beer & Music Festival at Fox & Hounds

Saturday 24th August Fridhem Rest Home Station Rd Summer Fete at 2pm Various stalls inc a table top sale For more info call Marie or Chelsie Tel: 571455

** GIG 'Gary Lewis (Motownite) at Silver Sands

** GIG 'Budgie' at Heacham Social Club

Sunday 25th August GIG 'Dave's Karaoke' at Silver Sands

** GIG 'Waddo' at Heacham Social Club

** GIG 'Redemption' at Fox & Hounds from 8.30pm

Monday 26th August Hip Hop Dancers Fundraising Event at 73 Station Rd Heacham 1-4pm Dance Displays BBQ & Games

Tuesday 27th August GIG 'Norfolk Blues Society' at Fox & Hounds Station Rd from 8.30pm

Friday 30th August Restaurant Evening at Fridhem Rest Home £20pp for 3 courses To book & collect a menu Tel: Marie or Chelsie 571455 or call in (all food to be pre-ordered)

** GIG 'Busker Night with DNA' at Fox & Hounds Station Rd from 8.30pm

Saturday 31st August Messy Picnic at St Mary's Church Heacham 10am-12noon Bring your own picnic Book in advance Tel: 571348 or email griffin568@btinternet.com

** GIG 'Pout at the Devil' & 'Genuine Fake' at Heacham Public Hall Doors open 7.30 Tickets £7 [Tel:570776](tel:570776)

** GIG 'Steve Whiteman' at Silver Sands

** GIG 'Rhiannan Rae' at Heacham Social Club

OTHER EVENTS

Friday 9th August RNLI Sandcastle Competition at Old Hunstanton beach in front of the RNLI boathouse Register from 1pm Entry £1 All Welcome

Friday 23rd to Sunday 25th August St Mary's Church Sedgeford Flower Festival & Craft Fair 10am-5pm Refreshments all day To book a craft stall Tel: 579002

Sunday 25th & Monday 26th August RAF Bircham Newton Heritage Centre Open Days 11am-5pm more info at www.rafbnmp.org.uk

Friday 30th August to Monday 2nd September Art Exhibition by Snettisham Art Group at the Royal British Legion Hall Church Rd Snettisham 10am-5.30pm Admission free
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) £2 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

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

Thursdays

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.

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

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

Fraudsters.....be aware!

Share sale, boiler room, hedge funds or bond fraud involves bogus stockbrokers, usually based overseas, cold calling people to pressure them into buying shares that promise high returns. In reality, the shares are either worthless or non-existent.

You are usually contacted out of the blue by a professional-sounding stockbroker who offers you investment opportunities that seem too good to be true. You are also promised free research reports, special discounts and 'secret' stock tips.

The fraudsters may provide false share certificates and other documents to make the investments seem credible.

Once the fraudsters have squeezed whatever money they can from investors, they quickly disappear.

Share sale frauds tend to start with a telephone call out of the blue. Using hard-sell techniques, the fraudsters try to pressure you into making rushed decisions giving you no time to consider the nature of the investment.

As with many fraudulent schemes, you are encouraged to keep your investment secret to ensure you receive maximum returns. This allows the fraudsters to hide the real nature of their scheme.

Fraudsters aim to make their business seem legitimate, so they will often use technical jargon, impressive job titles and mock websites to appear credible.

- You have bought shares from somebody you don't know over the telephone.
- To transact the deal, you have given them your Bank account details.

Report it to Action Fraud:

- Break off all contact with the fraudster at once.
- Alert your Bank immediately if you have given the fraudsters your Bank account details.
- Keep any written communications you have received from the share sale fraudsters. This may help you give evidence to the authorities.
- Because many boiler rooms are run from abroad, they are not covered by UK jurisdiction or compensation schemes. Therefore, you are unlikely to recover any lost investment.

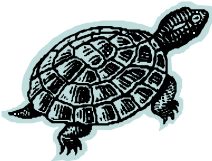
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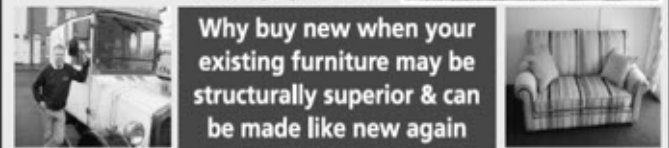
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Burnham Market Craft Fair

The 38th BURNHAM MARKET CRAFT FAIR will be held on SATURDAY 17th AUGUST from 10.00am.

Once again all BURNHAM MARKET's village greens will be covered by stalls from over 100 carefully-chosen Craftspeople, who will provide a wide variety of high quality items for sale. These include woodwork, pottery, basketwork, plants, textiles, ceramics, jewellery, cards, sculptures, furniture, glassware, photography, aromatherapy, metalwork and much, much more...

As well as Exhibitors who have supported this event over several years, we have many new Craftspeople bringing new skills and ideas, to what has become an important event on the Norfolk calendar!

The Punch and Judy show, supplied by Mr Poz, will be providing free entertainment for children throughout the day.

A hog roast will also be available.

Parking is on the Village playing field for a small charge and is well signposted. Admission to the Craft Fair is FREE.

Please give your support to this colourful and popular traditional Burnham Market fund-raising event.

10% of all sales donated by the Exhibitors goes to local good causes with an emphasis on young people.

Any enquiries, please ring 01328 738503 or 01328 738978.

Community Cinema

On Saturday 24th August
Cinema in Syderstone
presents
'Life of Pi'

Based on the Booker Prize winner 2001 by Yann Martel. Famed director Ang Lee uses cutting edge technology to bring to the screen a ravishingly beautiful film about a shipwrecked teenager stranded on a lifeboat with a Bengal tiger. This film won several Oscars including Best Director and Best Photography.

Venue: Amy Robsart Village Hall,
Syderstone PE31 8RX.
Start time: 7.30pm.
Advance Tickets £3.50
Contact 01485 578588 or 578171
Email: cinema@syderstone.com

Brancaster Camera Club

August is a busy month for us.

Tuesday, 6th August 2013

We are having an informal club evening when a Help Panel will try & sort out any photographic problems.

Friday, Saturday & Sunday

9th, 10th & 11th August 2013

Our Annual Print Exhibition will be held in Brancaster Staithe Village Hall from 10 am-4 pm daily.

The exhibition is to be judged by Daphne Hanson CPAGB APAGB.

Admission is free & we hope as many people as possible will come along & see our work & meet club members.

Tuesday, 20th August 2013

Sees the return of Barbie Russell EFIAP MPAGB & Russell Lindsay AFIAP MPAGB With their Creative Photographs.

This is always a very popular evening!

Visitors are welcome.

All our meetings are held in Brancaster Staithe Village Hall at 7.30 pm. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725



The West Norfolk group invite you to

A Wildlife Fayre

Thursday 15th August, 2.00pm – 5.30pm

in aid of Trust Funds

at **Gayton Hall**, Back Street, Gayton, Norfolk, PE32 1PL

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Hunstanton & District Rotary Club

Hunstanton & District Rotary Meeting

26th June 2013

President Elect, Ben Warnes, becomes President.

The evening meeting took place at Creake Abbey and started with a walk around the gardens and ruins. A Quiz was organised by Julia Warnes incorporating the history of the Abbey and this was enjoyed by members and their guests. A well presented and a very tasty buffet supper was enjoyed before the speeches took place.

Philip Newell, the outgoing President, began his speech by saying he was not really departing, just handing over and would always be there to help when needed.

The highlights of the year had been the fundraising of £20,500 and this had been passed on to 35 deserving causes. Also, the progress of eliminating polio from other countries is of special interest to Rotary members who have been involved since 1985. Phil thanked the Club Council members, especially the secretary and treasurer, for their dedicated work, and the Club members too for their support.

He ended his speech wishing the new President, Ben Warnes, a happy and rewarding year and presented him with the Chain of Office, this being the 38th change-over.



Ben, the new Rotary President, then stood up and thanked Phil for his leadership and contribution over the previous twelve months. He then reiterated the major achievements last year and what challenges the coming year held and his vision of how to take the club forward with the help of its members.

Rene Rooth

Celebrant Ceremonies in Norfolk

For Non religious/unofficial celebrations of Marriage Blessings, Renewal of Vows, Anniversaries and Baby Naming

A personalised and beautiful event can be organised to meet all the exclusive features so essential for your special day.

We can help with plans and will spend time helping you to create the day of your dreams, whether you are celebrating a happy union, marking an anniversary, or welcoming into the world a new baby!

Our Celebrant Service offers the perfect opportunity to enjoy a relaxed and less formal occasion, surrounded by friends and family, at the location of your choice.

Combined with your selection of chosen poetry/prose, favourite readings and much-loved music, the day can be enhanced with your chosen hospitality for the special occasion. The Celebrant will lead you through a ceremony dedicated to the happiness and pleasure of the event...contact us for a chat and together we can plan your perfect celebration.

Non religious/Unofficial celebrations

Welcoming a new baby into the world or marking a special anniversary? We offer charming and personalised Services conducted by our Celebrant for an intimate and inspired declaration of your chosen celebration. Share your special event with friends and family at a relaxed and informal gathering.

Charges vary from £150-£200 depending on travelling expenses to location

Celebrant Ceremonies in Norfolk

Background information

Baby Naming

It's entirely up to the individuals as to how they would like the ceremony to be organised, but they usually last about 20 minutes. The Celebrant will lead the ceremony for you. During the ceremony the parents state their love and commitment to the child and declare hopes for their future. The Celebrant can explain the meaning of the child's name or why it was specially chosen... All about Love, Commitment, Hopes & Dreams. The celebrant can read poetry or a favourite piece of prose, with music playing in the background...etc. to guide the ceremony. Rather than godparents, whose traditional role is to help guide the child in a Christian life, "supporting adults" or "mentors" (who may be friends or family) can be nominated, just needing to say that they will be there for the child as he or she grows up and throughout their life in whatever way is needed.

Naming ceremonies are not legally binding and do not have any legal status.

The day can be inspired by a special theme... 'Sleeping Beauty', 'Peter Pan' which can be incorporated into the readings and menus/table decorations/favours etc.

Anniversaries/Renewal of Vows/Marriage Blessings

Along the lines of above as appropriate for the couple.

Re-affirming the commitment, Love & Honour etc, valuing the support of friends and family etc. It is usual for the couples to write their own pledges. We can help by suggesting poetry/prose etc if required. The ceremony can follow similar format to a wedding but no bridesmaids, best men, etc, just 'supporters'

About The Celebrant

Our Celebrant is Susan Barnett, an experienced Broadcaster and Public Guest Speaker with a background in Event Organising. From hosting functions & after- dinner guest speaking, to VIP liaison services with British Airways and radio work for the BBC, it is Susan's background in working with Theatre and The Arts and Event Hospitality that so completely equips her to deliver the warm sincerity and theatrical flourish that adds that special touch of harmony and heart-felt happiness to your celebration

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TIDE TABLES FOR AUGUST & SEPTEMBER 2013

HIGH WATER AT HUNSTANTON										
Heights above chart datum										
Time Zone UT (GMT), add 1hr for BST										
August 2013					September 2013					
Date	Morning		Afternoon		Date	Morning		Afternoon		
	Time	m	Time	m		Time	m	Time	m	
1 TH	01 13	5.5	13 46	5.5	1 SU	02 51	5.7	15 34	5.7	
2 F	02 22	5.6	14 58	5.6	2 M	03 48	6.1	16 26	6.1	
3 SA	03 25	5.8	16 01	5.8	3 TU	04 35	6.6	17 09	6.4	
4 SU	04 19	6.2	16 52	6.1	4 W	05 14	6.8	17 45	6.7	
5 M	05 04	6.6	17 34	6.4	5 TH	05 51	7.0	18 21	6.9	
6 TU	05 42	6.8	18 12	6.6	6 F	06 27	7.3	18 56	7.0	
7 W	06 18	7.0	18 47	6.8	7 SA	07 03	7.4	19 31	7.2	
8 TH	06 54	7.2	19 23	6.8	8 SU	07 38	7.4	20 03	7.2	
9 F	07 30	7.2	19 57	6.9	9 M	08 11	7.4	20 35	7.0	
10 SA	08 02	7.2	20 29	6.9	10 TU	08 46	7.3	21 10	6.8	
11 SU	08 33	7.2	21 01	6.8	11 W	09 29	6.9	21 51	6.6	
12 M	09 05	7.0	21 35	6.6	12 TH	10 15	6.4	22 43	6.1	
13 TU	09 43	6.8	22 16	6.3	13 F	11 22	6.0	23 58	5.8	
14 W	10 31	6.4	23 09	6.0	14 SA			13 01	5.7	
15 TH	11 34	6.1			15 SU	01 32	5.8	14 38	6.0	
16 F	00 22	5.7	13 02	5.8	16 M	02 52	6.3	15 51	6.4	
17 SA	01 51	5.8	14 41	6.0	17 TU	03 54	6.8	16 50	6.9	
18 SU	03 09	6.2	15 58	6.4	18 W	04 47	7.3	17 38	7.3	
19 M	04 12	6.8	17 02	6.9	19 TH	05 34	7.6	18 20	7.5	
20 TU	05 07	7.3	17 55	7.3	20 F	06 18	7.9	18 59	7.5	
21 W	05 56	7.6	18 43	7.5	21 SA	07 00	7.9	19 34	7.4	
22 TH	06 41	7.9	19 26	7.6	22 SU	07 40	7.8	20 06	7.3	
23 F	07 25	8.0	20 03	7.5	23 M	08 16	7.5	20 37	7.0	
24 SA	08 03	7.9	20 38	7.3	24 TU	08 51	7.0	21 05	6.7	
25 SU	08 43	7.6	21 12	7.0	25 W	09 26	6.6	21 34	6.3	
26 M	09 20	7.2	21 45	6.6	26 TH	10 04	6.1	22 14	5.8	
27 TU	09 59	6.7	22 21	6.1	27 F	10 58	5.5	23 16	5.5	
28 W	10 44	6.1	23 08	5.7	28 SA			12 24	5.1	
29 TH	11 46	5.5			29 SU	00 52	5.4	13 49	5.2	
30 F	00 22	5.4	13 08	5.2	30 M	02 10	5.6	14 58	5.6	
31 SA	01 41	5.4	14 28	5.4						

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NEWSLETTER SUDOKU No. 72

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

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

Solution to
Newsletter
SUDOKU
No. 71

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

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In a race, the runner who came three places in front of the runner who finished last came two places ahead of the runner who came seventh.

How many runners finished the race?

Answer page 34

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Hunstanton Lions Club

At our Lions Business Meeting in July, we were able to help three local causes.

Our annual **Fun Fair Day** took place on Friday 21st June. Children with disabilities from local schools came for the rides on the fairground and for a fish and chip lunch. Hunstanton Lions wish to thank John Henry Roper and Chadwick Pooley for allowing us to use their fairground rides, Vegas Fish Bar for the lovely lunch they provided, all the carers and parents who looked after the children and fellow Lions for volunteering their services, thus enabling the children to have a fantastic day.

Hunstanton Lions also had the privilege once again to help out at the Sandringham Show.

Hunstanton & District Lions Club 3rd International Charity Golf Tournament.

This tournament took place by kind permission of Mr Paul Searle, not William Searle as stated in July's newsletter. Apologies for the error.

Forthcoming Events:

Sunday 28th July - 2pm - Hunstanton Lions Club Open Charity Bowls Drive taking place at Heacham Social Club. Results to be announced in September's issue.

Sunday 8th September - Indoor Carpet Bowls Competition at Smithdon High School.

200 Club:

1st Prize Sandra Burton, 2nd Karen Collins, 3rd David Bowman, 4th Andy Millar.

Car Boot Dates:

September 8th, October 6th & 20th.

If you would like more information about Hunstanton Lions please contact Mike Ruston 01485 533367.

Jane Scott

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Coastal Tweet-up

The most recent Coastal Tweet-up was a lively affair at Hunstanton's Lodge Hotel.

Before we knew it we were hearing all about Swarm Apprenticeships from Richard Dix of Rural Broadband and how the scheme is helping local youngsters to learn a vocational skill and gain useful experience to boot. Matters turned to the light-hearted thereafter as we met Mary and Melissa who were making their first social outing in the area following a recent move to Dersingham. Mary and Melissa design and make dog leads and had an interesting tale to tell about their unique approach. They are now branching out into bracelets and belts!



Amanda Knight, Richard Dix, & Mary the dog lead maker from Dersingham

Their discussion caught the interest of Barbara Bamfield from Rose-Fitt House B&B (who also works at the Hunstanton Tourist Information Centre). Barbara suggested the ladies take their product to the Tourist Information Centre as possible merchandise to sell through their shop. #Networking - it works!

Amanda Knight (aka "Mad Dog Woman") proved her moniker was well earned when she informed us how she had to put pull up nappies (yes indeed) on one of her dogs that was ill and had to push him around in a pram too. She had us in stitches!



Jon and Sam Pesci with Barbara Bamfield from Rose-Fitt House

Former owner of Enrichetta's Jon Pesci and his wife Sam up-dated us on his experiences since closure of the shop at the end of 2012. Turns out, Jon is now a talented breakfast chef at Cafe Legge, as well as offering a mobile jewellery service and he is getting into technology in a serious way too. A man of many talents! Everyone who attended really seemed to engage and have a great time and I even remembered to take some photos this time!

We look forward to meeting more old and new friends next time. Please note that there will be no Coastal Tweet-up during August owing to the holiday season. Look out for a date in mid-September – perhaps The West Norfolk or The Fox & Hounds would appreciate a visit from us?

If you would like to join in but do not use Twitter please do not let that put you off. We would love to see you!

If you would like any further information about @CoastalTweetUp, please contact Stella on 07788 645157.

Stella Gooch

Glorious weather contributed to the fabulous turn out at West Norfolk Minds Annual Allotment Open Day on 9th July which gives anyone in the community the opportunity to visit the award winning Gardening for Health Project in North Lynn whether they have an interest in attending as a service user, volunteer or sponsor of this fantastic project.



Zena Penty, Volunteer Co-ordinator said 'It was such a relaxed day and many people stayed for the whole duration as the weather was so lovely. I cannot stress what a fantastic project this is. However, it currently receives no funding and vital resources are being used from the charity's reserves as an interim measure. I would love to hear from any companies or philanthropic groups who may wish to work with us and provide sponsorship for the project.'

Since its inception in 2007, over 300 people have achieved great benefit as a result of the Gardening for Health project. It has been especially good at developing a sense of purpose and meaning in people's lives, increasing levels of physical activity, and creating opportunities for people to meet in a safe and enjoyable environment. The project has also enabled many people to acquire a range of new skills, openings for creative expression and personal growth.

West Norfolk Mind's next event designed to showcase the services on offer is a 'Taster Day' on Wednesday 7th August based around the Day Centre, Carpentry Workshop and Furniture Warehouse at Saunders Yard, Austin Street, King's Lynn PE30 1PH. There will be many interactive activities and entertainment on offer, tours of the projects and an opportunity to discuss how you might benefit from attending whether it be through a personal budget or self funded.

West Norfolk Mind is a specialist mental health charity providing local services to support people, their families, their carers and their employers.

For more details of the Taster Day or an appointment to arrange a visit at another time see www.westnorfolkmind.org.uk or contact our Head Office on 01553 776966.

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**Scallywags Parent, Baby & Toddler group:
in reflective mode...**

Summer is here and Scallywags is drawing to a close for the summer holidays. We have been looking back at the past 7 months and all the amazing support we have had from so many different people and in different capacities since we opened in November 2012. From making tea to hacking down brambles, to signing cheques, to fixing shed doors, donating toys and cardboard boxes, wrapping presents, cleaning carpets, singing songs, setting out train sets and foam mats, lifting heavy furniture and stacking chairs, handing out snacks, bringing in ingredients...and so the list goes on.

We really wanted this to be a playgroup where everyone felt welcome, non 'cliquey' and, thanks to all the lovely people who come, the feedback we have had from new families (both local and from further afield) has been exactly that – that it is a warm, welcoming and friendly playgroup. We would like to thank all the mums, dads, nans, grandpas, childminders, foster parents, even holidaymakers who come, for helping make this the case and for making people want to come back.

Since November, there have been 3 births - Jasmine, Blake and Lissie. We have watched babes in arms sit up, sitter uppers crawl, crawlers walk and now some of our old handers are beginning a new chapter as they get ready to start Nursery in September. Rowan, Shannon, Oscar, William, Ellie, Marley, Amelie, Karen, Thea and Tommy - we wish you happy days at Nursery and Aidan for you in Reception!

We've welcomed the Mini Monkey Gym from Norwich, messy play sessions from Action for Children in Hunstanton, Usborne children's book stall and the School Council and Head Teacher from Heacham Infant and Nursery.

Our friendly and lively parent, baby & toddler group is on every Wednesday during term – time from 9.30-11.30am. The cost is £2 per family.

There are always craft activities (we have made clay bugs, built robots and castles and all sorts from junk modelling, made pasta jewellery, vegetable prints, sock and wooden spoon puppets, paper plate sea creatures, pretend ice creams, Elmer the elephants to name a few!), There are plenty of toys (duplo bricks, playdough, puzzles, role-play, books, cars, ride-ons, dolls house, kitchen) and we have our lovely alphabet rug for babies to relax on!

We have a healthy and treaty snack at 10am (and a cuppa for the adults). We then start tidying up at about 10.45am, ready for some singing before we all go home.

We will be re-opening on **Wednesday 11th September** when we hope to throw open the garden doors to show off some amazing new outdoor equipment which, thanks to the Hunstanton and District Lions, we have been able to buy. A very, VERY big thank you to the Lions for their generous donation and unswerving support towards Scallywags. It is greatly appreciated. The alphabet rug, which the Lions funded back in November, remains a focal point and one on which we all gather to sing songs and bash musical instruments to at the end of the sessions! We are very excited about the outdoor equipment and the fact that the new improved garden will serve children for many years to come. What a great way to start the new term!

We look forward to seeing you back then and to welcoming some new families. If you would like any more information then please call Clare on 07816 913657 or Jo on 07521 447284.

Have a happy and sunny summer!



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**Fundraiser in aid of
World Hip Hop Championships
In Copenhagen**

We are a small group of Hip Hop dancers from Norfolk trying to raise enough money to travel to Copenhagen on 15th October for the World Hip Hop championships. We are part of two teams who are trained in London by choreographer and dance teacher Tashan Muir. Ella and Dolcie are in the Under 12s team called 'Clique' and Emily, Hayley and Abigail are in the Under 16s team named 'Entity'. Both teams recently won the European Hip Hop formations section in Amsterdam (find us on 'you tube').

We will be holding a fundraising event on **26th August** at **73 Station Road, Heacham - 1.00-4.00pm.**

We will be performing at **1.30, 2.30 and 3.30.**

There will be a **BBQ** and **refreshments for sale.**

Games and **fun stalls** to enjoy.

We will have room for several table top sales so if you have a table and something to get rid of please **contact** us to book a space. **£5 a table.**

We will have a cake stall so if you have time please help us by donating some to get us on our way.

We really hope you can pop and see us or have a stall as we have all danced most of our lives and really want to be **World Champions.**

We really look forward to your support. Thank you.

Please contact Tamsin on: 07906 806761.

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**SUNDAY
 13th
 OCTOBER
 2013
 10am-4pm**

Adults : £5 Children : FREE
 Car Parking : £2.50/car
 The walks are: 1, 3, 6, or 10 miles.
 The one mile walk for children has games along the way.
 Prams, trikes, wheelchairs and animals on leads are welcome.

Brain tumours now account for more deaths among children and those under 40 than any other cancer.
 Join others and raise sponsorship for your chosen brain tumour charity and help us find a cure for this devastating disease.

The 2013 "World Walk" for Brain Tumours is a project of the International Brain Tumour Alliance (IBTA) and is in its seventh year. We hope to achieve enough mileage world-wide to encircle the Earth at the Equator many times. The "World Walk" symbolically unites all those around the globe whose lives have been touched by a brain tumour.

Go to www.astrofund.org.uk to download a sponsorship form and for a link to create a justgiving page or contact via email info@astrofund.org.uk or telephone **01485 572767**

Organised by the Norfolk Branch of Astro Brain Tumour Fund, charity no. 1133561

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The Princess Players 'Blithe Spirit'

The Princess Players (formerly the Princess Theatre Club*) are pleased to announce their autumn production BLITHE SPIRIT by Noel Coward. The play concerns Charles Condomine, whose first wife Elvira has been dead for seven years and has been reasonably happy with his second wife Ruth. After he invites Madame Arcati, a local medium, to conduct a seance at their home, Elvira returns from the dead. Determined to get Charles to herself forever, she arranges several 'accidents', one of which culminates in Ruth joining Elvira. Now plagued by two jealous squabbling spirits, Charles bids them both farewell and his two wives are left petulantly tearing the house apart.

This production replaces the previous announced 'AN INSPECTOR CALLS' by J B Priestley, which had to be withdrawn due to contractual rights.

The play will take place at the Princess Theatre, Hunstanton on 15th November at 7.30pm and 16th November at 2.30pm and 7.30pm. Box office 01485 532252 or online www.princesshunstanton.co.uk.

*NB The Princess Theatre Club will officially change its name to the 'PRINCESS PLAYERS' on 2nd August 2013.

All enquiries to: Rae Steward, Publicity Officer, Princess Players. 01485 533420.

Pout at the Devil + Genuine Fake Public Hall - 31st August 2013

This sees the return of the completely over the top 80's rock tribute 'Pout at the Devil' fronted by the shy and retiring DIRK STEELE. These boys are a tribute to what was possibly the most hedonistic and excess laden era ever seen. Not just a tribute to one band, imagine going to a festival in the 80's with all the big rock and metal outfits playing. That's what you get at a POUT gig, great showmen, superb musicians and above all two hours of classic hair metal from the likes of POISON, ALICE COOPER, BON JOVI, WHITESNAKE and MOTLEY CRUE. THIS BAND IS TOO GOOD TO MISS and tickets are a measly £7 each in advance only. Opening the proceedings are 'Genuine Fake', a bunch of local lads who are starting to make a name for themselves on the local circuit. Tickets from me (Trev Frammingham) 07747 156204, Jan Campbell 07923 612187 or the Social Club 01485 570776. I cannot praise this band highly enough and they are surely destined to become one of the major tribute acts in the country. DONT MISS IT.

The doors open at 7.15 pm. 'Genuine Fake' are on stage from 8 till 9pm and 'Pout at the Devil' on stage from 9.30 till 11.30pm. There is also a licensed bar.

Trevor Frammingham



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If you are or have been a victim, and you sought help or advice from any agency, please take our short survey.

Tell us what was good about the service you received.

Tell us what could have been done better.
If you have felt unable to go to anyone for help, please tell us why.

Responses are anonymous.



Play your part in improving services for victims of domestic abuse, rape and sexual violence.

Take the survey at:

www.norfolk-pcc.gov.uk



Heacham Infant and Nursery School

"A fun filled afternoon was had by all at the Heacham Infant and Nursery School's Summer Fete on Saturday 20th July. Despite the weather, the school was supported tremendously by lots of visitors, who enjoyed rides, games, craft stalls and a very tasty BBQ!



The afternoon commenced with a magician (Aaron Jones) who truly wowed his audience (thank you Aaron), followed by a delightful Country Dancing display by the school children. There was great excitement as the children lined up in their fancy dress costumes, but of course there could only be a third, second and first winners so congratulations went to Olivia Murtagh (flamenco dancer), Libby Sills (fairy) and Dylan McKenna (werewolf) all winning a Tesco giftcard donated by Tesco.



We were lucky to have the Heacham Fire Engine arrive which



the children loved climbing into, thanks to the crew for giving up their time. We had a very successful raffle with all prizes being donated by local businesses and stallholders, thanks goes to all those who kindly donated.

The PTA who organised the event would like to thank all the stallholders, everyone who helped and supported the day. Together we raised over £800.

The PTA would also like to take this opportunity to thank Barclays Bank, who have also given us a fantastic donation."

Victoria English
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If you have felt unable to go to anyone for help, please tell us why.

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Heacham Football Club

The Heacham Football Club AGM was held on 5th June 2013 at the Social Club. Present at the meeting were Roy Rodwell, Josh Everett, Nick Blake, Jack Blake, Mark Pishorn, Wayne Proctor, Gareth Liddington, Darren Bailey and Kristian Hughes. Apologies were received from Ryan Mellor. Harry Hornsby read the Minutes from the meeting held on 23rd May 2012 AGM, which were agreed and signed by the Chairman. Annual Accounts were handed round and agreed by Josh Everett and seconded by Nick Blake. The floor thanked Harry Hornsby for all his hard work.

The Chairman commented on the season, saying both teams finished the season on a high after having a bad start with James Pollard and Stephen Nobes leaving, which left the club in a muddle with the Chairman having to take the first team on. Trouble with players at the start of the season was sorted and players at fault were asked to leave. He thanked everybody else for their hard work and looked forward to the next season.

Elections for the coming season: Chairman - Gary Mortimer proposed Josh Everett, seconded Jack Blake. Vice Chairman - Wayne Proctor proposed Gary Mortimer, seconded Gareth Liddington. Secretary - David Page proposed Jack Blake, seconded Josh Everett. Treasurer - Harry Hornsby proposed Gary Mortimer, seconded Nick Blake. First Team Manager to be decided at a later date. Reserve Team Manager - Gareth Liddington proposed Gary Mortimer, seconded Harry Hornsby. Assistant Manager - Mark Pishorn proposed Jack Blake, seconded Gary Mortimer. Committee voted on block: Nick Blake, Jack Blake, Josh Everett, Gareth Liddington, Mark Pishorn. Other elected: Kristian Hughes, Roy Rodwell and Les Dedman - agreed.

Other Business: Subs to stay the same; purchase new balls and corner flags; Harry Hornsby to sit on central committee; Steve said he would help with the training on Tuesdays; carry on next season with the Carrow Road tournament; football match to be arranged for the opening of the new pavilion when date has been fixed.



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Heacham Sports and Social Club Committee News

Summer has really arrived at Heacham Sports and Social Club and bowlers can be seen on the green every day and evening. Please feel welcome to join us for a roll-up or as a member.

The boot sales are going from strength to strength every Wednesday and Sunday, despite some access problems. The boot sale team would like to thank sellers and visitors for their patience during this time. The good news is that the Pavilion is almost complete and we will have extra parking in the car park. Please watch out for future dates on our notices and in the paper.

The Summer Carnival takes place this year on Sunday 4th August, but kicks off with a Village event in the Public Hall on Saturday evening with 'The Birmingham Blues Brothers'. There will be a bar and hall extension. Doors open 7.30pm, tickets £6 available. Sunday begins with the Car Boot and Fete will be in the sports field as always with the parade arriving around 3.15pm. Sellers are welcome from 6.00am. Pitches cost £6 all day. Watch out for posters for details about the day. Have a wonderful day. We hope that this beautiful weather will continue until at least then.

Watch out for special Cricket Club events on 11th and 18th August on the field.

Please see the "What's on" section for our Entertainment in the Club every Saturday night and "Waddo" is back on Sunday 25th August.

On 31st August we are having another big event in the Hall with popular group 'Pout the Devil'. Tickets are £7.00 in advance and available from Janice Campbell on 07923 612 187.

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.

From all at Heacham Sports and Social Club

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

Charity Cricket Match

The 5th annual charity cricket match between Heacham Cricket Club and 'The Veterans' will take place on Sunday August 18th 2013 at the Heacham Sports Field. Gates will open at 12.00 noon, the cricket match for the Philip and Ernie Cup will commence at 1.00pm.

Events on the day include a barbeque, hot and cold drinks, home-made savouries and cakes, excellent raffle prizes, a well-stocked tombola plus other attractions. All proceeds will be shared equally between the Heacham Sports Field Pavilion Fund and Macmillan Cancer Support. Everyone is welcome to what has proven to be an enjoyable day for all over the last 4 years.

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

Andy (01485 572873) or Sean (01485 579433)



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Heacham Cricket Club

As we enter the month of August, sadly the last month of this year's season, Heacham Cricket Club are one of the teams at the top of our division. August is definitely not a month to be missed; with a stall at the Heacham Fete, hosting a touring team from London, charity match and finally End of Season Play Offs.

The Club will be represented at the Heacham Fete on 4th August, where we will be running a stall on the cricket square. The Club will be raising money at the Fete for future projects and you are all welcome to stop at the stall and get involved with the activities planned.

You are also all welcome to come and support Heacham CC on Sunday 11th August when we will be hosting a touring team from Raynes Park, London. The match will start at 1 o'clock and continue through the afternoon.

This year the annual charity match will be held on Sunday 18th August at 1.00pm. Heacham CC will be playing against a Heacham CC Veteran's team. This has become a very successful and enjoyable event over the last four years. Heacham CC invites you all along to support the event and, if you wish to sponsor the event, please contact Andy Wright on 07757 247762 or Kevin Dix.

If you are interested in joining Heacham CC please feel free to come along to the cricket field on a Tuesday from 6pm for practice night or contact the Heacham CC Secretary (details below).

Results

Heacham CC v Sandringham CC 2nds – Heacham won by 114 runs.

Northwold CC v Heacham CC – Northwold won by 4 wickets.

Hockwold CC v Heacham CC – Hockwold won by 3 wickets.

Heacham CC v Northwold CC – Heacham won by 135 runs.

Fixtures

Saturday 3rd August – King's Lynn Hospital CC v Heacham CC.

Saturday 10th August – Fakenham CC 3rds v Heacham CC.

Saturday 17th August – Play Off Fixture.

Saturday 24th August – Play Off Fixture.

Saturday 31st August – Play Off Fixture.

If you would like to keep up to date with Club news, fixtures and events, we are available to be followed on Twitter @HeachamCC.

If you require any further information I am able to be contacted on 07827 447219.

Kevin Dix
(Secretary)

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HEACHAM PARISH COUNCIL NOTICEBOARD

Meetings for July in Brief

Parish Council Chairman: The Council sent its best wishes to David Chessum, who had been elected Chairman in May, but due to ill health had recently stepped down. Mr Peter Colvin, the Vice-Chairman was elected Chairman.

Co-option: The Council co-opted Mr Daniel Parton onto the Parish Council to fill one of the current vacancies.

Planning and the NHS: The Council agreed to write to the Planning Minister about failings in the planning system. Recent events had shown that whilst Developers were expected to consult over the medical provision for new developments, this was not happening as they were not required to do so by law.

Heacham In Bloom: The Chairman congratulated Heacham In Bloom on this year's displays. In addition to the "in kind" support that the Parish Council gave the HIB Committee, the Council agreed a donation of £100.00.

Footpath: The Lighting and Watching Committee reported a complaint from a resident about a loss of a path. from the prom to the Beach Road at the furthest end of North Beach. The Clerk confirmed that the closed path was not a designated Right of Way, but instead a well used cut through from the hard sea defences to the North Beach Road. The Council agreed to investigate the use of the path.

Hot Shots Day

Heacham Wildfowling Assoc. will be hosting their Hot Shots day on Tuesday 6 August at the Chalk Pit. Children from the age of 8 to 18 can try their hand at Clay Pigeon shooting, under the supervision of BASC instructors. Places must be booked in advance via the Parish Council Office. Cost of a session is £2.00. At the time of printing there were still places available.

Heacham Carnival Parade and Fete



This year's Carnival Parade and Fete will be held on Sunday 11 August. The Parade which will start at 2.30pm from College Drive will be led by the Ambassadors of Borrowash. This year's Lavender Queen is Shannon Tucker with attendants Seren Cartwright, Libby Baker, Trinity Lusher and Lucy Whitmore. Trophies and cash prizes are awarded for the best entrants.

Letter from Parish Council Chairman

I would like to take this opportunity to thank residents for their support of the Parish Council's campaign to oppose the current large-scale planning application. The decision now rests with the Borough Planning Committee who will consider the plan on Monday 2 September. The Parish Council will be given an opportunity to address the Committee to make our case. We have been told, however, that if the application is refused, the Developers will appeal to the Planning Inspectorate, who can overturn the refusal. So it is unlikely the matter will be decided upon for some time to come, but we will keep you informed.

In the meantime, the Borough Council have just published the report giving its view on where and how many houses should be built in Heacham and West Norfolk. It is the Parish Council's plan to hold a Public Meeting to review the implications of this report in mid-September.

Peter Colvin

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

2 August 2013

PUBLIC NOTICE

The Parish Council has been granted a licence to treat Mallard Duck eggs. The licence permits the Council to treat nests on private property in the village, but only at the invitation of the property owner.

The Parish Council's policy of humane management is not a quick fix, but with Parishioners' support it will maintain current numbers and the flock can be maintained at naturally sustainable balance.

The Parish Council continues to urge residents not to feed the ducks or geese. Feeding encourages rats and tempts mother ducks to bring their ducklings off the ponds and onto the roads.

Heacham Parish Council

Compostable Food Bags are on sale at the Parish Council Office at £1.30 for a roll of 50.

Any queries should be addressed to:
Heacham Parish Council Office
Jubilee Clinic Pound Lane Heacham
Norfolk
PE31 7ET
Tel/Fax 01485 572142
Open Tuesday - Friday 10.00am-Noon
www.heachamparishcouncil.co.uk

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

Between 13.00-14.00 prescriptions and certain other products only available if the 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

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HEACHAM POST OFFICE 570330
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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
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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

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 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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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 (Tuesdays) 6th/20th August	ROUTE DER 223 13th/27th
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
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CUNNINGHAM COURT 15.45	