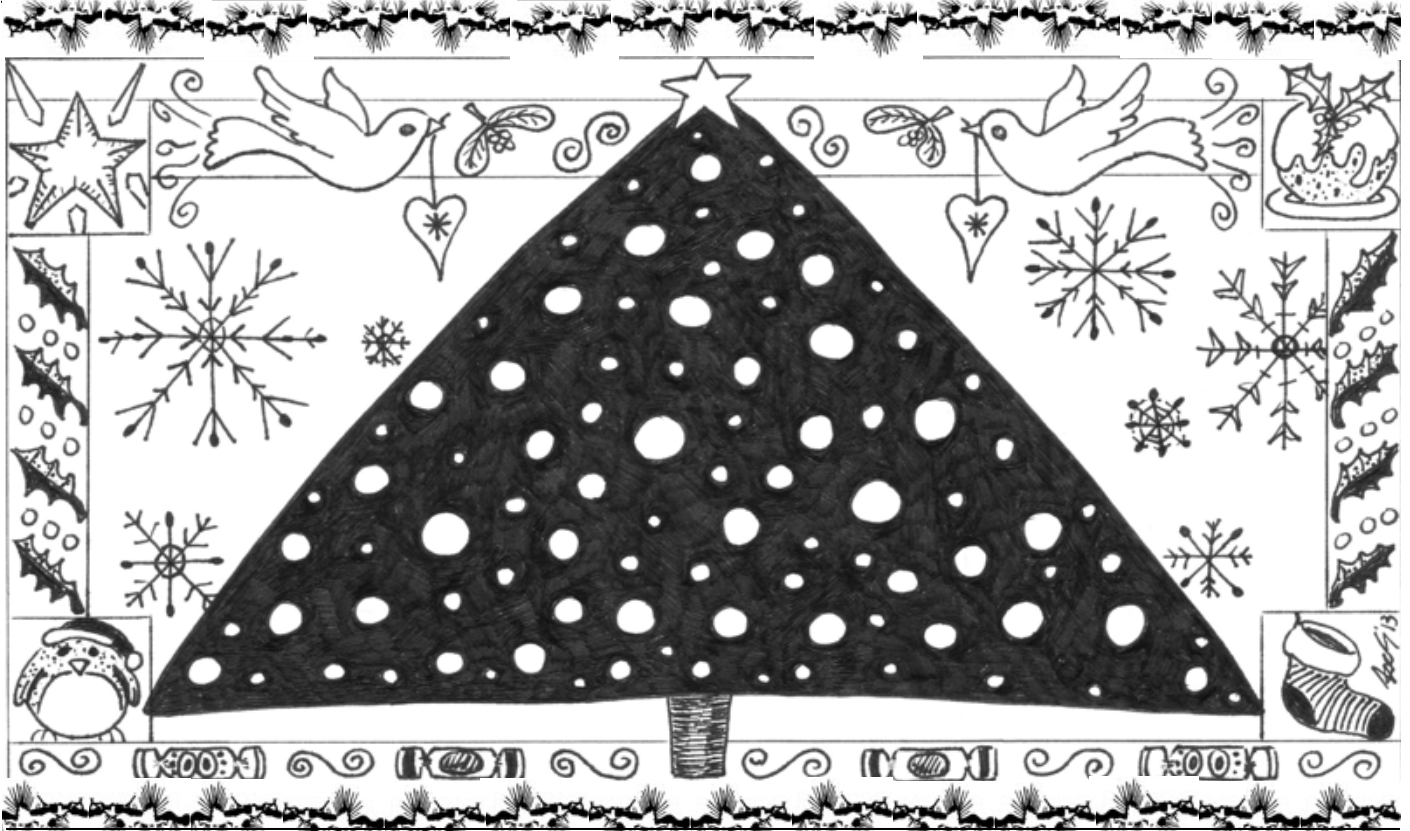




THE HEACHAM NEWSLETTER

December 2013 January 2014

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Deadline for the next edition is 12 noon, Thursday 16th January



FRIDHEM CHRISTMAS FETE

Saturday 7th December 2012
2.00pm

'Santa's Grotto'

Bottle stall Cake Stall Tombola

Crafts Children's stalls

Grand Raffle

Tea, Coffee & Mince Pies

Come and join in the Christmas fun at

Fridhem Rest Home

79 Station Road, Heacham

HEACHAM IN BLOOM

CHRISTMAS COFFEE MORNING

SATURDAY 7th DECEMBER

10.00 AM-12.30 PM

St Mary's Church Hall, High Street, Heacham

Join us for a Hot Drink

with Chocolate Log or Warm Mince Pies

Quality Cards Stall Cake Stall

Stocking Fillers and Gifts Stalls

Tombola and Raffle

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET

E-MAIL: theheachamnewsletter@yahoo.co.uk www.heachamnewsletter.org.uk

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

A voluntary non-profit publication produced with financial assistance from Heacham Parish Council





The Drift

Dear Newsletter

Lindsay Bird - Skydive

Just a quick line to update you all on the skydive that Lindsay Bird was doing for the charity 'Changing Faces'.

On 25th October, Lindsay, Philip Bridges (also taking part), Joanne and myself went down to Hinton Airfield in Oxfordshire for the skydive that we spoke of in the Heacham Newsletter a short while ago.

The weather was absolutely terrible on our trip down to Oxfordshire; it was raining and blustery and we felt that there would be no hope of the jump taking place because of the dreadful conditions.

As we got nearer to Hinton airfield the skies began to clear and we could see parachutes coming down through the clouds so we knew that the event was going to take place. It was 11am and our drop was timed for 12pm.

Philip and Lindsay registered to say that they were there and were told that their drop would take place at 12pm. Within 10 minutes of our arrival they were called into a briefing and given instructions as to what they had to do on leaving the plane and on landing.

12pm came around and it seemed like ages before anything was happening. They were then called in to get togged up with the harnesses that would be used to attach them to the instructors. They waited for another half hour only to be told that the drop was being called off as the winds had increased in speed and that it was far too dangerous to do the drop. We all sat around for another three and half hours hoping that things would change, but unfortunately this didn't happen; they would have to reschedule for another time when the weather might be better.

Both Philip and Lindsay felt really gutted that the drop didn't happen but realise that it was for their own safety so they've made a date in the New Year for a skydive to take place on 10th April 2014.

I will update the Heacham Newsletter once this has happened to let you all know how much money has been raised for the charity.

Many thanks to everyone who sponsored Lindsay so far. If anybody else would like to support her, her website will still be open for sponsorships www.justgiving.com/lindsaybird or anybody can come to see us here at 19 The Drift, Heacham where we'll have paper sponsorship forms.

With kinds regards to you all.

David, Joanne, Philip and especially Lindsay



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Heacham

Dear Newsletter

Double Glazing

Whilst two of the largest Window Glazing Companies offer 50% off and deals of 3 for the price of 2 (both of whom I have previously used), I thought I would try the services of a local company as it is located practically on the doorstep. Step in Matthew of MSH GLAZING.

True to his advert, he quickly repaired a sticky lock and a window hinge mechanism. Replacement of a large framed window with a new design and some fogged double glazing units were also undertaken with professional understanding and equally due care coupled with detailed attention. His verbal quotations were excellent and he was able to give suitable advice and suggestions without the need for sales ploys.

Now I am retired and living on a pension, I was able to stage the repairs/replacements over several months which suited my budget and timings. Well Done and Thank You Matthew.

Satisfied Heacham Resident

(name and address supplied)



Woodend Road

Dear Newsletter

Woodend Road

A huge thank you to David and Sue for all their marvellous hard work that they have done here in Woodend Road to keep our road in good order, as they have done before.

We are so grateful to them and all other friends who help out in any way to smooth out the potholes.

A million thanks again.

Malcolm and Eileen White



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mobile 07977 560955 or email support@oapc.biz

“I’m A Celebrity...”

Coo, she’s pretty, must be my mum,
Did I really come out of her tum?
Birth’s a miracle, that’s for certain.
Did they have to wrap me in this curtain?
Surely it should have been cloth of gold?
I am Son of God, or so I’ve been told.
Hang on, did I just think ‘Son of God’?
Better go back to sleep, this is getting very odd.
It’s easy to say go back to sleep.
I would if it weren’t for those bleating sheep.
Not to mention the donkey and the cattle lowing.
And I’m sure it isn’t normal for a baby to be glowing...
Suppose the Son of God should have expected that.
What I wasn’t ready for was this halo for a hat.
Mum’s got one too (goes well with the blue).
Hey, who’s that hairy chap standing by you?
Dad 2? – see there wasn’t a halo for you.
Probably on offer – Buy One Get One Free.
Dad obviously couldn’t stretch to 3.
Talking of three, that’s some crazy bling.
Watch it, careful where you’re poking that ring?
Oooh, pressies, things are looking up.
Frankincense, Myrrh and a Shiny Gold Cup.
No wheely toy, or something to rattle?
Anything to drown out the sound of cattle?
Uh oh, feels like nature calling.
Time for this babe to do some bawling.
That worked well, they’ve all moved away.
Except mum, come on sweetie, time to change the hay.
Dad 2 is thinking I’m a weird kid, I’ll bet.
Well hang around son, you ain’t seen nothing yet.
Now what’s happening up on the roof?
Don’t believe in Santa? This could be the proof.
That’s disappointing, it’s just angels singing.
Any minute now there’ll be church bells ringing.
What part of ‘laying low’ don’t you people understand?
Suppose I should be glad there’s no marching band.
Why not put a neon sign above my head,
Flashing “Here He Is, King Herod, In This Rustic Bed!”
Before Herod and his bully boys appear,
It’d probably be a good idea to GET ME OUT OF HERE!!!

Nancy Robinson



Operation Christmas Child Shoebox Appeal

A very **big thank you** to everybody who, either as part of a group or individually, gave so generously to this year’s appeal. We despatched 190 boxes from St Mary’s Church on Wednesday 20th November.

When we have the details I will let you know the destination of these boxes.

John W. Whitbread

Bantoft Accountancy

Chartered Certified Accountants

Proprietor: Nickie Bantoft, FCCA

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Please contact Nickie to see if we can help you.

01485 525880

nickie@bantoftaccountancy.co.uk

You can also contact Bob who deals with corporate matters.
Robert Jolly FMAAT (Consultant)
bob@bantoftaccountancy.co.uk

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The Heacham Newsletter



Wishes all readers, contributors and advertisers a very Merry Christmas and a happy and prosperous New Year. Please do keep sending in your village information, diary dates, stories and photos.

A special mention and a huge thank you to Mike Drew for the monthly Potting Shed column over the past 14 years. He has finally retired from the shed, but not his garden. We hope that readers have taken inspiration for their own gardens and the pleasure in growing things, plus picked up a few tips on life in general! Get out in the garden, Mike.

Many thanks and have a lovely Christmas.



The Heacham Newsletter Team



**The Pocahontas Players
Present**

The Pantomime

SUMMER



Heacham Public Hall
Station Road
Heacham

Adults £6.50
Children under 12
£4.00

HOLIDAY

Written by Jim Race

Thursday 23rd January 2104 Curtain Up 7.30pm
Friday 24th January 2104 Curtain Up 7.30pm
Saturday 25th January 2104 2.00pm & 7.30pm

For Tickets call
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or
Jim on 01485 571267

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FRIDHEM REST HOME

CHRISTMAS COFFEE AFTERNOON
WITH MINCE PIES

Thursday 19th December 2013
2.00 pm

Come and join us

Fridhem Rest Home
79 Station Road, Heacham



FRIDHEM CHRISTMAS BINGO

Monday 16th December 2012

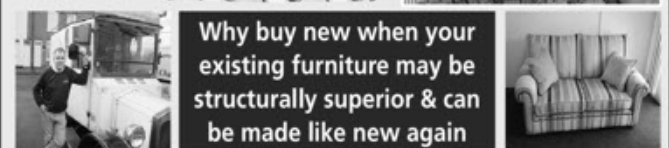
Eyes down 7.00 pm

Lots of Christmas Prizes
Tea, Coffee & Biscuits
Come and join us

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- ★ Cake Stall ★
- ★ Santa's Grotto ★
- ★ Make A Wish Christmas Tree ★
- ★ Seasonal Craft Stalls & Entertainment ★
- ★ Hot & Warming Food & Refreshments ★

Saturday 7th December, 3pm-6pm
4 Lynn Road, Heacham, Norfolk PE31 7HY

H Y C
Heacham Youth Club
St Mary's Church Hall High Street
Christmas Party



Saturday 14 Dec, 7.00- 9.30pm

Christmas Mask Competition
Games Prizes
Food Disco

Let us know you'll be there!!!

**CELEBRATE A TRADITIONAL NORFOLK CHRISTMAS
WITH WALSINGHAM FARM SHOPS
AT NORFOLK LAVENDER**

LOCALLY SOURCED CHRISTMAS FINE FOOD

Our Farm Shop at Norfolk Lavender can supply all your needs for Christmas, orders now taken. We stock free range bronze turkeys from Great Grove Poultry, delicious Walsingham beef, luxury puddings, the finest Norfolk cheeses and Walsingham hampers. Why not give someone one of our Farm Shop Gift Vouchers – the perfect present.

WEDNESDAY IS PENSIONERS DAY

Every Wednesday pensioners can enjoy any main course from our menu or specials board for just £6.95 and we'll throw in a cup of tea or filter coffee too. Add a starter or dessert and get two courses for £8.95.

TUESDAY BREAKFAST CLUB

Enjoy a full English breakfast, unlimited tea or filter coffee with a selection of the day's newspapers – all for **£5.95** Our breakfast plate is free range Pork sausages from Morley Farm in South Creake, dry cured bacon from Broadland Hams, Fruit Pig Black Pudding, free range fried egg from Great Snoring, local field mushrooms and grilled tomatoes and white or granary toast from The Redgate Bakery in Hunstanton. Available 9am to 11am.

HAVE YOUR CHRISTMAS PARTY AT THE LAVENDER KITCHEN

We have a range of Christmas lunch menus to suit all pockets, from two courses for just £15. Our menus use locally sourced products wherever possible and give you a real taste of Norfolk.

Why not visit our well stocked Farm Shop or The Lavender Kitchen, you'll be surprised by our range and our quality – locally sourced whenever possible.



The Lavender Kitchen – 01485 571965
Walsingham Farm Shop at Norfolk Lavender – 01485 570002





CHURCHES TOGETHER IN HEACHAM

Christmas greetings from the manse,

“The light shines in the darkness, and the darkness can never put it out.” This is a variant reading of John 1: v 5 in my Modern Greek New Testament. Most English translations, and it must be said every authoritative ancient Greek text go with the thought of the darkness not understanding the light, but it seems to me that a better way of understanding the sense of John’s prologue is to go with the darkness trying but failing to put out the light. I’m delighted to say that the Message, a very fine work of translation in contemporary language, sees it this way too. At Christmas time the light of Christ will shine symbolically in many homes in the form of the Christmas tree and lights. There is a very special story behind this. According to legend it was Saint Boniface, missionary to the continental Saxons, who lit the first Christmas tree. Boniface was a West Saxon, born in Devon and was christened Wynfrith. He is better remembered in Germany than in his homeland. Boniface was forty when he set out on his missionary journey never to return home. The story goes that on his travels in Germany he came to a village called Bortharia. Here the villagers had been suffering from storms and plague. They decided that they must try to appease the god Odin by offering him a human sacrifice. Led by their chief, they assembled in the forest clearing at midnight. The priest tied the boy, the chosen victim, to the sacred oak and prepared to slaughter him. At that moment, the breathless silence was broken by a shout. The dark clad figures of Christian monks loomed out of the darkness and their leader, Boniface, called out, “Stop, in the name of Jesus Christ!”

The villagers were terrified. What new punishments would their god inflict on them for such blasphemy? But Boniface told them, ‘If Odin is really god, he can defend himself and prove his power. Let the boy go!’ There was no sign from Odin, no thunderbolt hurled at the Christian monk. The boy was untied and Boniface began to tell the Bortharians the good news of God’s love made known in Jesus. Then he offered them a young fir tree in place of the oak, planting it and placing a candle on it. His companions added their candles and the fir tree shone out in the dark forest, a symbol of God’s ever-burning love and of the light that has come into the world through Jesus his Son.

As the scriptures remind us, “the light shines in the darkness, and the darkness can never put it out.” That’s good news indeed in a world of violence and terrorism, with unjust and dehumanizing societies and on a planet disfigured by greed and profit. Let that light shine!

With every Christmas blessing to you and yours.

Rev’d. Kim Nally, Heacham Methodist Church

METHODIST CHURCH Sunday Services

10.30am Morning Worship

Preachers:

- 1st December - Rev’d Pam Bayliss
- 8th December - Bob Smith
- 15th December - Rev’d Kim Nally
with Holy Communion
- 22nd December- Carol Service
- 29th December - Sheila Johnson
- 5th January - Elizabeth MacLeod
- 12th January - Irene Garrard
- 19th January - Jenny Sparks
- 26th January - Rev’d Kim Nally,
with Holy Communion

Midweek Holy Communion Services:

These are held on the second Wednesday of each month. The December Service will be on Wednesday 11th at 10.30am, the January 2014 Service will be on Wednesday 8th 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:

No meetings till February 2014

Hands and Needles Club

7.30pm on 10th December,

7th and 21st January 2014

THURSDAY: Social Evening at 7.15pm on 12th December and 9th January 2014

FRIDAY: Indoor Bowls 7pm – weekly

A warm welcome is given to all who come to our mid-week events - you don’t have to be a church attender.

A CHRISTMAS CONCERT by the West Norfolk Singers will be held at Heacham Methodist Church on Saturday 14th December at 3pm. Admission £5. All welcome.

HAPPY CHRISTMAS: The Stewards at Heacham Methodist Church join the Rev’d Kim Nally in wishing all readers a very happy Christmas. Why not join us for a Carol Service on Sunday 22nd December at 10.30am, and on Christmas Day at 10.00am. We shall be pleased to see you as we celebrate the Reason for the Season. *For God so loved the world that He sent His only Son that all who believe would not die, but have everlasting life.*

Church Contacts: (telephone code: 01485)

Methodist Church The Rev’d Kim Nally 570232

St Mary’s Church John Whitbread 579326

St Mary’s Church Office 572539

email: heacham.church@googlemail.com

December/January Services at Nursing/Residential Homes

Tues 3rd Dec 2.30pm Rebecca Court

Mon 9th “ 11.00am Christmas Carols at Millbridge

Wed 18th “ 2.30pm Summerville

Fri 20th “ 10.30am Fridhem

Tues 7th Jan 2.30pm Rebecca Court

Mon 13th “ 11.00am Holy Communion at Millbridge

Wed 15th “ 2.30pm Summerville

Fri 24th “ 10.30am Fridhem

The next Messy Church will be on

Saturday 25th January

At St Mary’s church, Heacham

Last Saturday of each month

10.00-12.00 St Mary’s church

Please come & join us!

Children must be accompanied by an adult or carer.

For catering, we ask you to book in advance at griffin568@btinternet.com or 571348 (Brian/Josephine)

**The Parish Church of St. Mary:
Sunday Services in December**

8.00am	Holy Communion (Book of Common Prayer)
10.00am	1st Morning Worship
	8th Holy Communion
	15th Morning Worship
	22nd Holy Communion
	29th Morning Worship
10.30am	Morning Worship at the Junior School (Holy Communion on 3rd Sunday)
6.00pm	1st Evening Worship
	8th Evening Worship
	15th Evening Worship
	22nd Village Candlelit Carol Service
	29th NO Evening Service

**CHRISTMAS SERVICES IN ST. MARY'S
Sunday 22nd December**

6.00pm	Village Candlelit Carol Service (Drinks and mince pies will be available after the Service)
--------	--

Christmas Eve, 24th December

6.00pm	Christingle Service
11.30pm	Midnight Communion Service

Christmas Day, 25th December

8.00am	Holy Communion (BCP)
10.00am	Christmas Morning Worship followed by Holy Communion

**The Parish Church of St. Mary:
Sunday Services in January 2014**

8.00am	Holy Communion (BCP)
10.00am	5th Morning Worship
	12th Holy Communion
	19th Morning Worship
	26th Morning Worship
10.30am	Morning Worship at the Junior School Holy Communion on 19th January

6.00pm 5th, 12th and 26th January: Evening Worship

**WEEK OF PRAYER FOR CHRISTIAN UNITY
18th-25th January 2014**

Local churches will be meeting together for a Unity Service on Sunday 19th January in the Dersingham Methodist Church at 3.00pm. Guest speaker: Rev. Canon Patrick Foreman. All welcome.



Our Christingle Service will be at 6pm on Christmas Eve
At St Mary's church, Heacham

You are warmly invited to come & join us!

Christingle Christingle



HEACHAM PARISH CHURCH

'Here to serve'

2014 marks the centenary not only of the start of World War One, but also the 'birth' of the large pipe organ in our Parish Church. A century of not only leading the Sunday singing in all the varied styles and needs as the times changed, but also being a notable and responsive part of funerals, weddings, carol services, recitals, etc.

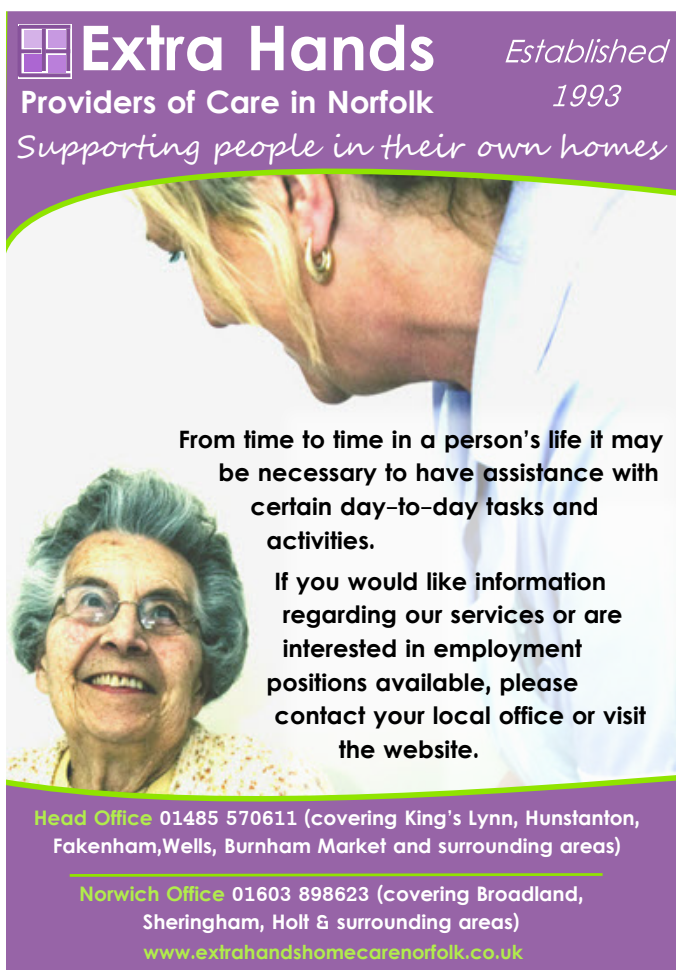
To mark this, the PCC have agreed that several celebratory events be arranged, starting with Maunder's 'Olivet to Calvary' (very singable, and written at about the time our organ was built, for parish churches like ours) – to be sung on Saturday 12th April 2014. The choir will be formed by singers from local groups and churches, with **rehearsals** (all at 6-7pm on Saturdays) – at Heacham (March 15th); Dersingham (March 22nd); Thornham (March 29th), and St .Edmunds, Hunstanton (April 5th). **ALL SINGERS INVITED!**

Music Copies will be available to borrow from early February.

Other dates for your 2014 Diary:

- 17th May – Norfolk Brass
- 21st June – Trevor Hughes – organ (part of the Royal College of Organists 150th national Anniversary Recitals and of our Heacham Festival of Poppies, remembering World War One)
- 13th September – A Workshop with the King's Lynn Festival Chorus
- 8th November – Heacham and West Norfolk Singers.

More details – Adrian Flower 01485 571102



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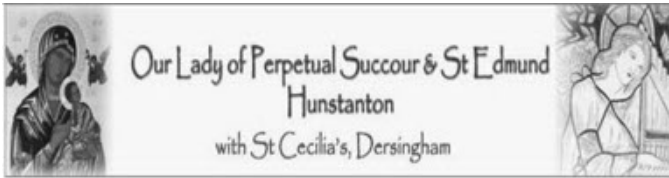
From time to time in a person's life it may be necessary to have assistance with certain day-to-day tasks and activities.

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



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

Father Henry MacCarthy will be residing at the Priest's house in Dersingham from mid-November, following his retirement from his former parish in Gorleston on sea. Father Henry, who is originally from County Wicklow, near Dublin, had been Parish Priest at Gorleston since 2003. He was also Catholic Chaplain for James Paget University Hospital. Although Father Peter Rollings will still be responsible for the administration of the parish, it is expected that Fr Henry will want to play an active part in the life of the parish.



As a closing event for the Year of Faith the Bishop of East Anglia, Revd. Alan Hopes invited all parishes in the Diocese, on Friday 22nd November, to participate in a great act of witness through the streets of Norwich, followed by an all-night vigil at St John's Cathedral.

The Autumn Parish Ladies shared lunch was another enjoyable occasion, with an abundance of delicious foods. A very healthy £106 was raised on the raffle for the Poppy Appeal.

Our last parish event for the year will be the Christmas lunch at the Lifeboat Inn, Thornham on Wednesday 4th December. Please see notices for details.



The Convent daily masses are slightly changed, so please check for dates and times on Church notice boards, website or phone (please note new phone number). Our daily Masses are

held at St Theresa's Convent, 27 Sandringham Road, Hunstanton and at 10.15am at St Cecilia's, Dersingham on Wednesday. Sunday Masses are 9am at Dersingham and 11am at Hunstanton. Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15 Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome.



The Parish telephone number is 01485 534675. If you require a Priest urgently please telephone Fr Peter Rollings on 01553 772220.

Website: www.hunstantoncatholicparish.org Email: parish@hunstantoncatholicparish.org

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7 days a week.



Legion Helping Maintain the Homes of the Armed Forces Community in Heacham

Having trouble with small household repairs or minor adaptations around your home? The Royal British Legion's Poppy Calls service may be able to help.

Poppy Calls offers a trusted, secure, high quality service which helps members of the Armed Forces community live independent lives and stay in their own homes longer in old age. The initiative is offered to beneficiaries who qualify for assistance from The Royal British Legion, which includes those who have served in the Armed Forces and their widows or dependents.

In addition to the maintenance service provided by Poppy Calls – all staff are case worker trained, and will assess a beneficiary's needs to ensure they get the help and support they need.

Norfolk has a dedicated Fitter in Heath Allsop.

Heath said of the service:

"I never feel better than when I'm fixing something, and the work the Poppy Calls service does means members of the Armed Forces community can live more independently for longer. It's a very satisfying line of work to be in".

"Fitters do more than just small jobs around the house. One day I could be putting up shelves and curtain rails and the next fitting smoke alarms and building a shed. It entirely depends on the kind of help and support the beneficiaries need."

The Legion's National Poppy Calls Manager, Russell Rolph said:

"Over nine million people in the UK can call on the Legion's support. Some of these people can find it difficult to keep up home maintenance over time or find they need adaptations following injury or illness to maintain the lifestyle they once did in their own homes, and that's when Poppy Calls steps in."

In 2012, Legion Fitters assisted over 5,000 people across the country.

To find out more about the service call 0800 032 0306.

Heacham Songsters

We have a signature tune containing the following lines:-

*"We sing golden oldies, ballads, jazz and swing
Chase away your blues now and sing, sing, sing"*

It is great fun to rehearse every Wednesday morning in Heacham and it is a privilege to entertain at Social Clubs, Day Centres and Care Homes. The audience seem to enjoy hearing songs which they know and love and often join in the singing. We often receive donations which we give to local charities, so it is a WIN-WIN situation.

The Songsters enjoy singing, the audience is entertained and local charities benefit....BUT...we really do need more members...especially MEN!

If you sing in the shower or in the shed, come and help the Songsters to keep up the good work.

We sing to pre-recorded backing tracks. Therefore we would welcome extra help with the electronic equipment, so a 'back room boy' would be most welcome.

Please ring Marlene Wallis – 01485 532702.



What bow can't be untied?
A rainbow!



Lucy's Street Crew on Saturdays

Professional performer Lucy Rollason is teaching children's street dance classes in Hunstanton.

Lucy was a former member of the 'Fame Tech' dance group at Pineapple Studios in London and also studied at the renowned Sylvia Young Theatre School in London. Lucy is currently studying musical theatre full time at Bodywork dance studio in Cambridge.

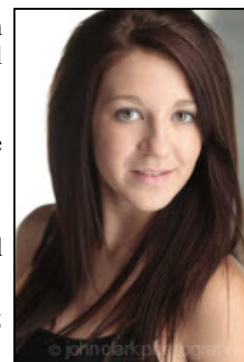
Lucy brings all the current styles and flavours of street dance to a fun class in Hunstanton.

Classes start back on Saturday 11th January at Hunstanton's Town Hall basement:

12.00-12.45 – under 12's street dance
1.00-1.45 - 12's and over street dance followed by elite team.

Special offer for January:
All classes £2 each. Places are limited so book a place today:

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1ST HEACHAM SCOUTS

Another busy term for the Scouts. Jack moved on to Explorer Scouts and we wish him well.



We had a fun evening, shelter building at Dersingham bog. The weather was kind to us and the rain held off – which was probably just as well! We also had an evening out at Ringstead Downs, doing a night hike and playing some games. We had an evening of forensic science, taking fingerprints and trying to identify the different types. An evening of bike maintenance will go towards the Scouts' cycling badge; they should now understand basic bike maintenance and know how to mend a puncture. After half term, we had a traditional conker competition – well done, Harry!

On 12th October, 3 Scouts and 4 Cubs received their Chief Scout Awards from the Mayor of King's Lynn. These Scouts and Cubs have been working hard and have completed almost all of the Challenge badges available for them to do and this is recognised by Cubs receiving their Silver Chief Scout's Award and Scouts receiving their Gold Chief Scout's Award.

Following the award ceremony, the North West Norfolk District Scout Group arranged a fun day at Wolferton that could be attended by the local Scout Groups. The young people were able to try archery, shooting, firelighting, cooking, orienteering, geocaching, lots of craft activities, and also got to try the climbing wall. The highlight of this year's day was a flying visit (he helicoptered in!) by the Chief Scout himself, Bear Grylls. Most of our Scouts got to meet him in some way and most got autographs to top off their day.

We would have liked to have been able to take more of the group, but we did not have enough available volunteers to get all the young people along.

It was wonderful to see the parade of flags at The Remembrance Day parade on Sunday 10th November. Representatives from Scouts, Guides, Cubs, Brownies and Beavers attended and they did themselves proud. It was a pleasure to see young people taking part in such an important event in the village's calendar.

Two more of our Scouts (Tanner and Jessica) will be moving on to Explorer Scouts after Christmas. Good luck to both of them – we've enjoyed having both of you as part of the Troop.

We welcome boys and girls aged 10-14. It's a great way to have fun, make friends, get outdoors, express your creativity and experience the wider world. If you would like to be involved, give us a ring or pop down to the Scout Hut, Sunnyside, on a Monday, 7pm to 9pm.

On a sadder note, Scout Leader Rob Neal will be leaving us at Christmas after years of service. His help has been invaluable to the Group, and he was good enough to step up when there was a real danger that the Group would fold. Thanks to his commitment, we have a thriving Scout Group in Heacham once again. All the people (adults and young people) who have been involved in the Group would like to thank Rob for the hours he has put in.

As a consequence, we need more adult help with the Group if it is to continue to grow. Anyone who can spare a few hours a week is asked to contact Julz on 572890.



Heacham Infant and Nursery School

“Together we explore, discover, achieve and grow”

The children from Heacham Infant and Nursery School have once again taken part in the Operation Christmas Child Shoebox Appeal, and this year have managed to fill thirty-five gift filled boxes.

Earlier in the term the children had a Non-Uniform Day to raise money to buy the gifts. In addition many families sent donations of small toys, crayons and felt pens, toothbrushes and toothpaste, soap and flannels and other suitable items. Thanks must also go to Heacham Tesco Express for donating lots of packets of sweets, to Hunstanton Rotary Club for once again making a donation of £100 towards the transportation of the boxes, and special thanks to the group of mums who covered all the shoeboxes and lids in Christmas wrapping paper!

Children from Blue Class and Gateway Club enjoyed selecting items and packing the boxes; it was a very valuable project, with our children gaining a huge amount by considering children less fortunate than themselves, and thinking about how the individual recipients will feel when they open their shoebox.



Who wore the first shell suit?
Humpty Dumpty!





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Heacham Green Team
Living Lightly Event

Thank you to all who dropped into the event and St Mary's Church for allowing us to occupy the church for the day. We can't list everybody who supported us but The Team were grateful for all the support.

Don't Tip The Top Campaign

There has been a fantastic response to the collection of tops for recycling. The Matthew Project are on target to divert 28 tonnes of reusable plastic from landfill by the end of the year.

A HUGE PLEA TO OUR COLLECTORS. Please collect the tops etc in an empty plastic bottle or milk carton and when it is full pop the whole thing into the collecting bins, this saves having to recycle bags and makes the tops easier to transport.

'Electric' Is The New Buzzword

An alternative to Petrol and Diesel has always been something that has been sought after and just that little bit out of reach, that is until now. The idea of an electric vehicle has changed exponentially since the release of the Renault ZOE. It is no longer something that is seen as a 'Wacky Scientists' project but is something that will change the motoring world as we know it. The benefits to the environment are fairly obvious as there are no CO2 or NOx emissions; the added benefit that brings is that your Road Tax won't cost you a penny. The other bonus is the easiness of charging. This can be done at home, in your garage or wherever you like. British Gas is currently running a scheme to install an electronic charging point at your home free of cost even if you don't yet have an electric car. The Renault ZOE was the first car to be designed as an all-electric

model. It is a small car for everyday use. The ZOE boasts a very respectable 130 Miles from just one charge and also operates the Renault R-Link system which enables you to control aspects of your car from your Smartphone or Tablet. Electric vehicles produce zero emissions and in comparison to a regular petrol or diesel vehicle this will make a massive difference to the environment. The regenerative braking makes the vehicles more energy efficient, as when the brake is applied energy is returned to the battery which improves fuel efficiency by up to 20%. An ECO mode is now also installed in most of the electric vehicle range which will advise you how to drive more economically and more efficiently should you choose to activate it. With the Renault ZOE, Nissan Leaf, Citroen C-Zero and other models currently available, the Electric vehicle range is certainly growing and with it so is awareness. Electric vehicles provide significant climate change benefits, reduce noise pollution and reduce the use of fossil fuels on a daily basis. The future of cars is electric, and only one question remains, when will you step into yours? **Information kindly provided by Wests Group**
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Heacham at Night

Comets and meteorites; Jupiter, Venus and Mercury; the Pleiades and the Hyades. All things to look out for during December and January – not forgetting the Moon.

Before I comment on these celestial objects there are **two talks** coming up that you should find interesting:

The first is all about **meteorites and comets** and given by an international speaker, David Bryant. It is imminent – on **Monday 9th December at 7.30pm.**

David is currently the only full-time meteorite dealer in the UK and continues to lecture widely for societies, BBC TV and radio. He knows many of the Apollo astronauts and is fond of remarking that everything in his house has either come from space, been into space, or wishes it had. If you are looking for an unusual, unique, Christmas gift there will be an opportunity to purchase a piece of space which made it to Earth from amongst the exhibits which help illustrate the talk.

The meeting is at the Tottenhill and Wormegay Village Hall PE33 0RS. It is about halfway between King's Lynn and Downham Market just off the A10. Look for the Dray and Horses and take the road alongside it - Whin Road. A map can be found at:-

<http://www.westnorfolkastro.co.uk/page2.html>

Entrance fee: Adults £3; children under 16 free.

The second talk is **Heacham at Night Live** which takes place at our very own **Old Friends Hall**, Sunnyside, Heacham, PE31 7DU on **Wednesday 8th January 2014**. It starts at 7.30pm.

The talk will focus on the **moon and planets** with some references to comets as one might be shining in the sky. No international speakers this time but we will talk in accents from afar. If the weather is favourable then it is hoped **observations through telescopes** will be made. These will be likely limited to the first quarter moon due to light pollution at the site. To cover hire charges there will be an admission fee of £2 for adults. Children under 16 will be free.

(Please note: this is not a Stargazing Live Event as promoted by the BBC – such events will be advertised in the press in early January).

Comets for Christmas

I have spent just two early mornings, so far, looking for ISON and no luck. A clever chap in Wolverhampton saw it through his bird spotting scope and since then it has brightened and reputed to be almost visible to the naked eye. However, at the time of writing, 17th November, it is getting lower and lower in the morning sky. Weather forecasts suggest the morning of the 19th will be my last chance to see ISON before it zooms around the sun making its closest approach (perihelion) on the 28th November. NEWSFLASH: I was out at 4.30am for 2 hours but did not see it; I blame the almost full moon. Saw two satellites, Jupiter's moons and some good craters on our moon and the peacock's barking at 5am travels well.

In the first week of December, ISON will be visible about an hour before sunrise (SE) and for about 40 minutes after sunset (Heacham beaches!). By the 10th December it rises earlier – 3 hours or so before the sun and is visible until about 90 minutes after sunset. However, as it recedes from the sun it will be getting dimmer so the earlier in the month you see it the brighter it will be. (Look W early in December and increasingly NW after that; ISON passes just to the left of Polaris on January 8th). Theoretically it might be naked eye observations in December, binoculars after that. ISON is closest to the Earth on Boxing Day

(64.2 million km) and should be just visible to the naked eye from a dark location so have a good look for this new 'star' in the sky over Christmas.

The two other comets currently sharing the sky with ISON, Encke and Lovejoy have created less stir in the astronomy world than ISON so all I can suggest is that you Google them if you can or look out for odd headlines in the news.

Meteorites to end Michaelmas

Lots of meteorites in the dark nights either side of Christmas. The Geminids Dec 7th-15th with a peak on the 12th; bright yellow meteors (waxing gibbous moon will wash many out). The Ursids Dec 17th-30th with a peak on Christmas Eve (last quarter moon). The Quadrants Jan 1st-6th with a peak on the 3rd-4th (waxing crescent moon). Early hours to see the latter, lasts an hour or so; blue meteors.

Though the moon is a lovely thing and very nice to observe because it is so bright, it does wash out the fainter or more transient objects in the sky. However do try and see some of these meteor showers; wrap up warm and sit or lie down on a bench generally looking straight up. The Geminids would be the best show without the moon – look away from it. If you want to know why meteors can show characteristic colours come to the space rock talk or ask me at Heacham at Night Live.

Planets for Pudding

Whilst looking up for comets and meteorites it would be silly not to catch a few planets at the same time. Jupiter is an obvious target. It is big and bright with a magnitude of – 2.4, much brighter than any star. It rises in the east and appears to follow a curve as it gets higher in the sky, passing through south and heading west and is visible much of the night. Through large binoculars or a small telescope you should see four points of

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Fri 31st - JAM SESSION + DNA

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light close to it. These are Io, Europa, Ganymede and Callisto, the Galilean moons. Their observation by Galileo helped the concept of the *solar* (sun's) system be accepted. Jupiter has nearly 60 more moons but they are too small to be easily seen without specialist equipment. With a modest telescope you will see that Jupiter is flattened as it is a rapidly revolving ball of gas. You will also see two broad dark bands either side of the equator and, on the southern one, perhaps the Great Red Spot. It should be possible to see this long term storm between 10pm and midnight on 2nd, 7th, 12th, 14th, 19th, 24th, 26th and 31st of December. On the 5th January, Jupiter is at opposition, as close to us as it will be and will be at its brightest.

Venus is easy for all of you to have a look at in twilight. It is currently well elongated from the sun – a good distance away on the left, close to the horizon and very bright, magnitude - 4.6. Its orbit is swinging it towards the sun from our viewpoint and Venus is between us and the sun, at inferior conjunction, on the 11th January. Not long afterwards it becomes a dawn object. Venus shows good phases visible through binoculars or on a photograph. On the 1st December the phase will be a thick crescent.

Mercury is not an easy object in December as it is travelling around the other side of the sun from us. I have included it because it is a predawn object at the beginning of the month, low in the SE, and, if you are up looking for comets you might as well look for Mercury. This 'messenger of the gods' orbits the sun in just 88 days and is back between us and the sun in January. It becomes an evening object again; the best time to look SW, just above the horizon (Heacham beaches), is between the 26th January and the 5th February. Mercury shows phases too but it is a much smaller object than Venus so they are harder to see – have a go and send in your observations to this newsletter.

Sparkling Stars

In a clear, frosty, Heacham night there are many stars to catch your attention. To get a good eyeful before you go back indoors, clusters of stars seen through modest binoculars are, perhaps, the most rewarding. The Pleiades, the seven sisters are visible as a smudge to even ageing eyes. Young eyes will see separate stars clearly, typically seven but often many more – it is used as a test of visual acuity. Through binoculars you will see at least 40 hot blue stars, a mere 100 million years old. Follow a line up through Orion's belt through the bright reddish star Aldebaran and, at about the same distance beyond it you will find the Pleiades.

The Hyades are another open cluster but more spread out than the Pleiades. You will find them very close to Aldebaran (the red eye of Taurus the bull) and may have seen them as you

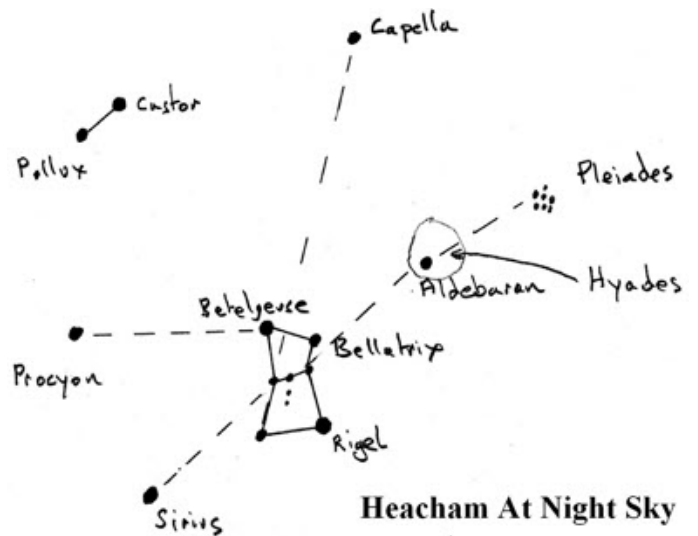
moved your binoculars past it on the way to the Pleiades. You should see at least 30 stars in this cluster which is just 153 light years from us – the light you see from these stars set out in about 1860.

The Stationary Sun

At 11 minutes past 5pm on Saturday 21st December the sun reaches its lowest point in the sky. Before this the sun is moving south against the stars, afterwards it is moving north. The point when this direction changes is the winter solstice – it is the shortest day.

Happy Christmas to you all. Have a look at the stars outside as well as those on the tree or the telly and I hope to see you at one or both of the meetings detailed above.

Terry Parish



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The Kitchen Gardener

Pyg Pye. Take your pyg and cut him into pieces. Place in a coffin (raised pie crust), season with pepper, salt, nutmeg and mace. Lay on a good store of raisins and currants, fill with sweet butter, close, bake and serve hot or cold. A recipe from the fourteenth century.

For hundreds of years each homestead had its own recipe for pork pies, and they were made in very large quantities. A late nineteenth - early twentieth century recipe started with a stone of flour and 4lbs lard boiled with 4 pints of salted water. It was a two person job to mix the pastry - one pouring and one mixing. It was then pummelled with the fists for at least half an hour before being set before a fire to rest for an hour, kept warm so it would be pliant for raising the crust around the moulds.

The jelly was made with tail, ears, and trotters and the cores of apples eaten since the pig was killed, adding a touch of acidity and a slight almond flavour from the pips. Often the pastry decoration on the pie included an acorn, oak leaves or a beech nut as a nod to where the meat had come from.

This was kitchen gardening in its truest sense. The pig lived on your plot eating a diet that included your kitchen waste; you eat the pig and use up every last bit of it. From necessity the best jelly for pies came from the ingredients they used - still does. Nothing romantic or chocolate boxy about it, just roll your sleeves up practicality. For me, it also shows respect to use every last possible bit of an animal that's been killed to feed me.

In the Shires, once the raised pies were underway some pork meat was used to make a simple pie that could be eaten the same day - raised pies are not ready to eat until the jelly has set the following day. Chopped pork was layered with apples sprinkled with sugar then onion seasoned with pepper, until at the top of the dish the last layer of meat was topped with a layer of sliced potatoes to finish. It's amazing, the things I discover when rummaging around in my old cookery books for apple recipes.

Some of the stored apples are beginning to give off a pleasing scent, coinciding with the time of year when there's a strong desire to eat more substantial fruit. The stored apples are checked once a week so any dodgy ones can be removed and used first; once an apple starts to turn in store it must be removed or it will send the other fruit off too.

Those of us with smaller gardens are much luckier than our forebears when it comes to fruit trees. It wasn't until the end of WW2 that dwarfing rootstocks became widely available to the domestic gardener. M27 gives a tree of around 6ft, M9 8-10ft, M26 10-12ft and MM106 14-18ft.

When I planned my fruit tree planting I wanted to time the spread of fruit available for eating so I could be as self sufficient as possible. This meant I needed several trees; space is a constraint and I would prefer to pick and prune trees from ground level. All but one of my free standing apples are on M9 stock, with one as an experiment on M26 - it's in rather poor soil so hope the more vigorous rootstock will help. I often give it a word or two of encouragement as I pass. Politely. It's a Lord (Lambourne).

When planting an apple the soil is dug over with plenty of organic matter, with an added couple of handfuls of bone meal per square yard. A stake is well driven in and should end up 2-3 ins below the level of the lowest branch. The hole needs to be wide enough to take the roots when spread out. I used to think

it should be deep rather than wide but discovered just how much sideways spread a fruit tree makes once I'd dug a few up.

The hole is backfilled using the best soil around the roots, plant to the old soil level on the trunk - the grafting point should be around 4ins above the soil surface. The soil is gently firmed, and watered in. Finally I use a proper rubber fruit tree tie. Anything else doesn't last long, doesn't do the job properly and is a false economy. Lesson learned the hard way. Again.

Then I wish the tree welcome and hope it fares well. Maybe that sounds fanciful but when I plant a tree that's my response to an act that joins us to all those other growers down the centuries.

Other jobs for me in the garden before the end of the year include giving the gooseberries their final pruning to finish off the process started in the summer where a light pruning of side shoots was given to let in light and air. Now I shall cut back this year's growth on the leading shoots by half and the side shoots to 2 - 3ins. I've found the 2in cut gives a smaller crop of larger fruit - so you prune for what you want.

The apple recipe I decided on was an adaptation of my mum's apple cake - I'd been reading about wartime cake baking and stretching very small fat rations and was curious to try it out. I also had a fancy for a lemon drizzle and it's getting cold so I wanted loads of warming spices. I ended up with a spicy apple cake with a lemon drizzle and a lower fat to flour ratio than a modern cake recipe.

Cream 2 oz margarine or butter with 3 oz sugar, beat in 1 egg. Fold in 5 oz self raising flour, the zest of 1 lemon, one large chopped apple and a mixture of spices that please you. I used lightly toasted caraway seeds, ground cinnamon, freshly ground cardamon, ground ginger and two or three pounded cloves (a little granulated sugar is grist for the pestle when grinding these little toughies to powder).

The mixture goes into a round, greased and lined 8in tin, and is cooked in a pre-heated oven at 200 C, gas 6, for roughly 30-40 mins, until a warm skewer comes out clean. Meanwhile, warm the juice from the lemon with 1 oz of sugar or more if you like it sweeter. Once the cake is cooked, prick the surface and spoon the lemon mixture over the surface while the cake is hot. Cool in the tin.

With the apple and the lemon juice this cake is quite moist. It can be eaten cold at coffee break or warm as dessert with custard, cream or ice cream. When we were kids the biggest treat of all was to eat it with a big puddle of evaporated milk. Sometimes it still is.

Hilary Dellar-Lane

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1st Heacham Cubs

After the October half term the Cubs looked at Diwali and the story of Rama and Sita; how good wins over evil. Diwali means

"rows of lighted lamps" and was how Rama and Sita found their way home. Some of the Cubs and leaders acted out the story and then the Cubs decorated dishes with flames of sticky paper and they put a tea light in each one and we took them all outside lined them up and lit the candles.

Ziggy, Rama and Chil took 10 Cubs to the war memorial to lay a wreath on Remembrance Day. The Cubs met at the hut and paraded our flag up to the church with the Beavers and Brownies. The flag bearer on the way to the church was Robert Bridge and Rory Sewell was the flag bearer on the way back to the hut. At the memorial, Nathaniel Linsell lowered the flag at the two minutes silence. Afterwards, the Cubs with the Scouts, Beavers, Guides and Brownies all went back to the hut.

Heacham Cubs were able to donate £21 towards the Parish Council's 'Miles of Poppies' to commemorate in 2014 the start of WW1 in 1914.

To carry on with our Global challenge, we joined in with International Toilet Day on November 19th with a short video on how a toilet works here and what they have as a toilet in other parts of the world. There were a few groans at the hole in the mud behind a screen! The Cubs also had a picture to colour in or decorate, that were then given to the Scout Leader (Julian) to pick three winners. More details in the next newsletter. We also played a cool game associated with the toilet but won't go into

to much detail but the Cubs loved it and it produced a lot of squealing and "Oh No's" !!

The Cub garden has been cleared of its wild flowers and some more bulbs have been planted. We have also started feeding the birds on our bird table again now the weather is getting colder.

We have a few more things planned for the rest of the term and we will tell you all about that in February 2014.

Just a quick Thank You to Rama who tiled part of the kitchen at the hut.

Happy Christmas and Happy Scouting to all our Cubs

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



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THE SONG REMAINS THE SAME

Monthly musings on music by Frank Edmonds

The self-effacing superstars

I've always been envious of people with musical talent – probably because I can't play a note myself. And as far as singing is concerned, my ability to impress lies solely in my use as a bird scarer.

So how wonderful it must be to be able to sing, play a tune, or write music effortlessly well ... and how nice is it if you're more than happy to spontaneously share that talent with the rest of us. You hear a lot about the ridiculous demands of superstar divas, so it's good to know that underneath it all, some of them can be just as down-to-earth as you or I.

As superstars go, they really don't come much bigger than Paul McCartney. He was in The Beatles for heaven's sake, and that alone, after all this time, still gives him a sort of other-worldly glow compared to normal folk. Macca was a guest on TV's Later ... With Jools Holland recently, and even veteran presenter Jools was understandably just a little in awe of having such a musical giant on his show.

I like Later. It's about the only music programme on TV devoted solely to giving a selection of artists the chance to play live in the studio. I like the fact it's all very musicianly – Jools himself is obviously pretty useful on the keyboards, and can't resist joining in with at least a couple of the acts. While his style of interviewing may never rival Jeremy Paxman, it always produces interesting answers.

McCartney and his band did some songs from his new album, called would you believe New – and one of them, Save Us, really was a very impressive rocker indeed. But I was particularly thrilled that the former Mop Top was happy to be interviewed at the piano by Jools.

Let's be honest - when you're Paul McCartney, there can't be a single question you haven't literally been asked a thousand times before. Yet he was happy to play along, and it was absolutely fascinating to hear one of the 20th century's best songwriters say, off the cuff, what were his favourites among all the songs he'd written.

No, Let It Be and Hey Jude didn't get a mention. His best, he thought, was probably Here, There And Everywhere – a truly gorgeous ballad from the Revolver album in 1966.



After that he said it would be Yesterday – mainly because it came to him in a dream. He woke up one morning with the melody in his head – and how lucky is that? Next he mentioned Eleanor Rigby (and I remember, many years ago when I was at school, a teacher using the lyrics of Eleanor Rigby to illustrate clever wordplay ... lines like “wearing a face that she keeps in a jar by the door”).

His final choice was not a Beatles classic at all, but a Wings song – the James Bond theme, Live And Let Die. And hearing him choose that explosive blockbuster of a tune warmed the cockles of my heart, I must say.

When Jools asked him how he actually went about writing songs, he said if he didn't already have an idea he'd look for one in the newspaper, or at worst just sit down at an instrument and play around until he had something. And he thought for a moment, and then proceeded to bash out a pretty exciting rhythm on the piano.

“Did you have that already?” Jools asked, incredulously. “No, no,” said McCartney. “Why that's amazing!” said the presenter, clearly shocked. But the self-effacing superstar was having none of it. Genuinely embarrassed, he brushed off the adulation with a sweep of his arm. “Get away with yer!” he said. Lovely.

There was another heart-warming story in the press recently, about a busker on the street who was performing the 1984 top three hit, Smalltown Boy, by Bronski Beat. There he was, strumming his acoustic guitar and singing away, when who should walk by, walking his dog ... but Jimmy Somerville, the former lead singer of Bronski Beat, himself!



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OLD HUNSTANTON ROAD, OLD HUNSTANTON
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And he joined in.

The gobsmacked busker, in traditional fashion, took it from the top again, and counted in the chart-topping singer, as Somerville, dog lead still in hand, his head on the busker's shoulder, sang along, that gorgeous high falsetto still in place, before mischievously adding: "I think it'll be a hit!"

The busker stared agape, and said: "Is it you?" Somerville grinned, and said: "Yes, it's me!" "Oh my God!" said the busker, as the star set off to carry on to walking his dog. And needless to say, the whole thing was captured on a mobile phone, and is currently on YouTube.

Regular reader Joy Pearce, of Dersingham, has been in touch to tell me of a similar incident from her youth, concerning Eddie Calvert, the trumpeter who had two massive-selling instrumental No 1 hits in the mid-Fifties, Oh, Mein Papa, and Cherry Pink And Apple Blossom White.

Funnily enough, Oh, Mein Papa – which was No 1 for nine weeks in 1954 – has the distinction of being the first chart-topper to have been recorded in the legendary Abbey Road studios ... later to be made famous, of course, by The Beatles.

Calvert – who was a dispatch rider during the war – was taught to play by his father, which probably explains why he chose to record an instrumental version of Oh, Mein Papa, a ballad that became a US chart-

topper for Eddie Fisher. Calvert's version earned him the nickname The Man With The Golden Trumpet.

Joy said: "When I was a kid growing up near Heathrow, a friend of mine caught polio, as did a boy on our estate.



"He wanted to learn the trumpet, so a collection was made, and a trumpet bought for him.

"Eddie Calvert came and presented it to him, and played Oh, Mein Papa out in the street for us all to hear.

"I am still in contact with my friend, and visit her every year in Dorset (friends for 65 years, since starting school). The boy went on to be married, but I don't know what happened to him after that."

To people like Eddie, and Jimmy, and Paul, they're simply doing what they do, and they probably think little of it. But when they sprinkle some of their stardust over the likes of you and me, it's simply magical.

• **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

Kathryn Gigg

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Sponsored Leg Wax – Children in Need

On Children in Need Day, three local youths arrived at the Mulberry Retreat at Heacham Manor, having been sponsored for leg waxing at the Retreat for the Charity.

The lads, Brandon Plummer, Wes Hodgson and Tim Rice, had been sponsored but their mate Alex Berry arrived to witness their treatment and, eventually, Alex was coerced into taking part as well.

The Beauty Therapists, Megan and Kim, proceeded to apply the wax on the first two volunteers, Brandon and Tim, and what hairy legs! Brandon's grandmother, Diane Payne, was in attendance, eager to pull off the first strip – ouch!



Kerry Wells, the Retreat Manager, was in attendance to offer iced water and fresh orange juice, which was greatly appreciated by the participants.

Overall, it was a very interesting and enjoyable evening for the Newsletter. Well done boys – we know it wasn't heaven for one of you.

At the time of going to print, the overall amount of their sponsorships is not available.

THN



Christmas Day Lunch

December is here at last and a little reminder about the Christmas Day Lunch in St Mary's Church Hall on 25th December. 12.30pm arrival for 1.00pm lunch. We have a secret weapon this year to ensure the roast potatoes are cooked. We are looking forward to meeting up with friends old and new and hope the weather isn't too bad for travelling.

Christmas Eve finds us at the Church Hall with our volunteers, a flurry of activity to ensure the Lunch is all prepared and ready to go next morning. Our volunteers come from different villages and we appreciate that at this time of the year your time is special and you are in great demand. Thank you for helping us.

Fred and Mary are our booking clerks - 01485 570264 is their number.

Take care and Merry Christmas Wishes from our team.

Fred, Mary, Martin and Stephanie



What do you call a sick crocodile?
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Merry Christmas from

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“At Piece of Mind, Poplar Avenue, Heacham”

Please, if you are embarrassed by your feet, don't be! I am here to help. I specialise in helping people with their foot health needs – be it trimming those difficult thickened toe nails you can no longer reach; to treating painful corns and callus, and much more. I am able to treat the high risk foot **having a wealth of experience** treating people with **diabetes** or any person on Warfarin with poor circulatory conditions, with **due care and professionalism**.

I offer a daily service throughout the week and will always do my best to see **emergencies at short notice**. If you have any concerns about your feet or **legs**, worried about any lesions I will provide you with an urgent, free consultation. **Do not let any wound large or small go unattended!** Keeping your lower leg well moisturized, sealing moisture deep into the skin to keep it hydrated and supple, is just as important as keeping your feet creamed twice daily. Cracked, dried or flaky skin to your legs can cause problems.

01485 570512 / 07767 733838

May I wish all my patients and residents of Heacham, a very happy Christmas and a bright and healthy New Year –

Janet x

Registration No. MPSP22594

HELPING TO RAISE FOOT CARE STANDARDS ACROSS NORTH WEST NORFOLK AND BEING COMMITTED TO CONTINUOUS PROFESSIONAL DEVELOPMENT

Press Release 20th July 2013

Independent Quality mark for Foot Health Practitioners

From today, patients and the public will be able to choose a Foot Health Practitioner belonging to a register vetted and approved by the Professional Standards Authority for Health and Social Care.

The Alliance of Private Sector Practitioners' voluntary register has been accredited under a new scheme set up by the Department of Health and administered by an independent body, accountable to Parliament.

Practitioners on the Alliances register will be able to display the Accredited Register quality mark, a sign that they belong to a register which meets the Professional Standards Authority's robust standards.

A spokesperson for the Alliance said:

“The quality mark will give extra peace of mind for anyone looking for a Foot Health Practitioner, letting them know that anyone who holds the mark is committed to high standards. The Alliance of Private Sector Practitioners is pleased to offer a quality mark to Foot Health Practitioners that meet the far reaching standards of our register, as approved by the Professional Standards Authority”

Harry Cayton, Chief Executive of the Professional Standards Authority.

“We are very pleased to accredit the Alliance's register of Foot Health Practitioners. Bringing Foot Health Practitioners into a broad framework of assurance is good for patient, service users and the public and is the best way to promote quality. The scheme offers enhanced consumer protection to anyone looking for health and social care services and gives Foot Health Practitioners the opportunity to demonstrate their commitment.



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TIDE TABLES FOR DECEMBER 2013 & JANUARY 2014

HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT)									
December 2013					January 2014				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SU	04 10	6.8	16 47	6.9	1 W ●	05 38	7.3	17 59	7.5
2 M	05 00	7.1	17 31	7.3	2 TH	06 31	7.5	18 46	7.8
3 TU ●	05 51	7.4	18 15	7.5	3 F	07 23	7.6	19 32	7.9
4 W	06 40	7.5	18 59	7.6	4 SA	08 09	7.5	20 14	7.9
5 TH	07 29	7.6	19 42	7.7	5 SU	08 55	7.4	20 58	7.8
6 F	08 15	7.5	20 25	7.6	6 M	09 41	7.0	21 44	7.4
7 SA	09 05	7.1	21 11	7.4	7 TU	10 30	6.7	22 34	6.9
8 SU	09 58	6.8	22 01	7.0	8 W	11 26	6.2	23 34	6.4
9 M	10 58	6.4	23 01	6.5	9 TH			12 26	5.8
10 TU			12 07	6.1	10 F	00 40	6.1	13 30	5.7
11 W	00 10	6.3	13 12	5.9	11 SA	01 52	5.8	14 35	5.7
12 TH	01 19	6.2	14 18	5.9	12 SU	03 02	5.8	15 36	6.0
13 F	02 27	6.2	15 18	6.2	13 M	04 05	6.1	16 28	6.3
14 SA	03 30	6.3	16 11	6.4	14 TU	04 57	6.3	17 14	6.7
15 SU	04 24	6.5	16 55	6.7	15 W	05 41	6.4	17 54	6.9
16 M	05 13	6.7	17 36	6.9	16 TH ○	06 20	6.6	18 29	7.0
17 TU ○	05 57	6.8	18 14	7.0	17 F	06 55	6.7	19 05	7.0
18 W	06 37	6.8	18 49	7.1	18 SA	07 29	6.7	19 36	7.0
19 TH	07 14	6.8	19 23	7.0	19 SU	08 00	6.7	20 06	7.0
20 F	07 47	6.7	19 53	7.0	20 M	08 32	6.7	20 36	6.9
21 SA	08 20	6.5	20 24	6.9	21 TU	09 02	6.6	21 04	6.8
22 SU	08 53	6.4	20 54	6.7	22 W	09 35	6.3	21 38	6.6
23 M	09 29	6.2	21 28	6.4	23 TH	10 14	6.1	22 21	6.3
24 TU	10 07	5.9	22 07	6.2	24 F	11 01	5.8	23 15	6.1
25 W	10 55	5.7	22 58	5.9	25 SA			12 06	5.7
26 TH	11 56	5.6			26 SU	00 26	5.8	13 32	5.7
27 F	00 02	5.8	13 09	5.6	27 M	02 02	5.8	14 52	6.0
28 SA	01 19	5.8	14 22	5.8	28 TU	03 26	6.2	15 57	6.4
29 SU	02 36	6.1	15 23	6.3	29 W	04 35	6.7	16 54	7.0
30 M	03 43	6.5	16 19	6.7	30 TH ●	05 33	7.2	17 45	7.5
31 TU	04 43	6.9	17 11	7.1	31 F	06 25	7.4	18 32	7.9

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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
ART GROUP 10am-12noon Paint or Draw in any medium To join or for more info [Tel:572247](tel:572247) Shirley Milborne (PRH)
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 6yrs+ Ballet/tap/modern 4.15-5.15pm Street 5.15-6pm
[Tel:579074](tel:579074) (PH)Top Room
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 - 6pm Contact Tel: Jenny 534107 (MC)
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School Contact Sandee Tel: 01485 570485
1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs) 7 - 9pm Tel: 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)
ACTIVE FOR LIFE exercise classes for those aged 60 and over or at risk of Osteoporosis 10-11am at Heacham Surgery Classroom Tel : Pat 298429 or Jane 571232
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)
LADIES KEEP FIT FOR OVER 50's 10.30 - 11.30am. Contact Kath Manning-Coe Tel : 01553 774343 (SM)
CARERS SUPPORT GROUP West Norfolk Mind Tea & Chat at Piece of Mind 4 Poplar Avenue 1 - 2.30pm Tel: 572707
LINE DANCING 1.30 - 3.30 pm Contact Diane 571166 (SM)
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)
1st HEACHAM GUIDES 5.30 - 7pm Tel: Sue Theunissen 07833747059 or just come along (MC)
SLIMMING WORLD 5.30pm & 7.30pm Tel: Ann 01553 763949 (SM)
WEIGHT WATCHERS 7pm (OFH) Tel:Alison 07796 904311
ZUMBA 7-8pm £4 pp Tel: Michelle 07585002124 (SG)
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

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
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11am £2

Tel: Clare 07816913657/Jo 07521447284 (SG)
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)
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 7.30 - 9pm For more info 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)
ACTIVE FOR LIFE see Tuesdays entry for details
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)
MOTHERS' UNION 4th Thursday monthly 2pm (SM)
TREFOIL GUILD 1st Thursday monthly 2 - 4pm Tel: 07813014477 Mary Harpley (PRH)
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for over 60's) Tel: 570492
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC) 5.30 - 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)
1st HEACHAM CUBS ages 8 - 10yrs Term Time 6.45 - 8.30pm Tel: Sam 572138 (SG)
JUDO Advanced 7 - 9 pm Tel: 571614 (PH)
FLOWER CLUB 4th Thursday monthly 7.30pm Flower arranging & demonstrations Tel:Alayne Seymour570560 (SM)
RAO BUFFALOS 8pm (HSC Top Room)
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

FRIDAYS

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

Please Check Your Regular Event Entry

Please can you check your Regular Event Entry to ensure that it is correct and relevant for 2014. If it is not, please let us know.

Thank You

HEACHAM DIARY

Saturday 7th December Heacham in Bloom Christmas Coffee Morning at St Mary's Church Hall 10am-12.30pm Raffle Tombola & Various Stalls Tea Coffee & Cake

** Fridhem Rest Home Christmas Fete from 2pm Santa's Grotto Raffle Tombola Crafts etc Tea Coffee & Mince Pies

** Millbridge Care Home Christmas Fayre 3-6pm Santa's Grotto Raffle Tombola Cakes etc Hot Food & Refreshments

Saturday 14th December Christmas Concert by the West Norfolk Singers at Heacham Methodist Church from 3pm

** Heacham Youth Club Christmas Party 7-9.30pm at St Marys' Church Hall Games, Food, Disco etc

Let us know you'll be there!!

** GIG 'Wildwood' at Heacham Social Club from 8pm All Welcome £1 charge for non-members

Monday 16th December 'Christmas Bingo' at Fridhem Rest Home Station Road Eyes down @ 7pm 'All Welcome'

Thursday 19th December Christmas Coffee Afternoon with Mince Pies at Fridhem Rest Home Station Rd from 2pm

Tuesday 24th December Christingle Service at St Mary's Church Heacham at 6pm All Welcome

2014

Friday 3rd January GIG 'DNA' at Fox & Hounds Station Rd 8.30pm

Sunday 5th January GIG 'Jazz' at Fox & Hounds Station Rd 1.30pm

Tuesday 7th January GIG 'Part Time Blues Band' at Fox & Hounds Station Rd 8.30pm

Wednesday 8th January A talk 'Heacham at Night Live' at the Old Friends Hall Sunnyside at 7.30pm Tickets £2 for Adults Children (under 16) free

Tuesday 14th January GIG 'To Be Confirmed' at Fox & Hounds Station Rd 8.30pm

Thursday 16th January Green Team Meeting 12noon at Parish Council Office Pound Lane

Friday 17th January GIG 'Groove Cartel' at Fox & Hounds Station Rd 8.30pm

Tuesday 21st January GIG 'Keno Kings' at Fox & Hounds Station Rd 8.30pm

Thursday 23rd to Saturday 25th January The Pocahontas Players present The Pantomime 'Summer Holiday' at Heacham Public Hall 7.30pm (Thurs & Fri) 2pm & 7.30pm (Sat) Adults £6.50 Children (under 12) £4 For tickets call Janice 570402 or Jim 571267

Saturday 25th January Messy Church at St Mary's Church Heacham 10am-12noon Book in advance Tel: 571348 or email griffin568@btinternet.com

Tuesday 28th January GIG 'John's Blues Crew' at Fox & Hounds Station Rd 8.30pm

Friday 31st January GIG 'Jam Session & DNA' at Fox & Hounds Station Rd 8.30pm

Wednesday 19th February Blood Doning Session at Heacham Public Hall 1.15-3.30pm & 5-7pm to book an appointment Tel: 0300 123 23 23 or online www.blood.co.uk

OTHER EVENTS

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) Sedgford Primary School Ringstead Rd Sedgford - Tel: Jane 01485 579489

Mondays

U3A HUNSTANTON meets 3rd Monday monthly (except Aug & Dec) 2pm at Hunstanton Community Centre for details Tel: Chris (Chairman)535065 or Barbara (Secretary)571484

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

HUNSTANTON COMMUNITY CHOIR Informal singing for fun, no audition required 7-9pm at Hunstanton Town Hall £3 per session Inc. refreshments Just turn up

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 Sedgford Village Hall Contact Sandee Tel: 01485 570485

SING FOR WELLBEING Snettisham Community Choir starts its new term on 8/1/14 with a free taster session 10am-12noon at St Mary's Church Hall Snettisham To book a place call Carol O'Neill on 01328838616

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

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

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

ROLLASON STAGE SCHOOL Dance Classes under 6yrs Ballet/tap/modern 4.30-5.15pm 12yrs+ Ballet & modern 5.15-6.15pm Senior street crew 6.15-7pm Limbering/body conditioning 7-7.30pm @ 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 Drama/Musical theatre classes 10yrs & under 4-5pm 11yrs & over 5-6pm at Hunstanton Town Hall Basement Tel: 579074 (wef 9th Jan 2014)

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

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

Fridays

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

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

Saturdays

CHRISTIAN YOUTH GROUP 3rd Sat monthly 10am-12 noon ages 10-14 Cost £1 at Dersingham Church Hall More info from Steve 07425 145887

LUCY ROSE STREET CREW Street dance under 12's 12-12.45pm over 12's 1-1.45pm Elite street crew 1.45pm @ Hunstanton Town Hall Basement Tel: 579074 (wef 11th Jan 2014)

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

S	T	I	F	T	U	O	Y	O	B	W	O	C	L	G	V	U	I	B	H
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CABBAGE PATCH DOLL,
ANNUALS, PAUL, BICYCLE,
SCALEXTRIC

MERRY CHRISTMAS
49 TO FIND

NEWSLETTER SUDOKU No. 76

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

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



Solution to
 Newsletter
 SUDOKU
 No. 75

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



HEACHAM LIBRARY

BOOKS • INFORMATION • TELEPHONE • NEWS • INTERNET

If you only make one New Year's resolution, then make it about getting yourself online. Our free online courses are now held on a Tuesday morning or afternoon. The courses are aimed at helping you to use the internet to search for information, shop, compare prices and emailing. Depending on experience, we offer 3 sessions of one and half hours in small learning groups. Please ring 01485 572142 to book your free place or just to have a chat about what 'Learn my Way' entails.

Pick up a festive recipe or two from our shelves in December, then take a peek at our healthy eating books in January. The Library will be closed from 24th December until 3rd January 2014.

Heacham Library Opening Hours

Monday, Wednesday, Friday – 10.00am-4.00pm

Saturday – 10.00am – 12.00noon

Do Something Amazing Today

Save a Life



From 237 invitations, 111 people attended the blood donor session at the Public Hall on 30th October and 105 units were collected. There were 5 new donors. Thank you all. For your diary, the next visit to Heacham by the NBS will be on Wednesday 19th February 2014. 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

"Twas the night before Christmas, and all was asleep
not a creature was stirring except Melchior Mouse..."

**Come and Visit Father Xmas &
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14-15 December 2013

2.00pm - 6.00pm

Old Friends Hall, Sunnyside, Heacham

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My name is _____

East of England Co-op Christmas colouring competition

Please return to your local co-op foodstore by Monday 16th December.
All pictures will be displayed in-store over Christmas!

Child's name _____

Parent/guardian's telephone number _____

Age group 0-4 / 5-8 / 9-12 (please delete as appropriate)



East of England Co-op food store in Heacham are holding a colouring competition for local children. Three winners will be selected, one from each age group and winners will receive a £25 voucher and a cuddly character from the Goodness Gang range.

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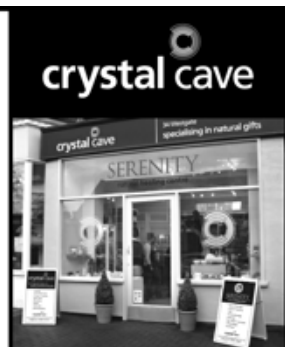
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Bliss

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chopnchange2@hotmail.co.uk

Christmas is fast approaching and the salon is getting booked up for the festive season already. Sandra, in our beauty salon, is taking bookings... pampered party feet and festive fingers are just a couple of the wonderful treatments provided at Beautymix. Why not treat someone to a Beautymix gift voucher, an ideal Christmas gift. For the full list of treatments available pop in or give us a call.

'Bliss hair and beauty salon' is open six days a week with late night and early morning appointments available. If you are new to the area or just fancy a change of style our team of fully qualified hair stylists are here to provide you with a professional, thorough consultation on your first visit. Pop in any time to book an appointment or alternatively give the salon a call. Both hair and beauty - 01485 571395

Christmas hair and beauty vouchers are on sale now. Also available to purchase from the salon are BLUE BEARD BARBER SHOP vouchers; treat the man in your life to a hot towel shave, hair cut and a shot of honey whiskey. (The barbers is located just along the High Street.)

Professional styling products and beauty products are also an ideal Christmas gift. Keep an eye out for discounted offers at 'Bliss' over the next couple of months.

Jaime Tooley



Who is the most famous
Russian billiard player?
Inoff the Red!



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The Norfolk Hospice, Tapping House

Santa Dash 7th December 2013

100s of Santas will be seen dashing around King's Lynn's 'The Walks' on Saturday 7th December as they take part in The Norfolk Hospice's annual Santa Dash. It is hoped that this year's event will grow on the previous year's success and raise thousands pounds for the charity.

The Norfolk Hospice, Tapping House, delivers specialist palliative care services to patients, and their families, with long term medical conditions, as well as those patients nearing the end of their lives.

The Norfolk Hospice helps each patient to live life to the full, every day, no matter how many days a person may have left. The services are available through Day Therapy at the Hospice or through the use of the Hospice at Home service, or through a limited number of in-patient beds.

Support is available to patients from 18 years of age, and the clinical relationship which the Norfolk Hospice has developed with children's hospice services, means its staff are able to assist young people suffering from life threatening illnesses as they make the transition through their teenage years to adulthood.

This is the hospice's third Santa Dash, which last year attracted lots of Santas and elves who dashed (and strolled) around the King's Lynn park and raised over £2,500 for the Snettisham based charity. It is hoped that this year's event will grow on the previous year's success and raise thousands of pounds for the charity. The Santa Dash will start at 11am with Santas needing to sign in from 10.15.

Statistics state that 80 -100 in-patient beds are needed per one million of the population. With around 300,000 people living in North and West Norfolk, this equates to a need for 30 beds. A big step forward in reaching this target will be achieved when the Norfolk Hospice, Tapping House completes the construction of its new purpose designed and built facility at Hillington, near King's Lynn in Spring 2014.



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SANTA DASH
SATURDAY 7TH DECEMBER
DASHING STARTS AT 11AM
THE WALKS, KING'S LYNN

Register online @ norfolkhospice.org.uk



Adults £10 (including a free Santa Suit)

Children (Aged 5 - 16) £5

Under 5's free entry



The Norfolk Hospice, Tapping House : Common Road (West), Snettisham, King's Lynn, PE31 7PF
01485 542891: events@norfolkhospice.org.uk
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The West Norfolk Singers

Here is an update on the West Norfolk Singers.

This Christmas, we are performing concerts at Heacham Methodist Church on Saturday 14th December at 15.00 and also at St Faith's Church, Gaywood on Wednesday 18th December at 19.00.

Looking to the future, we already have the following concerts booked:

- Long Sutton Parish Church on Saturday May 3rd 2014 at 19.30
- Heacham St Mary's Church on Saturday November 8th 2014 at 19.00

We meet on Wednesday evenings from 19.30 to 21.00 at Heacham Methodist Church and rehearsals for the next session will commence on 8th January. This will be our AGM and the business part of the meeting will start at 19.00, with the rehearsal following at 20.00.

We are a friendly choir and always welcome new members. If you are looking for something different to do, or if you have recently moved to the area and would like to make new friends, this could be for you.

We are a mixed voice choir and sing both religious and secular music. No auditions are necessary but the ability to read music is helpful.

Our Musical Director, Nigel Wickens, is an accomplished professional singer and also teaches singing at Peterhouse, Cambridge. William Moss is our accompanist and was Head of Music at City of Ely and Downham Market Colleges. He is currently organist at Long Sutton Parish Church.

However, if you are not a singer, perhaps you would like to support your local choir, by becoming a patron. For the sum of £20 per annum, you will be entitled to attend, free of charge, one of our Christmas concerts and one of our Spring concerts and your name will be included in our concert programmes. This support is invaluable in helping the choir to purchase new music to enhance its repertoire, giving variety to our concerts and also providing new challenges for the choir members.

Our concerts are usually performed in churches, as these venues are most appropriate for the choir. If you are aware of a local church that would be interested in a concert, please let me know.

If you would like any further information about the West Norfolk Singers, please contact me on 01485 542960.

Heather Titcomb
(Chair)



Hunstanton Lions Club

Again this month, as in previous months, Hunstanton Lions made donations to a number of local good causes. These donations are only made possible by the generosity of Lions' supporters. Hunstanton

Lions would like to thank all of you for your continued support.

Christmas Cracker Stall: Sunday 1st December. Please visit our stall; you will be able to pick up a 'Message in a Bottle' container and purchase a tombola ticket.

200 Club

- 1st Prize: Brian Daniels,
2nd Prize: Ann Desroches,
3rd Prize: Jane Scott
4th Prize: Bish Legge.

Hunstanton Lions wishes you all a Merry Christmas and a Happy New Year.

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

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**Sing for Well Being
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Snettisham Community Choir opens its doors for a new 12 week term of singing and is offering a *free taster session* on Wednesday 8th January from 10.00am–12.00noon at St. Mary’s Church Hall on Station Road. The session will introduce people to a fun and easy way of singing, even if you have only ever sung in the shower or the car!

“Many people who come along to The Choir don’t necessarily think they have very good voices but I firmly believe that everyone has the right to sing,” said musical director Carol O’Neill who has been working with Choirs and Groups for 25 years.

“We have a lot of fun, you don’t need to read music and there are no auditions. It is a thrill to sing together and alleviate the stresses and strains of everyday life. Some people say that singing is the highlight of their week because they don’t get the opportunity to do it at home and supportive friendship develops in a very natural way. Doctors say that singing is good for staying healthy because it oxygenates the blood, supports the heart and invigorates the brain.”

To book a place at the *free taster session*, people should call Carol O’Neill on 01328 838316 or visit www.singforwellbeing.co.uk.



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Xmas closure Close Friday 20th December 2013

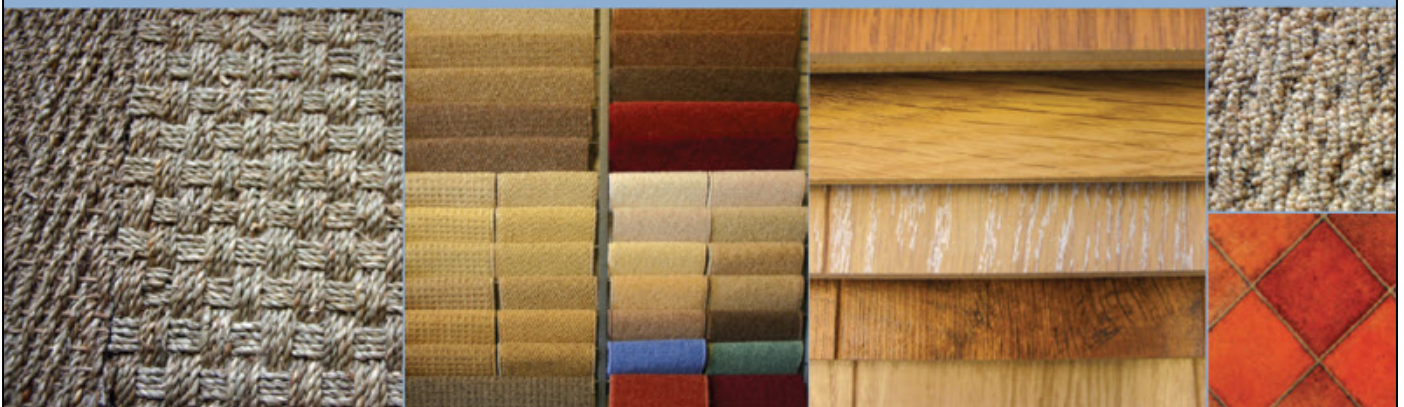
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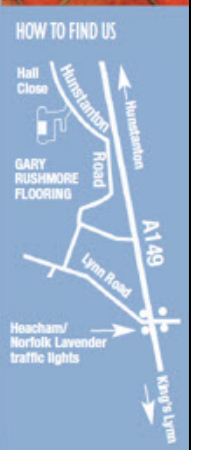
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Wells Community Hospital – Update

New Chairman for Wells Community Hospital

Wells Community Hospital Chair, Jonathan Hazell, is stepping down after eight years in the post. He will be succeeded by Iain Mackechnie-Jarvis who lives in Burnham Overy Staithe.

Iain, a former solicitor, has considerable experience at director level. He has worked in social housing and was part of a small group responsible for setting up the national homeless charity Emmaus UK. His other voluntary work has included the National Homeless Alliance, Jimmy's Night Shelter in Cambridge, St Peter's Cold Weather Shelter in London and the Wray Charity in Cambridge. In 2004, Iain set up a local charity in North Norfolk to raise £60,000 to support the victims of a tsunami in Kirinda. Over the years, he has been involved in fundraising for Wells Hospital.

Jonathan Hazell, who will continue as a hospital trustee, said: "I have greatly enjoyed the eight years since the re-opening of the hospital. I would like to pay tribute to the many staff and volunteers who have worked tirelessly to get us to our current position. There are exciting times ahead as we plan for a new in-patient unit. A special thanks to all those who have given so generously over the years and to the League of Friends for their support. Without it, we would never have got off the ground."

Dementia hub update – Following a successful trial lead by David Saunders, we are hoping to hold monthly singing sessions next year. Anyone interested should contact the hospital (01328 711996). The plans for our dementia friendly garden will be available shortly. The hospital has provided £900 of new games and equipment for the monthly Alzheimer's Society's support group. If you have been diagnosed with dementia or have become a carer, contact Catherine Moorhouse on 07540 919487 for information.

The Overy Pier Show presents - Sat 28th December 7.30pm, a mystery local film. £10 including drink and nibbles. Sunday

29th Dec 6.30pm, award winning local author Jim Ring talks about his new book "Storming the Eagle's Nest". £10 including drink and nibbles. Monday 30th Dec 7.30pm. 40's night. Music, food and Beetle Drive. £10. All at Burnham Overy Village Hall, New Road. To book - Chris Geering 01328 738946.

Holkham Hall's **Three Harps of Christmas** concert on 14th December (7.30pm). Ruth Wall, harpist, will perform traditional carols and medieval music arranged and introduced by award-winning composer Graham Fitkin. Tickets £25.

Christmas greetings! – There are still some Norfolk Coast Calendars (£6.99) and specially designed Christmas cards available. Christmas raffle tickets are now on sale. First prize is a £600 cycle provided by Fatbirds from Hunstanton. Draw on 18th December.

First aid courses – bookings are now being taken for 2014 First Aid courses. Full details on hospital web site www.wellshospital.org.uk or phone 01328 711996.

Latest Lottery winners – Recent winners: Olive Aldred, Sheila Day, John Edwards, David Banham, Richard Faire, Gareth Pinney, Sally Whitworth, R Bowes, Miss J Whitlock, Joan Gunner, Jane Marshall, Martyn Royall, R Butler, S McCartan, Joanne Jamieson, Jean Tuttle, A Day and Joanne Jamieson.

DIARY DATES:

December

- 28th Overy Pier Show - 7.30pm - Burnham Overy Staithe Hall
Mystery local film
- 29th Overy Pier Show - 6.30pm - Burnham Overy Staithe Hall
Book talk by Jim Ring
- 30th Overy Pier Show - 7.30pm - Burnham Overy Staithe Hall
40s Night

Barry Dennis

CEO Wells Community Hospital Trust
Mill Road, Wells-next-the-Sea, Norfolk. NR23 1RF
Tel: 01328 711996

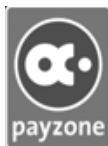
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New powers for PCSOs to tackle dog fouling

Police Community Support Officers (PCSOs) across West Norfolk will be teaming up with the Borough Council of King's Lynn & West Norfolk in a bid to crack down on persistent dog fouling.

PCSOs across the district now have additional powers which enable them to issue fixed penalty notices on behalf of the Borough Council, the aim being to tackle the specific problem of irresponsible dog owners who do not pick up after their dog.

The fixed penalty notice carries a fine of £75 and can also be used for those picking up and then throwing the bag of dog faeces in the vicinity as a littering offence.

The new powers came into force as a result of feedback from the Safer Neighbourhood Action Panels (SNAPs) which are held across the district. Dog fouling was an issue that was raised by residents in many areas as a key issue where they live.

Inspector Paul Garrard, from the Operational Partnerships Team, explained: "Dog fouling is an issue we have had raised with us both via SNAP meetings and our conversations with residents. These additional powers are an example of partnership working at its best. PCSOs spend the majority of their working time within our local communities and therefore are able to enforce this section of the Environment Act effectively."

"These new enforcement rules will also allow us to target hotspot areas for dog fouling, ensuring that these areas are regularly patrolled to target persistent offenders."

Cllr Brian Long, Cabinet Member for Environment, said: "Dog fouling is an issue that we repeatedly get reports about. This partnership with the police and the PCSOs means that they are our eyes and are more likely to catch the worst offenders in the act. If they witness a dog owner not clearing up their dog's mess, then they will issue a fixed penalty notice, something they weren't previously able to do. We are hoping that the increased possibility of receiving a fine will reduce the problem and the increased physical presence of the PCSOs will encourage irresponsible dog owners to start taking their responsibilities seriously."

Safer Neighbourhood Action Panels (SNAPs) are public meetings where local people can raise any concerns about their community. Any member of the public living or working in the neighbourhood is welcome to attend and we also encourage organised community groups and Parish Councils to attend.

SNAPs are chaired by a local councillor and there is panel of officers from the Borough Council, Police, and other key local agencies such as Housing Associations. The meetings are held every two months, at a community venue within the neighbourhood.

To find out more information about the SNAP meeting in your local area visit www.norfolk.police.uk.

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Events at Hunstanton Library

For further information about these events (or to book your place where necessary) please contact the Library on (01485) 532280 or pop in.

Scrabble Club

11th and 18th December 2013

8th, 15th, 22nd, and 29th January 2014

10:00am - 12:00noon

Every Wednesday (except Christmas and New Year) from 10am - 12 noon. Come along and enjoy a game of scrabble. Refreshments provided.

Under 5s Rhymetime at Hunstanton Library

4th, 11th and 18th December 2013

8th, 15th, 22nd and 29th January 2014

Weekly on Wednesdays - 2:00-2:30pm (term time only).

Join us for a pre-school rhymetime! Suitable for pre-school children and their parents/carers.

Festive Junk Modelling Fun!

Saturday 14th December - 2:00pm – 3:30pm

Come along and have a go at making something festive out of junk and recycled materials. Suitable for primary school aged children and over. **BOOKING ESSENTIAL** as spaces are limited. Children under 8 must be accompanied by an adult. Materials provided.

Family History for Beginners

Thursday 16th January 2014. 1:00 - 3:00pm

A session to help get beginners started on their family history using the Ancestry website. Booking essential.

A Local History Publication

Thursday 13th February 2014. 2:00 - 3:00pm

Historic revelations from transcribing local 13th century documents. An illustrated talk by Bryan Howling. Booking essential. Refreshments provided



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Incinerator update

The incinerator came incredibly close to defeat at County Hall in October; but the acceptance of Cory Wheelabrator's Revised Project Plan means it will limp on for a while longer.

The closeness of the decision shows how vulnerable the project is. NCC officers claimed the 'Willows' incinerator would save money but they only compared it to landfill. In practice if waste is not sent to Cory Wheelabrator it won't go to landfill either. Two independent reports for the County Council identified surplus capacity already available to take all Norfolk's waste for around £30 per tonne less than Cory Wheelabrator would charge. Under the circumstances it is nonsense to suggest Cory Wheelabrator would save Norfolk anything. Even greater savings could be made from recycling based proposals. Norfolk cannot afford to pay a premium rate price for a second rate incinerator, this is especially true without the Government subsidising it. NCC's officers have submitted so much misleading 'information' to DEFRA to get PFI money it should have come as no surprise when they lost it. The Planning 'need' argument for the 'Willows' has weakened substantially since the inquiry closed its doors. With sustained pressure from more letters, defeating the incinerator looks like an increasingly achievable goal.

The National Audit Office investigation into the Norfolk Waste procurement came as welcome news. With the Government now saying the 'Willows' is not needed, it will be interesting to see if it impacts upon Lloyds and The Royal Bank of Scotland, who are the UK financial backers of the 'Willows'. According to the Report and Financial Statements of The Willows Power & Recycling Holdings Ltd Year ending 31st December 2012, "Ernst and Young LLP resigned as auditors of the group during the year". It would be very interesting to know why, because no explanation was given. In May 2013 election promises were made to 'make good' the democratic deficit; unfortunately the new Cabinet is better at serving NCC's officers than the electorate. No amount of political window dressing can make up for 65,500 votes being ignored.

For more information please visit klwin.com & farmerscampaign.org to see what you can do to help, sending letters has made a real difference.

The 2013 Christmas Market will be on 7th December 9am till 4:30pm at Fairgreen Farms, Middleton, PE32 1RN

Mike Knights
Vice Chairman KLWIN



Age UK Norfolk
You Can Help Norfolk
Cut Cake not Care

Age UK Norfolk, Age UK Norwich and the Older People's Forums across Norfolk are relaunching the Cut Cake not Care campaign in response to the budget cuts that have been proposed by Norfolk County Council.

Cut Cake Not Care is not just aimed at protecting older people's services, it is about protecting those that are most vulnerable and who will bear the brunt of cuts to the Adult Social Care budget. People of all ages will be affected as the level of service they get is eroded.

The organisations are asking people to show their support for the campaign to ensure that the proposed cuts that will affect the most vulnerable people in Norfolk are not carried through by Norfolk County Council.

The campaign recognises that given the current economic climate, cuts to budgets have to be made. However, cuts that affect some of the most vulnerable people in our society have a disproportionately detrimental impact and therefore those budgets should be protected.

The campaign is concerned with three overarching aspects of the proposed cuts by Norfolk County Council:

- Lack of rural proofing in the proposals
- Impacts on personalisation (the choices people have about how they get their care)
- Cuts to prevention services

Who is the campaign trying to influence and why?

- MPs to try to get influence at a national level - our MPs should be fighting harder for rural counties like Norfolk where services are more expensive to deliver
- County Councillors - to get them to think about the impact that their proposals are going to have on the most vulnerable people in Norfolk.

Hilary MacDonald, Chief Executive at Age UK Norfolk said "The cuts that are proposed will cause great distress to many people who rely on the services that support them. Norfolk County Council's proposals will leave many people feeling isolated and unable to manage".

Support the Campaign

The people of Norfolk are asked to support the Cut Cake not Care campaign by signing a petition in support of the campaign



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aims, the petition can be found on the campaign website page: <http://bit.ly/CnC2013>

(or www.ageuknorfolk.org.uk). Just print it off, get your friends and neighbours to sign and return it the Age UK Norfolk.

For anyone unable to access a form online, please contact Eamon McGrath at Age UK Norfolk for a copy.

The campaign is also urging people to write to their local county councillor to ask them to fully consider the implications of the cuts on the county's vulnerable population. You can write your own letter or use the template letter on the Age UK Norfolk website. Visit <http://bit.ly/CnC2013> (or www.ageuknorfolk.org.uk) for more information.

Other ways people can get involved in the campaign:

- **Send a letter to your MP** – write your own letter or use the template letter on the Age UK Norfolk website: <http://bit.ly/CnC2013>
- **Attend a consultation event** - attend one of the many meetings that are being organised by the council and representative organisations [Link to list of events](#)
- **Hold your own event** - organisations can hold an event to which they can invite their local county councillor(s) so that older people have the opportunity to speak directly to them
- Visit your local **MP** - individuals can make an appointment to speak to their MP at one of their **surgeries**.

If you would like to find out more about the Cut Cake Not Care campaign, please contact Eamon McGrath on 01603 785222 or email eamon.mcgrath@ageuknorfolk.org.uk or visit the Age UK Norfolk website www.ageuknorfolk.org.uk (or the campaign page - <http://bit.ly/CnC2013>)

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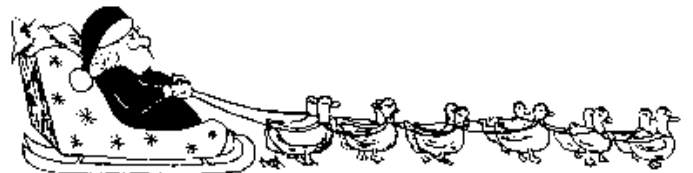


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News from Rollason Stage School

Professionals of today teaching the stars of tomorrow!

The children are working very hard this term working towards examinations which will be before Easter, the annual show in February and competitions throughout the year! We offer exams in ballet, tap and modern dance as well as LAMDA drama exams.

Rollason Stage School teachers, Michelle and Lucy Rose, are very experienced, qualified teachers. Michelle worked in the industry as a dancer and has directed and produced numerous shows. Lucy is currently working as an actress and trains full time at performing arts college.

We are very committed to teaching the children to a very high standard whilst having fun. Classes start from £2 an hour and we aim to be the most cost effective stage school in the area.

This term ends on Friday 20th December and we start back on Monday 6th January 2014.

In January we will be reducing the current prices to encourage the school to grow even more. We are passionate about making the arts more affordable to parents. There will be sibling discounts and the more classes you do the cheaper it will become!

We will also be holding one off drama workshops with special guest actors of stage and screen.

Lucy Rose is the Saturday teacher; she will be running a street dance class, and in January will be forming an elite team which will be entry by audition only for dedicated, committed pupils, with lots of talent.

We are also running drama groups; we are splitting the age groups so there will now be 2 groups for children. Our drama teacher, Ann McKinn, comes with a vast amount of experience, teaching mainly in London until moving to Hunstanton a few years ago. She runs a very lively group with lots of fun and also working her pupils towards their LAMDA exams.

Timetable as follow:-

NEW SATURDAY SCHOOL STARTING –

‘LUCY ROSE’ STREET CREW
Hunstanton Town Hall Basement

12.00 - Street dance under 12's

1.00 - Street dance over 12's and over

1.45 - Elite street crew.

MONDAY at Heacham Public Hall top room

4.15-5.15 - ballet, tap and modern dance 6 yrs +

5.15-6.00 - junior street dance 6 yrs +

WEDNESDAY at Hunstanton Town Hall basement.

Under 6 yrs classes: 4.30 till 5.15 (ballet, tap and modern.)

5.15-6.15 - ballet, modern -12yrs and over

6.15-7.00 - senior street crew - 12yrs and over

7.00-7.30 - limbering / body conditioning class.

THURSDAY at Hunstanton Town Hall basement.

Teacher Ann Mckinn

4.00-5.00 - Drama /musical theatre - 10yrs and under
(from 9th January).

5.00-6.00 - drama / musical theatre - 11 yrs and over
(from 9th January)



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Students now have the opportunity to take LAMDA examinations. A LAMDA qualification is considered to be the best drama examination and is highly recognised throughout the professional acting industry.

Rollason Stage School offers private lessons, exams, competitions and shows which are optional. The children train hard whilst having fun, keeping fit and meeting new friends!

The new term starts 6th January 2014, so there's no better time to join us!

Please call 01485 579074 or 07585 002124 for more information or to book your space. Happy dancing!



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THE POCAHONTAS PLAYERS SUMMER HOLIDAY the PANTO

written by **Jim Race**

Pantomime rehearsals are going very well, as we work towards our goal of performing a polished performance for you all in January. With a cast and crew of nearly 40 members, ages ranging from 13 to ummm? (having to be careful here?) 67, it makes for a very sociable group.

This year, Janice has at last given up the 'sewing machine' and we see a fine group of ladies taking over the costume design and sewing. Heather Conner, with the excellent Terrie Barrett, Jenny Rudd and Jean Smith, are all sewing away until 'all hours'.

Also, taking on the role of 'prop maker', is David Conner. You will have to wait and see what surprising props he has built with his hammer, saw and screws!

We welcome new members Leesa Espley who will (hopefully) NOT be used in Summer Holiday the Pantomime? Yes, Leesa has stepped in to be our 'prompt'. Also, David Oakman who joined us to paint back drops, only to find he now has a 'speaking part' in the production! Ria Tipple, Mark Bellamy and Catherine Drewery have also joined. Ria's first time on stage will be as 'Friday' one of the seven dwarfs. Mark is playing the sinister baddie, Fakir (see him on the poster) and Catherine will be tucked away on the balcony doing a very important job of assisting Dave Curtis and Joseph Rumens with the Sound and Lights. We all wish them well and enjoyment, in their first Pocahontas Players experience.

As the cast has got so big, we have had help with a grant from the Youth and Community Fund to buy extra microphones with a new 'mixer desk' (more information on that in the February Newsletter) but we have to **raise** £1,000 to help with these costs. Hopefully, we are holding an organised 'Carol Singing' event around our village of Heacham during the weekend before Christmas. Listen out for us with our renditions of Jingle Bells, The Holly and the Ivy and of course the rattle of our buckets!!

Mr Peter Sutton of Suttons Estate Agents has kindly allowed the Pocahontas Players to use his window. Look in the new year for fab fun photos of The Pocahontas Players' Pantos in years gone by. Just a little idea of what we have in store for Summer Holiday the Panto.

Summer Holiday is a great idea, written by Jim Race, telling the story of just what The Baddies and Goodies get up to after their winter Panto season has finished. It's all good family entertainment, having you Booing the Baddies! Cheering the Goodies! and shouting "It's behind you!" when the Ghost frightens the seven Dwarfs in the Deep Dark Wood.

We hope to see you there. Please see our advertising poster within this Newsletter for tickets / dates / contact numbers.

Wishing you ALL a very Merry Christmas (Oh Yes we do!!! Oh no you don't !! Oh YES we do !!) See you all soon.

Thank you from a very busy **Pocahontas Players' Drama Group**

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Keep your possessions safe and secure

It isn't uncommon for Norfolk and other rural counties to be visited by groups of organised criminals at this time of year looking to take advantage of the hustle and bustle to pick pockets and bags for purses, wallets and mobile phones. A lady has reported her purse stolen last Thursday whilst in a shop in St Dominic's Square in King's Lynn; so not too early to start taking extra care.

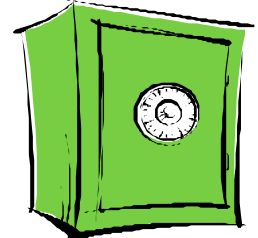
There are a few simple things you can do to stay safe whilst shopping over Christmas:-

- It sounds silly but keep your bag with you – don't leave it hooked over the back of a trolley whilst you nip up and down the aisles, or over the back of a chair in a café, coffee house or restaurant.
- Make sure any bags are closed and fastened – much more difficult to steal what you can't see.
- Don't place a purse, wallet or phone on a counter or table whilst searching for something else or waiting for a bill. A thief will cause a distraction and it will be gone in a second.
- For the gentlemen – put your wallet in an inside or front pocket rather than a back pocket which is much easier to pick.
- Be aware of being bumped or jostled, possibly by two or three people. This is a common distraction whilst a bag is opened or pockets checked, distracting you from what is going on.
- Finally, please, please, please don't keep your PIN number with your credit or debit cards, or carry large amounts of cash. It is surprising how many people keep a slip of paper with all their PIN numbers in the same purse or wallet as the cards themselves. This may affect

your chances of being reimbursed by the bank and will certainly lead to the card being extensively used in a very quick time.

The Police will be running a lot of operations and initiatives on the run up to Christmas to keep West Norfolk safe for residents, businesses and visitors.

**King's Lynn & West Norfolk Policing Commander
Superintendent Carl Edwards**



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Official Opening Ceremonies for Pavilion

We would like to share our ideas with you in regard to the way in which we intend to celebrate the grants and donations given to Heacham Club Charity towards the Pavilion Regeneration Project, though none will take place until the Spring of 2014.

We have to cater for so many people for many different reasons so we have decided to put on at least 3, maybe 4 different events.

We have to satisfy our major funder, Football Foundation, and we anticipate that to be a 'Gentleman's Dinner' with speaker(s) from the football world.

We also have to satisfy our second major funder, Sport England, and we hope to be able to get a celebrity from the non-football world to attend a lower key and less expensive evening; possibly a dance in the Public Hall.

With the many people within our community, we have another event to organise; for us, the most important, but this time, hopefully looking at a general 'Open Day', where ALL facilities on offer from Heacham Club Charity will be on show to all who have supported us over the duration of the project.

A fourth event will be planned, if all goes according to plan, which will be more cricket specific. Once the pavilions and 'extras' have been completed, we wish to carry straight on to Phase 3 (which was always intended), and cater more for cricket by way of a veranda, electronic score board and to finish off nicely, a clock tower on the ridge of the revamped 'old' pavilion.

We take this opportunity to thank all those involved in the Pavilion project and look forward to welcoming all in the very near future, to witness what a wonderful, purposeful and much-needed facility we can now offer.

A big thank you to all our supporters and we wish everyone a very Happy Christmas and prosperous New Year from Heacham Club.



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HEACHAM PARISH COUNCIL NOTICEBOARD

Parish Council Meetings November in Brief

Remembrance Day Service: The Chairman remarked on how well attended the service and wreath laying was this year. The Chairman also thanked those who helped the events run smoothly each year.

Police Matters: The Council noted that the new PCSO for Heacham was Christopher Stevens and looked forward to meeting him in due course.

Wash Flood Defences: The Council noted that there had been no real progress with deciding on the format of Flood defences in the future. However Mr Drinkwater remarked that he was pleased to see that it had been recognised that funding defences through local taxation would prove difficult.

Development Off School Road: The Council confirmed that they would not support the new application for development off School Road.

Saltings: The Council noted that work on the first scrape (shallow pond) had been completed. This work should increase the diversity of the Reed Bed which is designated a County Wildlife site. The Council also acknowledged the work done by former parish councillor Paul Cobb in compiling a comprehensive list of flora and fauna on the site over the past 3 years.

Recreation Ground: The Council noted that the last phase of the garden refurbishment, the low wall, should start at the end of November.

WW1 Anniversary Poppy Planting: The Council noted that the poppy planting fund had received donations from Heacham Cubs and Hunstanton & District Ladies Circle.

Horse Chestnut Tree – Jubilee Clinic

It is with regret that the large horse chestnut tree in the front of the Jubilee Clinic (Parish Council Office) has had to be removed. The tree had been affected by a canker specific to Horse Chestnuts called *Phytophthora*. Whilst some trees have been known to recover, this tree was in decline and given the size and the proximity to a number of houses. The decision, on the advice of professionals, was taken to remove the tree. On removal, the rot caused by the canker was very much in evidence in the trunk and the 4 main boughs. In due course, a smaller variety of tree will be planted in its place.



Fascinating, but deadly pattern of rot

Brays Pit

The members of the Natural Environment Committee would like to thank all those that helped out at their work party on 24 November. This workday and the one in October has achieved a great deal and the Committee is grateful to all the volunteers who helped.

Grit Bins

Hopefully they will not be needed, but if icy there are numerous Grit Bins at key points in the village. This year the Parish Council has put additional bins in College Drive, Gidney Drive and Pine Mall to help residents on these estates keep the footpaths ice-free. Please use the grit sparingly as a tablespoon of grit will treat an area of 1m². Please also note that the grit is only for use on the public highway and footways and that it should never be taken for use on private driveways or paths as this will be considered theft.

Christmas Rubbish

The Borough Council are advising residents to check their collection calendars carefully for rubbish collections over the Christmas and New Year period. Unlike previous years there will be no extra recycling sacks available to use over the Christmas period. For those of you who find your black bins are full, extra waste, can be disposed of in separate black bags which are sealed with special red tags which are available for purchase at the Parish Council Office, priced £1.50. These sealed bags can then be put out with the black bins. You can check the collection dates with the Borough Council on 01553 616200.

Notice of Parish Council Vacancy

Two vacancies have arisen on Heacham Parish Council for Parish Councillors. The vacancies will be filled by cooption rather than election. Interested parties should contact the Parish Council Office for further information or present themselves at the next Parish Council meeting which will be held at the Parish Office on Tuesday 10 December at 7.30pm

The Clerk

7 December 2013

Christmas Opening Times

Heacham Parish Council members and staff wish everyone a very merry Christmas and a happy and healthy New Year.

Parish Council Office Closed 24 Dec & Opens 3 Jan
Heacham Library Closed 24 Dec & Opens 3 Jan

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

Open 10.00am-12noon Tuesday to Friday
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 18.30
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

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

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

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

HUNSTANTON LIBRARY 532280

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HEACHAM COMMUNITY WEBSITES

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

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0647 first bus to Kings Lynn then twice an hour.
0654 first bus to Hunstanton then twice an hour.

Service 10 (Sunday)

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

Service 10

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.
0836 first bus to Kings Lynn, then hourly.
0808 first bus to Hunstanton, then hourly from 09.25.

Service 10 and 11 (Sunday)

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.
1008 first bus to Kings Lynn, then two hourly from 11.18.
0943 first bus to Hunstanton, then two hourly from 1048.

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Smithdon High School Bus

Service 401

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0816 to Smithdon School
1530 from Smithdon School

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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)	ROUTE DER 223
10th December	3rd/17th/31st
7th/21st January	14th/28th
COLLINGWOOD CLOSE 09.40	ROBIN HILL 10.25
SOUTHMOOR DRIVE 10.00	CHURCH LANE 10.40
SANDRINGHAM DRIVE 10.20	RINGSTEAD ROAD 10.55
CHENEY HILL (F/SIDE) 10.40	NEVILLE CT 11.40
WOODSIDE AVE 11.05	NEVILLE ROAD 12.15
HEACHAM INFANT SCH 11.20	PINE MALL 12.30
NOURSE DR/INGLEBY CL 12.15	SITKA CLOSE 12.50
ROLFE CRESCENT 13.45	SUNNYSIDE 14.15
BUSHEL & STRIKE 14.05	MEADOW RD 14.40
GIDNEY DRIVE 14.20	POPLAR AVE 15.30
BANKSIDE reverse in 14.40	GYMKHANA WAY 15.50
MARRAM Way/Norway CL 14.55	JENNINGS CLOSE 16.15
MARRAM Way/Spruce CL 15.10	COLLEGE DR/G CL 16.50
MARRAM Way/Neville RD 15.25	
CUNNINGHAM COURT 15.45	