



THE HEACHAM NEWSLETTER

November 2014



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**He came . . .
 he left them all—
 Everything he held most dear—
 Without hesitation, and without a tear,
 and answered to the Call . . .**

**He left . . .
 his attic room, and shut the door
 After one last look round . . The matted
 floor ;
 The knarled beams; the broken picture
 rail;
 His old school books and cricket bat. Even the
 pail
 Under the sky-light to catch the rain
 Leaking through an old cracked pane.
 A ray of sunlight fell across the bed. . .
 Lovingly he turned his head:
 "When I come back it will be just the
 same."
 He mused,
 and so he came. . .**

**He thought . . .
 of all he left behind,
 And how he would find
 Them when he came again,
 When he came home again. . .
 The sweet smell of blossom on the trees;
 The sleepy, droning bees;
 The gurgling stream,
 And the spotless dairy, where the cream
 Lay in cool pails, waiting to be churned.
 All this, the same. . .
 when he returned?**

**He went . . .
 he left it all. . .
 The price of Peace - long years of strife -
 He paid it dearly with his life. . .
 England's Youth,
 who answered to the Call.**

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

 **THE UNKNOWN SOLDIER** 
 Susan Torrey 1916-2001

Susan Torrey was known to very many people in the village. She ran a farm, a dairy and, at one time also delivered the milk from her farm to village customers. Few knew that she wrote poetry. This poem by Susan was in The Poetry Review New Verse Supplement, published by the Poetry Society in 1945. It is very appropriate for this November edition of the Heacham Newsletter.

Rosalind Marsden

Back ground picture taken by Lucy Yates

 **Remembrance Sunday Service** 
Sunday
9th November 2014
10.00am at St Mary's Church, Heacham
and Memorial Service afterwards at
11.00am

We Will Remember Them

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



Hunstanton Road

Dear Newsletter

The Children's Society

Please would anyone kind enough to have a Children's Society collecting box, bring it to me so that I can empty the contents and send it to the Society.

My address is 19 Hunstanton Road, Heacham. It would be a good idea to check that I will be in and my phone number is 01485 571110 or mobile 07775 514585.

Jeremy Gullan-Whur



High Street

Dear Newsletter

Heacham Veterinary Clinic Open Day

All of us at the surgery would like to thank everyone who attended our Open Day on 27th September, and that we hope you enjoyed it as much as we did!

We had a fantastic response and everyone's generosity entering competitions on the day, and our popular tombola, helped us to raise over **£125** for our chosen charity, Shamans Legacy Dog Rescue. We would also like to thank our families, clients (of which there were too many to name individually), Tesco Express and Poppyfields Garden Centre for donating the fantastic prizes.

Thanks again

Heacham Veterinary Clinic



Sandy, Beds

Dear Newsletter

Lousy Bush

I should like to thank you for publishing my letter in your August edition. I should also like to thank the two correspondents who responded to my query. The botanical answer was most interesting and the childhood memory answer was most amusing.

Hugh Williams

Lousy Bush Nature Reserve, Wrestlingworth



Forest Drive

Dear Newsletter

Birthday Thank you

I would like to thank all my friends who came along to the Heacham Public Hall on Saturday 20th September to help me celebrate my 'big' birthday. We had a great night, brilliant disco, food and bar service. I requested no presents. However, if people would like to make a small donation for the Tapping House Hospice that would be appreciated.

I am pleased to say that due to everyone's generosity we raised £510,.

Thank you once again.

Diane McColm

letters...



Heacham

Dear Newsletter

Poppy Appeal

Remembrance Sunday is once more fast approaching. It is a time when, throughout our hectic lives, we allow ourselves time to remember those who paid the ultimate sacrifice for our freedom. They were the ones who went out into the battlefields, took to the air and sailed the seas that we may enjoy our present lives. The losses still go on in more recent conflicts. It may have been under different circumstances but a loss to a family is still as traumatic now as it was in those dark days of our two World Wars. "Let us remember all those who have died in conflicts and be eternally thankful to them".

WE WILL REMEMBER THEM

If you wish to pay tribute to those who gave their lives for us, please come along on SUNDAY 9th NOVEMBER to the Parish Church (10.00) and Memorial Service (afterwards) (11.00).

May I take this opportunity to remind you official Poppy Sellers will be about in our village and any donation will be gratefully received. The money collected goes to the Poppy Appeal which in turn is used to help those in need. The Poppy Appeal has done great things in the past. Help us collect more to meet the ever increasing demands made upon it.

WEAR YOUR POPPY WITH PRIDE

Thank you.

**Marcus Liddington
Branch Organiser**



Saxon Way, Dersingham

Dear Newsletter

Cancer Coffee Morning

Can we please, through the Newsletter, offer our sincere thanks to all the people who attended and gave donations and raffle prizes, also the helpers.

We raised £287.

**Terry, Brenda & Debra Wagg
& Michelle Howlett**



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THE HEACHAM NEWSLETTER

Following on from Mike Trundle's article on Heacham Park in the October edition of The Heacham Newsletter, we have received the following two letters, and photo, in response to the 'Dolly in the Box':-



Marea Meadows

Dear Newsletter

Heacham Park.

With reference to the October edition, Mike Trundle was asking in the Heacham Park write-up, who the "Dolly in the Box" was? I can tell you who it is, as it was my mum, then known as Pamela Dobbie but later as Pam Thomas. Sadly I lost my mum in 2011, but it was lovely to see the picture printed.

Hollie Ashley



Jarvie Close, Sedgeford

Dear Newsletter

Heacham Park

Further to the Heacham Park Fete in 1953 and the 'Dolly in a Box', it is Pamela Dobbie who received first prize, sister of Anita Dobbie. The lady standing with her was Anne Dixon.

Hope this helps.

Juliet Slight





Fenway

Dear Newsletter

Car Boot Season

As the Car Boot season has closed I would like to thank all the generous people who have donated to my stall. We have raised £2,000 for the Queen Elizabeth Hospital.

A special thanks to all the Boys(!!!) who did the tables for me and to Cora for all her crocheting of the blankets and my helpers with the stall.

Thank you.

P Sanderson

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News & Events in the Community...



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Liane Moriarty hails from Australia and has quickly risen to be a bestselling author worldwide. As you might imagine with such an interesting surname, Liane's novels are full of intrigue and provide a fascinating glimpse into human behaviour. Keep the little grey cells active by popping in on a Wednesday afternoon to play scrabble.

The free online courses are 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. Three, free sessions of one and half hours in small learning groups are available. Please ring 01485 572142 to book your free place or to have a chat about what "Learn my Way" entails.

Heacham Library Opening Hours

Monday, Wednesday, Friday - 10am-4.00pm
Saturday - 10am – Noon



Heacham In Bloom



October saw the Team continuing to plant out for winter and spring colour. Thank you to those of you who supported our Quiz Night at the Fox and Hounds, especially to our hosts Mark and Marie and Quiz Master Marcus Liddington. The Annual Christmas Coffee morning is on Saturday 6th December at the Church Hall so please join us for a slice of Yule Log.

Heacham In Bloom are a fairly informal group, but it does hold an AGM at this time of year; looking back on the 2014 In Bloom year and consolidating plans for next year. All are welcome to attend.

Heacham In Bloom
heachaminbloom@btinternet.com

Heacham In Bloom

AGM

Monday 17th NOVEMBER at 7.00pm
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Photos taken by Richard Brown at Bray's Pit





Scallywags Parent, Baby & Toddler group

Autumn's here! Bring out the wellies! It has now been 2 years since Scallywags re-opened after the flooding and Jo and I took the reins from Tracey and her merry band. In fact it was through coming to Scallywags 4 years ago that Jo and I met – friendship at first sight! We have now witnessed other friendships forming between a whole wealth of people: people who are new to the village, grandparents/carers, new mums, etc. People who might otherwise feel isolated can find companionship, paints, playdough and a cuppa. It can be quite daunting to arrive at a new group and we will always take the time to welcome new faces. It is a lovely setting in which to make friends of all ages, from different villages, share problems, have a coffee, play where you like and take a lovely picture home. And there is always someone to watch your little one while you pop to the loo in peace! We pride ourselves on being an open and friendly group. There is no obligation to come every week or to stay for the whole time, popping in whenever and for however long is just fine.

Every week we have lots of toys out, an art and craft activity or 2 (usually quite messy and always fun!), snacks and a drink at about 10am with a hot drink for the grown ups served by our amazing tea lady Liz. Then at about 10.45am Tracey (and a BIG thank you to her) leads us all through some nursery rhymes. All the children can choose a musical instrument and as they shake, rattle and bang their way through the classics they recognise words/actions and love to join in!

There is always the odd thank you to make and this month is no exception! A big thank you to: Anna and Karl of Dersingham Budgens and Wallis Electrical shop in Heacham for bringing us so many big boxes for the children to make into castles/boats/rockets – whatever their lively imaginations like! Thank you for your continued support of Scallywags. Christine Dean for, from a chance conversation with Jo, taking the time to send us lots of ideas for parachute games.

Louise's mum, Angela, for giving us a lovely bag of shells. Louise for her tireless work in the Scallywags garden – can you hang up your trowel for winter? Noot, Vicky, Louise and Chrissy for helping set up when Jo had to whizz away to help get Merry to school!

Our friendly and lively parent, baby and toddler group is on every term time Wednesday from 9.30-11.00am. The cost is £2 per family. We look forward to seeing you. If you would like any more information then please call Clare on 07816 913657 or Jo on 07521 447284.



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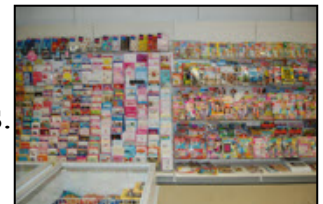
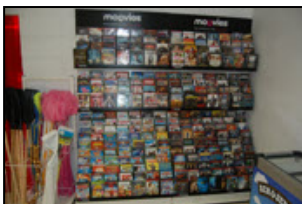
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CHURCHES TOGETHER IN HEACHAM

Just a thought.....

I was talking to someone the other day about a programme I used to watch (I don't spend all my time in front of the television – well not all anyway) 'Britain – 3 Billion Years in the making', and throughout that programme I saw the most beautiful images of the British countryside, the coast, the urban areas, and the British flora and fauna. But what I remember most of all was that I was watching the wonder that is God the creator. It always takes my breath away to see what God has done for us, and you know deep down that, as the hymn puts it, God is good.

It is so easy to see God in all the beauty, but it is far more difficult when all the beauty turns to ugliness and hate such as we are witnessing in Syria and Iraq to name just two. And when we hear of the awful atrocities going on in those countries and around the world, it is then the question is asked "where is God in all this?" And it is a very valid question which, if we look back in the Old Testament, was asked time and time again. Many of the Psalms bring sharp questions to God as to the way things are and they demand to know what God's role is in human affairs. Eavesdropping on Israel's prayer with God, as we do whenever we read the Psalms, tell us that Israel was incapable of an address to God that did not confront Him with the huge issues of justice in the world. For example Psalm 137 is a psalm which cries of God seemingly abandoning his people in the midst of their adversity, and searching questions are asked by the psalmist which may seem like acts of little faith, but in fact are expressions of bold faith.

We must never be afraid to ask the big questions of God. Nothing should be out of bounds or inappropriate, because from our prayers of despair can and will come new beginnings. God is a God of surprises, a God who can create new life where all points to disaster.

During this November month we will commemorate Remembrance Sunday, and as we remember those who have lost their lives in all conflicts, let us reflect on this advent hope *"swords will be beaten into ploughshares, spears into pruning hooks and nations shall not lift up sword against nation, neither shall they learn war any more."*

Rev. Steve Oliver

Minister: Heacham Methodist Church



METHODIST CHURCH Sunday Services

10.30am **Morning Worship**

Preachers:

- 2nd November - Rev. Stephen Oliver
- Holy Communion
- 9th November - REMEMBRANCE DAY
At Parish Church, **10am.**
- 16th November - Jenny Sparks
- 22nd November - Rev. Stephen Oliver
- Holy Communion
- 30th November - John Miles

Remembrance Day

As usual, Heacham Methodist Church will be joining with our friends from St. Mary's at the Parish Church for a Remembrance Day Service on Sunday 9th November.

Note the earlier time of 10.00am.

Midweek Holy Communion Service

A midweek Holy Communion Service is held at 10.30am on the second Wednesday of each month. The November Service will be on Wednesday 12th, conducted by Rev'd Stephen Oliver. Remember, you do not have to be a Methodist member to attend, ours is an open table. All who love the Lord are welcome.

Regular Activities at the Methodist Church

MONDAY: Indoor Bowls - 7pm weekly

TUESDAY: Ladies' Fellowship:

11th and 25th November, 2.15pm

Hands and Needles Club

11th and 25th November, 7.30pm

THURSDAY: Social Evening, 12th November, is a Quiz

FRIDAY: Indoor Bowls - 7pm weekly

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

Social Evening

The Social Evening on Thursday 12th (see above) is a Quiz organised by Ray. Come and give it a try!

THE PARISH CHURCH OF ST. MARY:

Sunday Services in November 2014

8.00am Holy Communion (BCP)

- 10.00am 2nd Holy Communion
- 9th Morning Worship
- 16th Morning Worship
- 23rd Morning Worship
- 30th Holy Communion

10.30am 2nd Services at the Junior School
(see note below)

4.00pm 2nd Service of Light and Remembrance
(see note below)

Sunday Services in November (continued)

- 6.00pm 9th Holy Communion
- 16th Evening Worship
- 23rd Evening Worship
- 30th Evening Worship

Services at the Junior School

2nd November Morning Worship: We are sorry to have to report that the above will be the very last Service of our Junior School Congregation. This Congregation has been going for 22 years and recently celebrated its 22nd Anniversary, so it is sad that altered circumstances have made this change necessary. In future, this Congregation will meet at St. Mary's.

SERVICE OF LIGHT AND REMEMBRANCE

On Sunday 2nd November at 4pm at St. Mary's Church, Heacham. Everyone is welcome to this special service during which we remember those who have died in a quiet, reflective service with candles lit in their memory.

BONFIRE PRAISE

Please join us around our bonfire in St. Mary's Church car park from 6pm on Friday 7th November, when you can enjoy a delicious hot dog and good company (and a large bonfire!). All ages welcome (Note: there will be limited space available for parking a car in our Church car park, but if you intend coming it would be better to park on Hunstanton Road, down near the Church entrance).

OPERATION CHRISTMAS CHILD

Make a difference to the life of a child in need by taking part in the world's largest Christmas shoebox appeal, Operation Christmas Child.

Get a shoebox, cover it in Christmas wrapping paper, then fill the box with items suitable for a boy or girl aged 2-4, 5-9 or 10-14.

For further information and a leaflet contact St. Mary's Church, Heacham, or our Christian Bookshop opposite the Methodist Church. The shoeboxes have to be in by 16th November.

CHRISTMAS DAY LUNCH 2014

If you are going to be on your own on Christmas Day and would like to join us for lunch at 12.30pm please book with Mary Sanders (570264). Obviously, numbers are limited, so you are advised to book as early as possible. Transport can be arranged if needed.

November Services at Nursing/Residential Homes

Tues 4th Nov 2.30pm Rebecca Court
Mon 10th " 11.00am Holy Communion at Millbridge
Wed 19th " 2.30pm Summerville
Fri 28th " 10.30am Fridhem

Church Contacts: (telephone code: 01485)

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



Autumn 2014 Concert

Saturday, 8th November 7.00pm
St Mary's Church, Heacham

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Hunstanton Catholic Parish

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



The sponsored walk on Sunday 5th October was very enjoyable, with 14 walkers and 2 dogs, making the most of the lovely warm sunny weather on the day. A welcome cup of tea and cake was available at the parish centre upon our return. The final sum raised is not yet available but this event is a major fundraiser for the parish.

We have a fish and chip harvest supper planned at St Cecilia's for Friday 7th November, with World War 1 themed costumes and music, and poppy decorations for the commemoration weekend of Remembrance.

Watch for our parish social events during the year which are advertised on the website, in the weekly bulletins and on church notice boards. Are you new to the parish? We would like to make you welcome. Just complete your contact details on one of the cards in the porch and hand to the priest or put into the collection plate so that we can include you on the parish list.

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11.00am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9.00am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome.

Our daily Masses are held at St Theresa's Convent, 27 Sandringham Road, Hunstanton, except on Wednesday when it is usually at 10.15am at St Cecilia's, Dersingham. *This is subject to change so please check for dates and times on Church notice boards, website or phone.* Sunday Masses are 9.00am at Dersingham and 11.00am at Hunstanton.

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
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The next Messy Church will be on

Saturday 29th November

At St Mary's church, Heacham



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Would you like to learn Bridge?

Welcome to the new regular article about bridge which in my view, although I may be biased, is the best card game there is.

Bridge is an easy game to play – don't let anyone tell you different. There is far too much mystery surrounding the game for my liking. To play the game at a reasonable level requires patience, diligence, concentration and the ability to count up to 13. You do not need to be a previous mastermind winner. Of course to become an expert at the game requires more time and one of the fascinations of the game is that you never stop learning.

The purpose of these articles is not only to introduce complete beginners to the game but also to encourage those who may have started but who, for whatever reason, have not progressed.

I shall try and keep the articles simple, straightforward and informative.

Bridge is a game for 4 people. Each player has a partner who sits opposite and they play as a team against the other two players at the table. Of course whilst learning you can practise on your own or learn with a friend which is often more fun. In such cases you have to pretend that you are playing with 4 people. Don't worry I will show you how.

Bridge is divided into two distinct sections; bidding and playing the cards. In the early articles I will concentrate primarily on the latter as I am sure many of you will have at some time played whist which you will find helpful.

Dealing the Cards: Before we learn anything further about the game, let's get some cards into your hand. There are 52 cards in the pack and the dealer (it can be anyone) deals one card face down to each player starting with the player on the dealer's left. Once the deal is complete all players have 13 cards. And each player's 13 cards is known as "a hand".

Sorting the cards: All players now pick up their cards and sort them into suits; spades, hearts, diamonds and clubs. It is a good idea to separate the black and red suits as it is easy to mistake hearts and diamonds.

Value of hand: Those of you who play whist know that a hand which has lots of Aces and Kings is worth more than one which has not. Bridge has a way of evaluating hands as points are assigned to the high cards as follows:

Ace	-	4 points
King	-	3 points
Queen	-	2 points
Jack	-	1 point

There are therefore 10 points in each suit and because there are 4 suits, there are 40 points in the pack. Statistically you are likely to be dealt a hand with an average of 10 points each time. Well of course this does not happen; sometimes you get lots of points or frequently in my case – very few!

If you are dealt a hand with no points, not even a 10, the hand is known as a Yarborough. This hand is named after Charles Pelham, the 2nd Earl of Yarborough, who lived in the early 19th century. He offered £1,000 to any player who was dealt a Yarborough on condition they paid him £1 every time they weren't. The odds of being dealt a Yarborough are 1:1820 so he was on a good wicket. History does not relate whether he was successful or not.

As a short exercise, look at the following hands and work out how many points each has:

♠: A,10,8	♥: K,Q,10,4	♦: 4,3,2	♣: J,9,7
♠: Q,6,5	♥: K,Q,10,4	♦: A,K,4,3,2	♣: 2
♠: A,5,4	♥: A,K,Q,10	♦: A,4,3,2	♣: K,3
♠: 10,8,6	♥: J,5,4,	♦: Q,4,3,2	♣: 10,9,8
♠: J,8,7	♥: 10	♦: A,7,6	♣: K,J,10,9,6,4

Finally, find some cards and deal a few hands. Sort the cards and see if you can work out how many points each hand has and how many in total you and your partner have.

If anyone would like further information on the game of bridge, please do not hesitate to phone me on 01485 572408 or email me on brb.carrick@gmail.com

Bob Carrick



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THE SONG REMAINS THE SAME

Monthly musings on music by Frank Edmonds

Sounds of the Seventies

As a teenager of the Seventies, I still have vivid (if fairly horrific) memories of purple loon pants, a particularly displeasing pair of flares which were black up to an arrowhead point over the knees and then a sort of lavender colour above ... and I think we'd better stop right there, basically (just don't make me talk about what passed for my haircut in those days!).

Tell you what. Instead, let's just concentrate on three classic singles from the super sensational Seventies, eh?

• **SILVER MACHINE** Hawkwind (United Artists, UP 35381, 1972, No 3)

"It flies / Out of a dream / It's antiseptically clean / It turns everything green"

Sometimes a single comes along and catches everyone by surprise, because it sounds like no other – in fact, it sounds like it doesn't even really belong to the charts at all.

Silver Machine sounds like a bunch of unruly rock degenerates have captured Doctor Who's Tardis and somehow converted it into a hit single. It really shouldn't work – in fact, both the lyrics



and the tune are a bit rudimentary. But Hawkwind manage to sprinkle space dust over it, and the results are quite extraordinary. Hello, Earthlings! Space rock is born!

Two things really make Silver Machine lift off, as it were. The first, fairly obviously I suppose, is the bizarre and compelling noises that sound like some kind of flying machine is taking off and landing throughout the song – courtesy of band members Dik Mik (Michael Davies), who is credited with "generators and electronics," and Del Dettmar, on synthesisers.

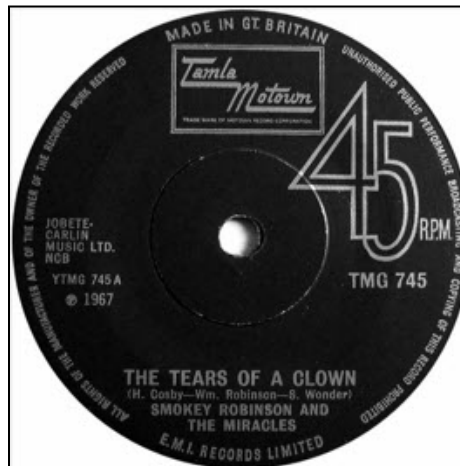
But the second, equally unusually, is Simon King's drums. They kick the whole thing off at the beginning, like some sort of musical take-off, and provide a rolling propulsion all the way through, as if they're the tune's lead instrument, rather than just its rhythm. Well, the lead after all the funny noises, admittedly. But the combined effect is really quite spectacular.

Unusually for Hawkwind, the vocals are handled by the now-legendary Lemmy (Ian Kilmister) – something that happened pretty much by default. The song's co-writer and occasional member Bob Calvert's original vocal was deemed unsatisfactory, and just about everyone in the band then had a stab at it before someone suggested Lemmy have a try. And the rest is history.

Lemmy, of course, was soon to be unceremoniously kicked out of the band, for alleged drug misdemeanours. Which was a blessing in disguise, because it gave the world Motörhead, the band he subsequently formed, and named after the last song he'd written while still with Hawkwind. Well, Motörhead was a more user-friendly band name than his first idea – a word which generally translates as "illegitimate child"!

• **THE TEARS OF A CLOWN** Smokey Robinson And The Miracles (Tamla Motown TMG 745, 1970, No 1)

"If there's a smile on my face / It's only there trying to fool the



public / But when it comes down to fooling you / Now honey that's quite a different subject"

Isn't this just one of the best pop songs ever written? And it may not come as a surprise to hear that it was the product of not one, but two Motown big hitters. William "S m o k e y"

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Robinson wrote those brilliant lyrics, but the irrepressibly bouncy and catchy tune was the work of none other than Stevie Wonder, together with his producer Hank Cosby.

You could argue that I'm cheating by calling this a Seventies song, because while it was released as a single in 1970, topping the charts in both the UK and the US, it first saw the light of day as a humble album track in 1967.

Its origins actually date to the 1966 Motown Christmas party, to which Stevie took this instrumental he'd written but couldn't write lyrics for, wondering what Smokey could do with it.

Smokey thought it reminded him of the circus, which led him to the idea of a happy-sad clown. Not a new idea, but an effective one. In fact, in his lyrics, Smokey references the 1892 opera Pagliacci, about an unhappy clown ("Just like Pagliacci did / I try to keep my sadness hid / Smiling in the public eye / But in my lonely room I cry ...". Who said pop stars don't get culture?!).

The way Smokey uses words, wrapping them round the rhythm of the song, is wonderful: "But don't let my show convince you / That I've been happy since you / Decided to go / Oh I need you so ..."

The song was destined to remain hidden on the Miracles' Make It Happen album, until in 1970 the UK arm of Motown decided it wanted a single to follow up 1969's equally brilliant Tracks Of My Tears. Bring on more tears!

Whatever the case, it worked. Smokey, who had wanted to retire from performing, to spend more time with his family and concentrate on being Motown's vice-president, had to postpone his decision. And the Make It Happen album was reissued under a new title ... The Tears Of A Clown.

Bizarre random fact: this song is one of the few chart-toppers ever to make use of the bassoon!



• GOODBYE TO LOVE The Carpenters (A&M, AMS 7032, 1972, No 9)

"I'll say goodbye to love / No one ever cared if I should live or die / Time and time again / The chance for love has passed me by / And all I know of love / Is how to live without it"

I must confess I never particularly liked The Carpenters. True, Karen Carpenter had a fabulous voice – it would be churlish beyond belief not to acknowledge that. But their songs were usually altogether too sugary for my taste.

Except this one.

In fact, what a wretched, bitter and woebegotten song this is! "There are no tomorrows for this heart of mine" ... "All the years of useless search have finally reached an end / Loneliness and empty days will be my only friend" ...

It lurches along on a tidal-wave of self-pitying misery, made all the more alarming by being delivered by such a sweet and normally positive voice as Karen's.

I love it!

And then of course – suddenly and completely without warning – comes ... THAT guitar solo!

Woah! A full-on fuzztone monster comes slashing and squealing out of the speakers, as if a rock guitarist had suddenly burst into the studio, held them up at gunpoint, done his worst, and then left. Richard Carpenter's arrangement immediately lays on some thick lush harmonies afterwards to remind you that yes, you are actually still listening to a Carpenters single – but the damage has been done. Wow!

The guitarist concerned was one Tony Peluso, who was actually a big Carpenters fan, and initially played something nice and gentle, as you might expect. But Richard allegedly told him: "No, no, no! Burn it up! It'll be great!"

Heaven knows what he was thinking ... but it was inspired!

• NEXT MONTH: I'll be taking a look at the Eighties, so if you have a favourite song from then you'd like me to feature, drop me a line in the next fortnight at: oldlowestoftboy@gmail.com

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TIDE TABLES FOR NOVEMBER & DECEMBER 2014

HIGH WATER AT HUNSTANTON Heights above chart datum									
November 2014					December 2014				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SA			12 53	5.8	1 M	00 31	6.3	13 40	6.1
2 SU	01 00	6.1	14 14	6.1	2 TU	01 45	6.4	14 47	6.3
3 M	02 18	6.4	15 19	6.5	3 W	02 53	6.5	15 46	6.5
4 TU	03 20	6.9	16 15	6.9	4 TH	03 52	6.8	16 37	6.9
5 W	04 15	7.3	17 04	7.3	5 F	04 46	7.0	17 22	7.1
6 TH	05 06	7.5	17 46	7.4	6 SA	05 36	7.1	18 03	7.3
7 F	05 54	7.6	18 26	7.5	7 SU	06 23	7.1	18 43	7.3
8 SA	06 39	7.6	19 05	7.5	8 M	07 08	7.1	19 21	7.3
9 SU	07 23	7.5	19 41	7.4	9 TU	07 47	7.0	19 55	7.1
10 M	08 03	7.3	20 14	7.1	10 W	08 23	6.8	20 26	7.0
11 TU	08 42	6.9	20 47	6.9	11 TH	08 57	6.5	20 57	6.8
12 W	09 20	6.4	21 20	6.5	12 F	09 32	6.2	21 32	6.4
13 TH	10 02	5.9	22 01	6.1	13 SA	10 13	5.8	22 15	6.1
14 F	10 57	5.6	22 59	5.7	14 SU	11 04	5.6	23 10	5.7
15 SA			12 10	5.3	15 M			12 09	5.5
16 SU	00 21	5.5	13 21	5.3	16 TU	00 22	5.6	13 17	5.5
17 M	01 34	5.6	14 25	5.7	17 W	01 32	5.6	14 21	5.7
18 TU	02 34	5.8	15 18	6.1	18 TH	02 35	5.8	15 17	6.1
19 W	03 25	6.2	16 03	6.4	19 F	03 32	6.2	16 07	6.4
20 TH	04 10	6.5	16 44	6.7	20 SA	04 23	6.5	16 53	6.8
21 F	04 53	6.8	17 23	7.0	21 SU	05 12	6.9	17 37	7.1
22 SA	05 35	7.0	18 01	7.1	22 M	06 00	7.1	18 20	7.4
23 SU	06 17	7.1	18 40	7.4	23 TU	06 47	7.3	19 02	7.5
24 M	07 00	7.3	19 18	7.4	24 W	07 33	7.4	19 43	7.6
25 TU	07 42	7.3	19 55	7.4	25 TH	08 17	7.3	20 25	7.6
26 W	08 24	7.1	20 34	7.3	26 F	09 03	7.1	21 09	7.4
27 TH	09 10	6.9	21 18	7.0	27 SA	09 52	6.8	21 58	7.1
28 F	10 01	6.5	22 10	6.7	28 SU	10 47	6.4	22 54	6.8
29 SA	11 07	6.2	23 14	6.4	29 M	11 52	6.2		
30 SU			12 26	6.1	30 TU	00 00	6.4	12 59	5.9
					31 W	01 11	6.2	14 09	5.9

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The Kitchen Gardener.

November – late autumn. What is soil? A mystery solved and a truly splendid tea.

My garden tasks this month involve a lot of clearing up, sorting out, mending nets and collecting leaves. The slow to break down brown leaves – beech and oak for example, go into my chicken wire leaf bin. The reds and yellows of the cane fruit and Japanese acer leaves are mixed into the compost bins. All will eventually feed the soil, and I'm wondering what, exactly, am I feeding?

All soils are different, but on average slightly less than half is solid matter – mineral particles of sand, silt and clay. About 5% is organic matter, a mixture of the remains of plants and animals, decomposing vegetation and the vital organisms that breakdown all these things – worms, bacteria, fungi, viruses etc. I read somewhere that there are more living things in a handful of rich soil than there are people on the earth. The rest of our soil is air and water filling the spaces between the crumbs of earth.

Soil gives our plants anchor, space for the roots to breathe, water for them to absorb, and most of their nutrients. Leaves are the plant factories taking in carbon dioxide from the air and water from the roots to make sugars and starches. The other nutrients a plant needs come from the soil and are absorbed by the roots. They begin as complex forms and it is the breaking down of organic matter by micro-organisms that eventually releases these nutrients in simple forms for the plant to take up.

The soil needs nourishment to turn decayed matter into life supporting food for our plants. A fertile soil is one with the best conditions for micro-organisms to go about their work. They need oxygen, moisture and an adequate supply of organic matter to work on.

Speaking of nutrition, here's a description of a Yorkshire tea written in the early 1900's and referring back a good number of decades beyond that.

The table was laid with a white cloth. A cold pie at one end and a cold round of beef at the other. Ham on one side and a deep dish of potted fish paste opposite. An apple pie and a jug of cream, cheese cakes and a slab of parkin. Cheese, two sorts of jam and a bowl of one of our oldest English salads – watercress, served all fresh and crisp. A special dish for watercress was made in the Potteries – a holey bowl on top with a dish below to catch the drips, it must be served fresh and wet. Oatcakes and butter to eat them with and teacake. The writer – a Yorkshire woman herself – comments that Yorkshire people understand a meal. I'll say!

Before refrigeration, watercress was kept fresh by hanging loosely in a wet cloth or in a towel sagging over a bucket of water in a cool cellar.

Thinking of the parkin on the bountiful tea table, parkin/gingerbread what's the difference? Lots of reading later and I think it's the use of oatmeal in parkin. For many centuries oats were a staple for man and beast in Scotland (where it is said the best flavoured oats grow), English border counties and the Midlands. Further south and parkin becomes gingerbread or ginger cake with the use of lighter textured wheat flours. Oats grow best in a northern climate and I've discovered a wealth of unusual and regional dishes made from oats.

There's something called Wash Brew for example which dates back at least to the early 1600's. A double handful of fine oatmeal is stirred into 4 pints of water and left to stand overnight. Next day it is boiled gently until thick then a knob of butter and enough milk to make the mixture the consistency of double cream is stirred in. It is cooked on for longer then a little is put on a cold plate to test for setting – rather as we test the set for jam. It is then poured into shallow bowls and eaten cold as a summer breakfast with cream and sugar.

Oatmeal is oats that have been milled (like wheat is for flour). It is usually graded fine, medium and coarse. The first two can be used for baking and the coarse is often used for porridge, it's also lovely used as a coating for rustic breads.

Oat flakes – rolled oats - are the husked grains which have been rolled mechanically into flakes as are jumbo oats which are larger and coarser.

I found more recipes for parkin than you could shake a stick at, a variety of methods too. Yorkshire parkin with oats or oatmeal, Cheshire and Lancashire parkin with oatmeal and all with varying ratios of flour combined with the oats. One interesting recipe has a hint of the cinder toffee method about it with bicarbonate of soda and vinegar adding fizz to the batter, and if the cake has risen after a short time in the oven it is shaken to make it sink.



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This recipe is a Lancashire parkin and has a high proportion of oatmeal. Mix together 8oz/225g medium oatmeal, 3oz/75g plain flour, 2 teasp ground ginger, 2oz/50g brown sugar and ½ teasp bicarbonate of soda. Melt 4oz/110g margarine or lard with 4oz/110g golden syrup and 4oz/110g black treacle and add to the dry ingredients. Stir in 2½ fl oz/75ml milk to make a soft consistency. Cook in a greased and lined shallow tin for 1¼ hours at 150C/Gas 2.

Cool in the tin then remove and store (cut into squares or slices if you like) in an airtight container where it must be kept for at least a week before eating. Most of the old recipes say at least two weeks, others say four weeks, and all say that it improves with keeping as the flavours develop and the cake becomes moist and sticky. There used to be special wooden boxes for storing parkin to allow it 'come again' before it was eaten. In the north country the tradition was to cook an extra batch of parkin and serve it hot and covered with a thick layer of hot apple sauce at tea time.

Many years ago I bought the prettiest china dish, quite shallow with charming pink roses around the rim, holes in the flat base and three fairly short legs. The dish was clearly missing the bowl beneath but it was a love affair and I couldn't leave the car boot sale without it. It sits on my kitchen windowsill to this day, usually holding some fruit ripening or maybe a tiny vase of flowers and the odd interesting stone or two marked with a fossil or unusual stripes that I've found while weeding.

Its purpose has been a mystery to me and I have frequently thought about what it could have been used for. At one time I wondered if it may have been for making soft cheeses until I started making my own when I realised it wouldn't be practical. Now, I do believe my mystery dish could be a watercress holder, maybe even one from a Yorkshire tea table.

Hilary Dellar-Lane.

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Heacham at Night

Another Doctor Who moment: as I write this the date for Heacham at Night Live 4 is still a week in the future. I hope you were there. Neither has the Orionid meteor shower yet happened. I hope I, and you, saw some.

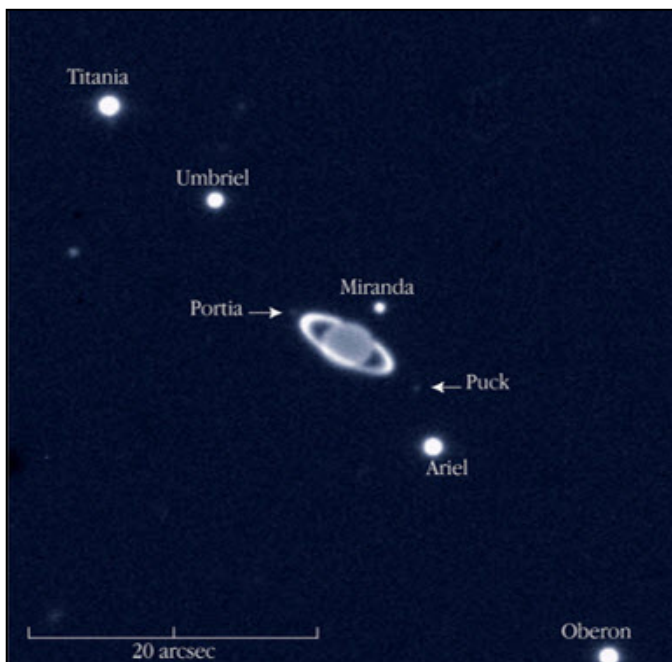
Anyway, what to look out for in November: Uranus is still very well placed for most of the night and the 4th of November provides a good opportunity to actually find this very small blue blob. First find the moon at 5pm. This will be easy as it will be gibbous – not far off full. Use binoculars and scan just below the southern edge. Very close to it will be Uranus. It will be hard to make out against the glare of the moon so carry on looking as the sky darkens. The gap between Uranus and the moon will widen and the position of Uranus will move east. At about 5.30pm it will be about at the corner of a triangle formed by dropping a line down from the eastern limb of the moon until it meets a line drawn from the southern. 6pm should find it dark enough to pick out the blue blob easily. By this time it will be even further east of the moon, more or less in line with the southern limb.



If you miss Uranus this time try again on 2nd December. At half past midnight the gibbous moon is to the west and a little above it..

The picture above is the blue blob

from Heacham. The picture below was taken in infra-red by the European Southern Observatory in Chile. Yes it isn't Saturn but there are rings. Jupiter, Saturn and Neptune have them too but Saturn's are the most extensive and brightest.



Now for the early risers and night owls: Jupiter gradually becomes a good early hours object as November progresses. On the 1st look east from about midnight, further south as the night progresses, due south around 5am. As the month moves on, Jupiter will be higher earlier and appear more to the south (remember it is the rotation of the Earth both around the poles

and around the sun that causes most of the apparent motion of Jupiter which is a long way away).

If you have access to a telescope or good binoculars look out for these events amongst Jupiter's Galilean Moons:

2nd November, between 5.53am and 6.11am, Callisto occults, passes in front of, Io.

16th November, between 5.07am and 5.10am (yes, just 3minutes), Io occults Europa.

19th November, between 3.02 am and 3.09am, Callisto occults Ganymede.

25th November, between 2.11am and 3.35am, Ganymede eclipses, casts a shadow, on Callisto.

If nothing else, you have now been reminded of these moons and the fact that their passages around Jupiter can be seen in real time – they move pretty fast. Such occultations, eclipses and transits (when a moon passes directly across the face of Jupiter) occur throughout the year. There is even an app to show the relative positions of the Galilean moons 24/7 on a smart 'phone – just in case you need to know.

Mars is visible all month, low down in the south, south west from about 5.15pm. I am going to try and view it from Heacham beaches looking over Snettisham towards King's Lynn. I will also be doing this on 19th October, and the days either side, looking for the comet which is due to, has, grazed Mars which I mentioned in last month's article. The comet has become a concern for NASA and ESA, and no doubt the Indians too as particles from it could damage the plethora of space vehicles orbiting Mars at the moment. As I write this, the orbits of such vehicles are being altered to hide them behind Mars at the time of most likely hiatus. Cameras on space and surface craft will also be turned onto the comet. If anything interesting happens you will have probably seen it on the news.

In November, Mars also points the way towards some star clusters – very good objects in binoculars - 2nd November, M23, and on the 6th, M22.

On the 25th, at 5.15pm, Mars is due west of the crescent moon; Due south of the moon, at a quarter of the distance away that Mars is, is Pluto – you will not see this far off historical planet but it is nice you can look towards it and visualise the New Horizons Spacecraft speeding there to pass by on July 14th 2015. On the 26th, Mars is about a hands width below the crescent moon. Look at twilight.

If you can look east south-east before dawn then Mercury should be a good sight. The first week is best, about 6.15am onwards. On the 1st Mercury is as far west of the sun as it will get, it will then appear progressively nearer. On the 21st the crescent moon lies just above it and on the 26th look for a close, faint, Saturn.

Venus vanished around the back of the sun last month. Right at the end of November it might just be seen very, very, low in the SW. I think the haze over the bottom end of The Wash might hide it.

I speculated about your observation of the Orionid meteor shower at the start of this article. Well, all through the last 3 weeks of this month, look out for the Leonids. The shower peaks

around the 17th / 18th. The moon is a crescent then and rises when you have likely gone to bed so a clear sky should allow meteors to be seen. Speaking of meteors, the news story about a meteorite strike in Managua, Nicaragua, last September was a hoax by the mayor who hoped to attract tourists and money to the area - something for Heacham Parish Council to think about. I have a meteorite fragment that could be buried somewhere.

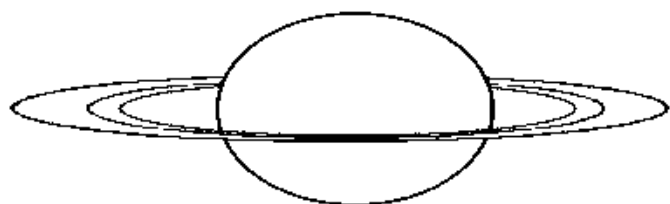
Also about meteors – I saw two huge ones streak across the dark skies of Kelling Heath at the beginning of October. I was, for the first time, camping out at a star party with hundreds of amateur astronomers and ‘scopes. Many people in my bit of the field missed the meteors because they were too busy looking down setting up equipment. So remember, at night, look up, all the time. It was a promising night at Kelling but a fall in temperature precipitated a very heavy early dew which ran off equipment and formed puddles. Heaters can be used to keep lenses and mirrors dry but they use a lot of battery power.

Look out for Orion rising in the east and moving towards the south. About 10pm will give you a good view. It dominates the sky in the winter.



We have darkness early; just need a really cold winter now to get the moisture out of the air. Then the planets will glow and the stars sparkle.

Terry Parish



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1st Heacham Cubs

Before the evenings got too dark the Cubs went out for a compass walk with the aid of a torch. Cubs had been learning how to use a compass in the hall; it was very different in the dark and they had to illuminate the compasses. None of them got lost!

The Thursday before camp the Cubs made a display for St. Mary's Church to display over the Harvest Festival Weekend. There were lots of conkers and sticky strands from the glue guns. Many thanks to Pam who knitted three mice for us to put on our display.

We took six Cubs on camp from 4th - 5th October at Wolferton Camp Site. We arrived on the Saturday at 9am and decided, because of the weather forecast, not to put the tents up. Plan B was to sleep in the hut if it rained as bad as the weatherman said.

The sun was out so we had a chat about camp rules and gave the Cubs a bag and went on a scavenger hunt in the top field. The clouds rolled in around us and at one point we were surrounded by black clouds. We carried on until the wind changed direction and really picked up. At that point we told the Cubs to run back to the hut. Everyone got back to the hut as the heavens opened.

After the downpour we were back outside to sort out the scavenger hunt winners. Joint first were Joel and William J. The Cubs and Young Leaders played kick rounders until lunchtime. While we were having lunch it started to rain. It rained from 1pm to 4.30pm and meant that we could not visit Wolferton Railway Station that afternoon. Luckily we always have a wet weather programme.

So over the next few hours we did axeing and sawing, making kindling for later in the evening when we would hopefully still

make fires. Cubs played knock the tin cans down with bean bags, made hand catapults with elastic bands and folded paper. Rob



showed them how to play table football with three rolled up pieces of paper the size of marbles. In groups we played Play Your Cards Right with a pack of extra large playing cards. Each team had to answer a question then guess if the next card in the row was higher or lower. Chil (Sam L) - it is just a game! Then in pairs the cubs made catapults with bamboo canes, lots of sticky tape, a plastic cup and a ping pong ball.

The rain eased off and at 4.30 we were able to cook tea outside. The Cubs had hot dogs and beans and cake and custard.

While we put the tents up (the Cubs wanted to sleep outside) Nathan (Scout Leader) made and lit our camp fire. Once the tents were up some fire pits were dug and the Cubs then made a small fire and toasted marshmallows whilst being kept warm by the larger camp fire.

The evening was spent playing games until bedtime at 10.30. It was a cold night but the cubs were nice and warm in their tent, and enjoyed their midnight snacks.

Cubs awoke at 6am and got up at 7am, then packed their kit away and tidied their tent up. Breakfast was at 8am and they had sausage, bacon, eggs, beans, bread and butter. After washing up it was time to empty tents and move them into the sunshine to dry them off. Then the Cubs did a litter pick.

At 10.30am we took them to Wolferton Railway Station for a look around and a chat with the owner Richard, who told us all about the station and answered all of our questions. The Cubs left with a train ticket, which they clipped themselves, a postcard and a book mark.

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We were back at the campsite at 11.30 for a quick playtime and then home time was at 12 noon.

Many thanks to everyone who came to help and Rob's table football game was the biggest hit with all of the Cubs. At the end of the camp, all of the Cubs, Leaders and Helpers received a train motif keyring as a souvenir.

The following week the Cubs made up two shoeboxes for the Samaritans Purse which will be left at St Mary's Church for the service in November.

During the pack night the Cubs also watched a video clip regarding what happens to the shoeboxes. We also talked about the difference between what some of the children have and some do not have. Would they be happy with a shoebox with toothpaste, toothbrush, flannel, soap, pencils and a small toy?

We then played a game when they were given an unseen ticket which either said rich or poor. The rich got chocolate biscuits and squash and the poor got plain biscuits and water. Is it fair?

We have lots planned for the next half term and have four rose bushes to plant, one red for red Six, one yellow for yellow Six, an orange rose for green Six and a purple rose for blue Six.

Happy Scouting to all our Cubs.

Akela (Sam), Ziggy (Julie), Rama (Michael), Chil (Sam L) & Young Leaders Hathi (Jemma), Rikki (Tommy) and Mang (Jack)

cubs



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An Unsung Hero of the 1953 Floods, A Telephone Answering Service and a Royal Visitor to Heacham

Last year, on the 60th Anniversary of the 1953 Floods, I wrote of my personal recollections as a 10 year old who slept soundly through the night of 31st January and only witnessed the aftermath in the subsequent days and weeks. At that time I kept wishing that my parents had woken me so that I could have dashed out and performed great deeds of heroism like those of Reis Leeming and others that we read of in the newspapers. Clearly, they didn't think I could be much help so they didn't disturb me. What I didn't realise at the time, was that many other people must have worked unstintingly throughout the night to try to rescue those whose homes had been invaded by the sea. I'm sure that the local police and Fire Brigade didn't get any sleep because they had clearly defined roles and responsibilities for dealing with emergencies, but many other people in Heacham whose names did not make the headlines must also have been out of bed and doing whatever they could to help.

Some time after the publication of my recollections last year, I was talking to my mother, Iris, and she told me of the part played by one of our friends and neighbours, Mr Edward "Ted" Warner. Many readers over a certain age will remember the grocery, furniture and antiques business, R O Warner and Sons, which used to stand on the site now occupied by the East of England Co-op. I think I'm right in saying that the business was started by Ted's father, Roland, before the Second World War. After the War, Ted returned from service with the Royal Navy, mainly on Arctic convoys, to manage the grocery and furniture trade, while his semi-retired father looked after the antiques. Ted had been a Sick Berth Attendant in the Navy and continued to

practise his caring skills as a volunteer first aider for the Red Cross. Most Sundays in the summer months he could be found manning the Red Cross hut on North Beach and would be on duty at many public events in the area throughout the year.

We assume that, on the night of 31st January, Ted had been alerted as a member of the Red Cross but he quickly realised that more help was needed than he could deliver with his little bag of first aid supplies. People whose houses had been flooded were often reluctant to leave them as they had no idea how far they had to go to get to the safety of dry land or what they would do when they got there. Wading in even shallow freezing cold flood water must have been extremely painful for the rescue parties, most of whom didn't have any protective clothing and it was not something that could be done for any length of time without the risk of exposure. Ted came up with a solution. He fetched the light van he used for deliveries and drove into the flood water, encouraging stranded people to climb or jump, often from their roofs, onto the van while reassuring them that he would take them to safety. He then ferried them to Heacham County Primary School which had been set up as an emergency centre. In addition to this he brought mattresses from his furniture store to make the rescued people more comfortable. Ted Warner never claimed that he did anything particularly remarkable that night but, looking back after 60 years, I can't help thinking that what he did showed not just great initiative but extraordinary selflessness and courage. He risked both ruining the van on which his business depended and his own safety should the van become inundated. I'm sure that many similar, unrecorded, acts of bravery took place along the East Coast during that night.

As I said at the beginning, I had no knowledge of these events and have only recorded what my mother has told me. I know



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HN

she would have written it herself had crippling arthritis not made it very difficult for her to write for any length of time. However I share my mother's appreciation of Ted Warner and his family and would like to add a few recollections of my own.

Our family moved from Wisbech to Neville Road just before my fourth birthday in 1946. Warner's was our nearest grocery store so we took our Ration Books to them and my parents soon became friendly with Ted and his wife, Stella. It's strange what you remember through the mists of time, but I always think of the telephone - like most houses in Heacham at that time, we didn't have one! But the Warners had one at the shop and they let us give their number to anyone who might want to contact us urgently. I remember, on quite a few occasions, someone (usually Stella) walking over from the shop to say that "so and so" had rung and could we contact them as soon as possible. I'm sure we were not the only family they did this for. I know it was a different time, but doesn't it throw into sharp contrast the relationship we have with most businesses that we deal with today?

Ted was always helpful and kind to me personally and was never too busy to help with my various over-ambitious woodwork projects by finding me an orange box or a tea chest, even though the results were, more often than not, rather disappointing – some things never change over time! But it was Ted's father, Roland, who was responsible for bringing an extra little excitement into our lives in those post-war years. I only remember him when he was well past middle age (perhaps he wasn't but you know how anyone over 35 looks old to "the young"!) He was a kindly gentleman with smooth, immaculately groomed hair and an equally immaculate moustache. His antiques shop fascinated me even then. He used to store surplus stock in some old sheds, along the side of the lane which runs behind what is now The Great Wall Cantonese Takeaway. Sometimes, when we were playing with Ted's daughter, Susan, or her cousin, Peter, we were allowed to play in the sheds. If I spotted something I liked, I'd take it to Mr Warner and he'd let me buy it for pocket money prices – usually 6d or a shilling at the most. I still have a wooden handled fruit knife embossed with Queen Victoria's Royal crest and a bound volume of every copy of the "The Boy's Own Paper" for 1883, together with numerous boys' adventure books from that era. (Some features in "The Boys' Own Paper" are amazing compared with today's publications; during part of 1883 it showed our adolescent great grandfathers, in weekly instalments, how to make a violin! How many adults would contemplate such a complex project today, even with the benefit of sophisticated power tools?)

Anyway, I digress! It wasn't my interest in antiques that caused the excitement in the village. Occasionally, we had a more important visitor. I remember one day, walking from my home

in Neville Road along Station Road towards the Public Hall, when a chauffeur driven limousine swept round the corner. In the rear seat was the unmistakable figure of Queen Mary, our present Queen's grandmother. I can't remember whether she had anyone else with her, although I would think she must have had a Lady in Waiting, but what seems remarkable today is that there was no police escort or any other obvious security presence. Anyone in Heacham at that time would have known where Queen Mary was going – to Mr Warner's Antique Shop! Forgetting why I had been walking in the other direction I turned round and chased the royal car. Word must have gone round very quickly because by the time I reached the shop there was already a small crowd outside. I still managed to get to the shop window so that I could look inside and see the Dowager Queen browsing the items. By the time she emerged with Mr Warner, the crowd had grown considerably (the pavement was pleasantly wider in those days, similar to that in front of the shops nearer Poplar Avenue). Mr Albert Ray, our local photographer, whose shop was just along the road, had been alerted and was there to record the event and I still remember feeling touched to hear someone in the crowd say "God bless you!" and many voices murmuring agreement. Why Queen Mary favoured Mr Warner over other antique shops in the area, I don't know, but my guess is that he was as fair with her more substantial purchases as he was with my trivial ones. As I said, he was a kindly gentleman; I think she appreciated his qualities and they established a rapport.

The Warner family were an integral part our village life for much of the 20th Century. Fair in business, good friends and neighbours, kind, considerate, involved in the community and, as my 92 year old Mum will testify, when the call came, courageous.

Mike Trundle



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WHAT'S ON REGULAR EVENTS

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

MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room
SUNNYSIDE CLOSE (Sheltered Housing for over 60's)
Coffee Morning 10.30am Tel : 570492
RAINBOW CIRCLE TODDLER GROUP 1pm in school term
time Tel: Pip 570812 or Karen 571837 (SM)
FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey
07900 818311 (PH)
FITSTEPS 1.15 - 2.15pm To book Tel:Jaime 571395 or
07765433100 or email jaimefitsteps@gmail.com (PH)
ROLLASON STAGE SCHOOL Dance Classes 6yrs+
Ballet/tap/modern 4.15-5.15pm Junior Street 5.15–6pm
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)
WEIGHT WATCHERS 6pm Tel:Alison 07796 904311 (OFH)
ZUMBA 7-8pm £4 per class or £7 for both Tuesday &
Wednesday classes Tel: Michelle 07585002124 (SG)
PARISH COUNCIL MTG 3rd Tuesday monthly 7.30pm (PC)
HANDS & NEEDLES GROUP every other Tuesday
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: heachamdigitalcamerclub@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
LINE DANCING Beginners/Improvers 6.30 - 8pm Cost £3
Contact Diane 571166 (SM)

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)
SCRABBLE GROUP meets 2-4pm at Heacham Library No
charge apart from a donation for Tea & Coffee To join or for
more info Tel:298592 Pam Swan
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)
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)
WEST NORFOLK SINGERS 7.30-9pm For info Tel:542960
Heather Titcomb www.westnorfolksingers.org.uk/
(MC)
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5
welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older
people dementia friendly) 9.30–3pm For info see Wednesday
TABLE TENNIS CLUB 10am (PH Top Room)
ACTIVE FOR LIFE see 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 (SM)
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last
Friday of the month at 2pm
1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to
8 years Term time 6 - 7.15pm Tel : Barry 570767 (SG)
TAI CHI & KUNG FU 6-7pm Beginners Tai Chi
7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu
Tel: Derek 01553 674779 (PRH)
CASH BINGO 7.30pm (PH)
WILD FOWLERS CLUB 1st Friday monthly 7.30pm
(HSC Top Room)

SATURDAYS

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

HEACHAM DIARY

Saturday 1st November GIG 'To Be Announced' at Silver Sands

Sunday 2nd November GIG 'Afternoon Jazz' 1.30pm at the Fox & Hounds Station Road

Tuesday 4th November GIG 'Against the Grain' 8.30pm at the Fox & Hounds Station Road

Friday 7th November GIG 'Hush' 8.30pm at the Fox & Hounds Station Road

Saturday 8th November The West Norfolk Singers 'Autumn 2014 Concert' 7pm at St Mary's Church Tickets £7.50 (includes a drink and nibbles) from the Christian Bookshop or at the door More info www.westnorfolksingers.org.uk

Sunday 9th November 'Remembrance Service' at St Mary's Church 9.45am Followed by a Memorial Service at 10.45am

Tuesday 11th November GIG 'Cruiser Blues Band' 8.30pm at the Fox & Hounds Station Road

Wednesday 12th November 'Pamper Evening' 7pm – 9pm at West Norfolk Mind 4 Poplar Avenue Mini Pamper Sessions Christmas Gifts Refreshments Raffle All welcome Free Entry For info Tel: 572707

** 'Friends of Heacham Beaches' AGM 7.30pm at 35 High Street Heacham All Welcome

Friday 14th November GIG 'Where's the Dog?' 8.30pm at the Fox & Hounds Station Road

Sunday 16th November 'Operation Christmas Child' Deadline for submission of Shoeboxes For information and a leaflet contact St Mary's Church Heacham or the Christian Bookshop

Monday 17th November 'Heacham in Bloom' AGM 7pm at Parish Office Pound Lane All Welcome

Tuesday 18th November GIG 'After Hours Blues Band' 8.30pm at the Fox & Hounds Station Road

Wednesday 19th November Old Schoolgirl Friends of Heacham School 'Coffee and a Chat' 10.30am at Norfolk Lavender


Tuesday 25th November GIG 'Keno Kings' 8.30pm at the Fox & Hounds Station Road

Friday 28th November GIG 'Jam with DNA' 8.30pm at the Fox & Hounds Station Road

Saturday 29th November 'Messy Church' at St Mary's Heacham 10am–12 noon Book in advance Tel: Brian/Josephine 571348 or email griffin568@btinternet.com

Sunday 30th November 'Charity Prize Bingo' at Heacham Public Hall Doors open 2pm Eyes down 3pm All proceeds to Xmas Parties

Saturday 6th December Heacham in Bloom 'Coffee Morning' 10am to 12.30pm Various stalls including Bric-a-Brac Cakes Raffle Tombola and Refreshments

Please turn to the next page for 'Other Events' 



**Come Visit Father Christmas
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2.00pm - 6.00pm

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NEWSLETTER SUDOKU No. 86

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

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

Solution to
Newsletter
SUDOKU
No. 85

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

Here are anagrams of 10 countries.
How quickly can you spot their true identity

- | | |
|---------|----------|
| 1 RAIN | 2 ALSO |
| 3 PURE | 4 MAIL |
| 5 PAINS | 6 PLANE |
| 7 TANGO | 8 TAMAL |
| 9 CHAIN | 10 RUMBA |

Answer on Page 40

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OTHER EVENTS

Saturday 1st & Sunday 2nd November Bryan Harford invites you to his 'Autumn Art Exhibition' at Burnham Overy Staithe Village Hall 10.30am to 5pm Free entry

Friday 14th November The Princess Players present a Variety Show in aid of 'BBC Children in Need' 7.30pm at the Princess Theatre Hunstanton Tickets £10 (£7.50 concessions) from the box office Tel: 532252

Saturday 15th November Cinema in Syderstone presents 'Belle' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel 578588 or 578171 or email cinema@syderstone.com

Wednesday 19th November Poetry Morning 'Last Orders' 10.30am at Hunstanton Town Hall Basement For Info Tel: 533933 Ann McKimm

Friday 21st November West Norfolk's 4th 'Celebrate Ability' 10am to 4pm at Downham Market Town Hall Demonstrations Information and Advice

** Anmer Village Social Club Film Night 'Jersey Boys' 8pm Tickets £3 For more info Tel 579465 or email films@anmerclub.co.uk

Thursday 27th November Norfolk Wildlife Trust A talk by Marion & Fred Rowe 'South-West Australia' 7.30pm at Hunstanton Methodist Church Hall £2 members/£2.50 visitors

Friday 28th November Smithdon High School PTA 'Christmas Fayre' 6pm-8.30pm Various Stalls Games Raffle Refreshments All Welcome For info Tel:534541

Monday 1st to Friday 5th December Hunstanton Lions 'Turkey Tinsel Lunches' £5.50 pp for a 3 course lunch For more details or to book complete the form on page 34.

Friday 5th December Princess Players 'Christmas Quiz & Party' at the Community Centre Avenue Road Hunstanton

Saturday 6th December The Friends of St Nicholas' Church present 'A Christmas Concert' with David Stowell and Bilton Silver (Rugby) Band 7.30pm Tickets £9 in advance Tel: 540865/540081 or £10 at the door Refreshments included

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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
FITSTEPS 6.30 - 7.30pm at Ingoldisthorpe Village Hall To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

Tuesdays

BRANCASTER BABY & TODDLER GROUP Simms Reeve Inst.Hall Brancaster 9.30-11.30am(term time) £2 per family For info email: brancasterbabyandtoddlergroup@yahoo.co.uk
KEEP FIT FOR OVER 50's 10.00 to 11.30 am Ringstead VH Cost £3.50 Tel: Val Barnes 01328 864358
COASTAL STROKE GROUP 10.30am - 12.30pm at Hunstanton Methodist Church Austin St For more info Tel: Julie Manning 600930 or Gemma Smith 01366 377803
SLIMMING WORLD 5.30pm & 7.30pm at Hunstanton Community Centre Avenue Road Tel: Jo 07942 818059

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

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

Wednesdays

DOCKING MARKET 9am - 1pm in The Ripper Hall Local Produce Craft and Gift Stalls Tel: 518945

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

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

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

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

CATKINS TODDLER GROUP - Wed afternoons 1.00-3.00pm term time only 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 at Hunstanton Town Hall Basement Tel: 579074

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

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

WEST NORFOLK TAI CHI CHUAN - weekly local Tai Chi classes www.west-norfolk-tai-chi.com for information.

Thursdays

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

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

FITSTEPS 6.15 - 7.15pm at Snettisham Memorial Hall To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

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

Fridays

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

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

Saturdays

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

ROLLASON STAGE SCHOOL with Lucy Rose

Dear Newsletter Readers

As you may be aware we held a Macmillan Coffee Event on Palm Beach Holiday Park on the 27th September.

It was a fantastic day and we would like to thank all those people who came and supported this wonderful cause and helped us raise the terrific amount of around £3,000.00. We still have donations coming in at present so at the time of going to press



a definite amount is not possible.

We would like to thank all the local and some distant companies that sent us such great donations for our tombola and auction which had our Nigel at the gavel for a very funny few minutes.



The cakes stall was truly amazing and our thanks go to our home

owners, friends and local bakers who donated their delicious treats.

We also had an Ice Bucket Challenge and gave Mark Pearson, Malcolm Woods and his grandson Jamie a thorough soaking, hilarious for all present. Jamie himself managed to raise a wonderful £130.00, so thank you Jamie.

Lastly a big thank you to all the crafters that came along with all their wonderful array of crafts, gifts, jewellery, bags, wood turner, lovely food stalls and more.

It was a brilliant day and even the sun shone on us. We cannot thank our holiday home owners, the people from Heacham and those from farther afield for coming and making this day so special for us and Macmillan Cancer Support.

Heres to next year's event!!!

Geraldine Roseblade
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*Offers available from our fresh seasonal Specials Menu and only available with this voucher.

**Please note that Crab may be subject to seasonal change but will be replaced with a delightful alternative.

This voucher must be presented upon arrival. All offers subject to availability and cannot be used in conjunction with any other offers or discounts.



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Paula and Mark would like to say a huge thank you to staff for another busy Summer. Well done.

Also, many thanks to Doreen, Becca and Josh for helping out. Thank you all so very much.

Paula and Mark



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Save a Life

94 people [of 207 notified] attended the blood donor session at the Public Hall on 8th October and 90 units were collected.

There were 5 new donors at the session. Thank you all. The next visit to Heacham which will be on **Wednesday 4th February 2015**. To make an appointment ring the Helpline 0300 123 23 23 or online at National Blood Service information www.blood.co.uk

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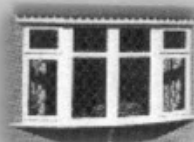
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around and about...

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Venue: Amy Robsart Village Hall,
Syderstone PE31 8RX.

Start time: 7.30pm.

Advance Tickets £3.50 Contact 01485 578588 or 578171

Email: cinema@syderstone.com



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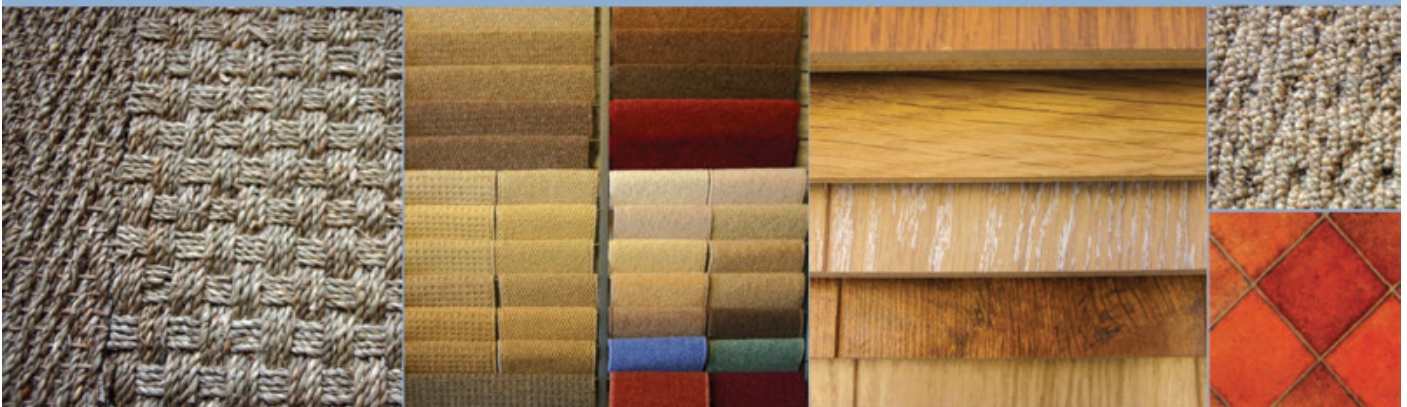
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HOW TO FIND US





The West Norfolk members' group invites you to an illustrated talk by Marion and Fred Rowe

South-West Australia

Showing some of the wildlife of this bio-diverse state
on **Thursday 27th November – 7.30pm**

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



Big Coffee Morning at the Le Strange Hotel, Hunstanton

We would like to thank the Le Strange Hotel, Tracey Skipper and staff for their hosting of this event.

Also, many thanks to local businesses who gave and people who supported us on that day.

We raised a grand total of £922.51.

Many, many, thanks.

Joyce Robbins and Pat Baillie

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Hunstanton Community Choir

Supporting The West Norfolk Older Persons' Forum at The Town Hall on September 10th, 30 members of the Hunstanton

Community Choir performed some of their favourite songs. During the forum, coffee and lunch breaks, the choir offered their own interpretation of light refreshment in the form of such tunes as 'Bridge Over Troubled Water', 'I Dreamed a Dream' and 'All That Jazz'. The choir numbers may have been much smaller than usual, just about a third were able to be there for this event, but the fabulous acoustics of the Town Hall and the enthusiastic singers certainly raised the roof! A donation of £150 from The Older Persons' Forum was made to the choir at the event, for which everyone gives their thanks.

Looking forward to more performances as this year moves speedily on, choirmaster Simon Bower has begun introducing new songs. His beautiful arrangements of 'Can You Feel The Love Tonight', an Elton John classic from 'The Lion King', and the ever popular hymn 'Amazing Grace' both have that "shiver down the spine effect."

You can next see the choir at The Princess Theatre on 14th November, when they join the Children in Need Concert. This annual event promises to be terrific family entertainment, so come along and enjoy the show whilst supporting this amazing charity.

Diane Sheldon

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Bilton Silver (Rugby) Band – 2014

Since its formation in 1893, over 120 years ago, Bilton Silver (Rugby) Band's mission has been to serve its community, both in encouraging young (and not so young!) people to take up music-making and in performing at varied events including formal concerts, church services, parades, fetes and private functions.

In 2014, Bilton Silver has two bands: the Training Band, a thriving group whose three sections involve around 70 young people and adult learners each week, and the main band, a traditional contesting band with around 30 members who travel to Bilton to rehearse twice a week, from as near as a few hundred yards from the band room to many, many miles away.

The main band maintains its reputation through a varied membership, continuing to nurture players with individual memberships of over fifty years, as well as attracting and welcoming high quality musicians as the need arises. This approach, together with the band's policy of introducing less experienced players from the Training Band as soon as they are ready, ensures a healthy mix of knowledge, skill and raw talent across a broad range of experiences.

Besides the band's busy and successful concert diary, it has enjoyed success in recent years in its partnership with their Professional Conductor, David Stowell, bringing home trophies as Midlands Regional Champions and National Runners-up in the Second Section of the National Brass Band Championships in both 2012 and 2013. Gaining promotion to the First Section in 2014, the band was delighted to achieve a very satisfying 4th place at this year's regional contest. The band is looking forward very much to consolidating their place in their new section.

More information about the band and its current activities can be found at www.biltonsilver.co.uk

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TOP TEN TIPS FOR STARTING YOUR OWN BUSINESS

by Kathryn Gigg Chartered Accountants, Hunstanton

Since the financial turmoil in 2008, increasing numbers of people have taken the opportunity to review their working patterns and consider the idea of working for themselves. This can be a very positive and exciting step to take. However, if this is something you have thought about, careful consideration must be given to the whole matter to ensure that you are well prepared for the various challenges that you may face along the way. As with all big decisions careful planning is vital.

Listed below are a number of the key factors that you should consider:

(1) Make sure that you **research your business idea**, your product, or, service, thoroughly. Aim to be different if you like, true to yourself and how you want to do things but prove that there is a market for what you are proposing to do.

(2) You will need a well thought out **Business Plan** whether or not you are looking to borrow your start up funding. Whatever you do, do not budget for the best case scenario but protect yourself by being realistic and “thinking the unthinkable”. If you factor in the need to survive the fall out from a few mistakes, all the better. Banks are not risk takers and won’t consider any request for a business development loan or overdraft facility without a well presented business plan in place; and you yourself should take the same attitude. Enlist the services of a good accountant who can assist you in formatting your financial forecasts and your plan in overall terms. Their experience will help ensure that areas such as **Income Tax**, or **Corporation Tax**, and **VAT** are not overlooked and are properly accounted for.

(3) Aim to have alternative finance lined up even if it might not be needed immediately, e.g. research the issue of grants and other support as this type of funding can be a great help. If you are considering using your own savings or borrowing from the family, take care to ensure everyone is aware of the risks of providing **start up capital**.

(4) Decide on the **most appropriate business structure** for your circumstances:

Sole Trader

A sole trader can be established without legal formality and is the simplest form of business structure.

Partnership

A partnership is not dissimilar in nature to a sole trader but it is advisable to draw up a written agreement to ensure that all partners are aware of the terms of the partnership.

Company

The business affairs of a company are legally separate from the personal affairs of the owners and there is company legislation to comply with.

Limited Liability Partnership (LLP)

This is a half-way house between partnership and a company and is particularly suited to professions.

(5) **Seek advice and support early on.** Taking good accounting and taxation advice at this stage will pay off, hand over fist. It will ensure that you get the basics of your book-keeping and financial records right from the start which will save a lot of heartache in the future. Your accountant will also ensure you have correctly registered your business with **HM Revenue & Customs**, whatever its structure, and, in turn, will establish your **VAT registration** and set up your **PAYE Scheme**, if necessary.

They will also explain the manner in which you will pay your own tax in the future to ensure that you understand the differences between your new life in business and your previous position as an employee and make suitable provision for when taxes need to be paid.

(6) Ensure that you **review your budgets and forecasts regularly**. Once trade has commenced do not simply put your business plan at the back of your desk drawer! You should monitor your performance and use your financial information to your benefit to assess your progress, and revise your strategy if necessary. It is a well known fact that businesses are more likely to fail within the first three years of starting out, so all the more reason to review the figures ‘actual v budget’ so you are forewarned of any likely problems.

(7) Don’t let your business be a secret. Ensure you **market yourself** and your business well. Consider carefully your branding, your logo, your website and your stationery, but do take care to monitor your advertising budget.

(8) Do take advantage of any losses! **Losses** incurred in a new business (as a sole trader or partnership) in the first four years of trade are available to set against your other income taxed in the previous three years. This can often generate a substantial tax refund. Again, your accountant will advise you on how to take advantage of this **tax relief**.

(9) Make **cash flow** your top priority. Establish clear terms of business and maintain robust credit control procedures from the start. ‘Cash is king’ and poor cash flow ahead of poor profitability leads to business failure.

(10) Do not take your eye off the financial ball. **Monitor your costs obsessively**. Take care with your purchasing decisions and the rates that you pay your staff. Fixed costs such as rent, rates and other utilities are incurred regardless of turnover, so ensure you are getting the best deal from your suppliers all round.

There is no question that starting a business is demanding and your determination and enthusiasm will be essential; but, with sensible planning and the right support, you can provide yourself with the best chance of enjoying the success and benefits of being your own boss.

Whilst business success can never be guaranteed, professional advice can help you to avoid some of the problems which befall new businesses.

If you are considering setting up your own new venture please contact either myself or one my team and let our knowledge and experience help get you started.

Mrs Kathryn Gigg FCA

Caution: This newsletter article is produced for guidance only and should not be used as a substitute for professional advice. Accordingly, no liability for any loss or damage can be accepted by Kathryn Gigg Chartered Accountants or other contributors, as a result of any person, company or other organisation acting, or refraining from acting, upon comment made in this article.

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Forthcoming events at Hunstanton Library

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

Regular events:

Scrabble Club:

Every Wednesday from 10.00-12noon. Come along and enjoy a game of scrabble.

Under 5s rhyme time at Hunstanton Library:

Weekly on Fridays 11.00-11.30am

Join us for a preschool rhyme time with staff from Hunstanton Children's Centre. Suitable for preschool children and their parents/carers.

Knit and Natter with the Norfolk Knitters:

Thursday 13th November 10.30am-12.30pm

(Meets on the 2nd Thursday in the month) with the Norfolk Knitters. Come along and knit for charity or, if you're a beginner, we'll help get you started. All welcome. If you're just visiting Hunstanton, come along too!

Card making group:

Meets every two weeks on either a Monday or Friday afternoon 1.00-3.00pm.

One Off events/courses:

Surfs Up Computer course

Starting Tuesday 11th November.

If you're new to computers and would like to learn the basics, this course could be for you! A free 8 session course open to anyone over 60. It covers getting online, searching the internet, email and more! Sessions on Tuesday mornings and Thursday afternoons. Booking essential.

Norfolk's First World War Archaeology:

A talk by Claire Bradshaw from Norfolk Historic Environment Service.

Thursday 6th November – 2.00-3.00pm

Booking essential – tickets £2.

Family History:

Please note the Family History Group will no longer be meeting at the library, but one-to-one help with tracing your family tree is still available. Please contact the library to book an appointment.



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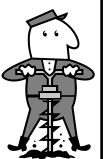
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TURKEY TINSEL LUNCHES
2014

TURKEY TINSEL BOOKING FORM 2014

We are delighted to announce that we are holding our successful Turkey Tinsel Lunches at The United Services Club, Homefields Road, in Hunstanton beginning Monday 1st December to Friday 5th December 2014. These lunches are open to **all Senior Citizens** in Hunstanton and the surrounding area.

Due to the popularity of this event and to make sure we allow everyone a chance to attend, we can only accept one application per name (eg: if you have attended via a group booking, you cannot then attend again under an individual booking).

The lunches cost **£5.50 per person** (non-refundable unless 48hrs notice is given) for a delicious three course meal, including a free cup of tea/coffee after your meal.

Soup
Traditional Christmas Turkey with all the trimmings.
Christmas pudding.
Special dietary requirements will be met.

Please complete and tear off the Booking Form below and return as soon as possible to the address given below on the form. Confirmation will be sent to you.

Please do not arrive any earlier than 15 minutes before the time stated below on your booking form.

We look forward to meeting you at your Turkey Tinsel Lunch.

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Name:.....

Address:

.....

Telephone Number: Home:

Mob No:

Number of people in your party:

Email:

Please **tick** the days you're available to attend and **circle** your main preference:-

Monday 1st

Tuesday 2nd

Wednesday 3rd

Thursday 4th

Friday 5th

Please **circle** which **time** you would like to have lunch:

12.00noon or 1.00pm

Please state any special dietary requirements:

.....

.....

Please enclose **£5.50 per person** (cheques made payable to:- **Hunstanton & District Lions Club**) and return this form to:- Mr Chris Holt, 4 Bewick Close, Snettisham, PE31 7PJ. For further enquiries contact Mr Chris Holt on: 01485 541534 or via email: mail@chrisholtphotographic.co.uk

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<p><small>34 Westgate, Hunstanton (opposite the library) www.crystalcaveandserenity.co.uk Like and follow us on Facebook Tel: 01485 535321</small></p>	

Smithdon High School

Message from Mr P Marsh –New Headteacher

Smithdon High School's mission statement states that the school aims to 'provide education of the highest quality', and that mission does not alter with changes to staffing. Nevertheless, I would like to take the opportunity to say hello to the school community so that everyone can put a name and face to the new Headteacher as the school continues its quest to secure the highest quality, both in terms of provision and outcomes.

Having been appointed back in May, I am looking forward to getting to work, and to meeting all members of the school community: students, parents and stakeholders alike. I have come to Hunstanton from a headship in Lincolnshire; after eleven years, it was time to seek a new challenge and I have been excited by the obvious potential that I have seen at Smithdon High School. Arriving after strong A Level results, sound GCSE results and a 'Good Ofsted' inspection, I must congratulate Mr Goodchild and the staff and students on their recent achievements. The challenge now is to build on this platform and see the school move from strength to strength.

While all schools share a core purpose, it is also true that no two schools (or towns) are quite alike and it will no doubt take me a little while to understand the local vagaries of life in Hunstanton. I would like to thank all of those who have welcomed me to the school and area and very much look forward to sharing future successes with you all.

Mr P Marsh

SMITHDON HIGH SCHOOL PTA



CHRISTMAS FAYRE



FRIDAY 28th November 2014



SWEETS

CRAFT STALLS

BOOKS RAFFLE

BALLOON ART

JEWELLERY

GAMES GIFTS

CARDS CHOCOLATES

DECORATIONS

REFRESHMENTS

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November gigs (8.30pm unless stated)

Sun 2nd - Afternoon Jazz 1.30pm

Tue 4th - Against the Grain

Fri 7th - Hush

Tue 11th - Cruiser Blues Band

Fri 14th - Where's the Dog?

Tue 18th After Hours Blues Band

Tue 25th - Keno Kings

Fri 28th - Jam with DNA

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Hunstanton & District Rotary Club Rotary Matters



When a Rotarian has worked hard to achieve Rotary objectives and Rotary International wishes to acknowledge that person's achievements, a Club may present that member with a Certificate, badge and ribbon, known as the Paul Harris Award, to acknowledge his or her work. At our Charter evening we were delighted to celebrate the presentation of the Paul Harris Award to Past President **Brian Devlin**, so acknowledging the great part



played by him in the Club's work over the years.

Past President Brian Devlin with his Paul Harris Award.

At our Charter evening event held recently we celebrated

the founding of the Club which was way back in 1976. Our Charter event is always special, a black tie event, where, following a meal, we have speakers and entertainment. In his opening speech. Club President Peter Atterbury welcomed all members and guests. He spoke of the success of the Club in its work to help others and he commented on the pleasure that it gave him to be involved as the President of such an active Club. Our main speaker was Dorothy Pulsford-Harris, who next year is Rotary District Governor, having oversight of most Rotary Clubs in East Anglia. In her speech she was full of praise for the work done by the Club. She congratulated the members on having earned, this year, £20,000 for charity. Rotary organisation is changing with, for instance, the introduction of Associate and Corporate members and she congratulated the Club on obtaining several Associate members already. She gave a toast to the continued success of the Club. In reply, founder member and Past President Mike Thomas, thanked her for her praiseworthy speech, saying how enjoyable it is to be a Rotarian amongst friends. He said that in 1976 the new members were full of passion and energy to ensure the Club's success and he was delighted to say that this passion existed today. Rotarian John Harrison, President of King's Lynn Priory Rotary Club, thanked him for his comments, wishing continued success for our Club. President Peter is working tirelessly and well to make

sure that the Club continues its work to help those less fortunate than ourselves.



President Peter Atterbury with our speaker, Dorothy Pulsford-Harris

Founder member Past President Mike Thomas



The second half of the evening was entertainment by Gus Wilson showing us his magical expertise. It is probably true to say that we were staggered by his magical prowess. All in all, this was a splendid evening.

At one of our routine meetings, we were pleased to

have Anne Wylie to talk on the activities of the 1st Hunstanton Scouts. They are flourishing under her guidance. Early on there had been a mammoth task to raise the funds so that a building could be used for meetings. She said that scouting is all about adventure and belonging to a group. Camping is very popular and money is always needed for tents and other equipment. The ages for Scouts are 10 – 14 yrs, and with the Explorer Scouts it is 14 – 18 yrs. There are the Cubs and Beavers for the younger ones. In the Hunstanton area, Alison Nicol looks after the Beavers.

Eleven year old Mollie Patterson is sponsored by the Rotary Club to assist her in her chosen sport of Table Tennis. Mollie has a great gift here as shown by the fact that she has now achieved the extraordinary feat of winning the Norfolk Junior Championships, not only in the 11 – 13 age group but also in the Under 15 and under 18 year groups! She and her partner were also runners-up in the Open Junior Doubles event. Clearly she has great table tennis potential and is now No.2 in her age group in England.



Mollie Patterson in action

If you should be interested in either full or associate membership of the Club we can always give you further information. Just telephone one of the following Rotarians: Peter Atterbury, (01485 534820), or Phil Newell, (01485 533864). The Club's website is: www.hunstanton-rotary.org.uk

Phil Newell & Rene Rooth

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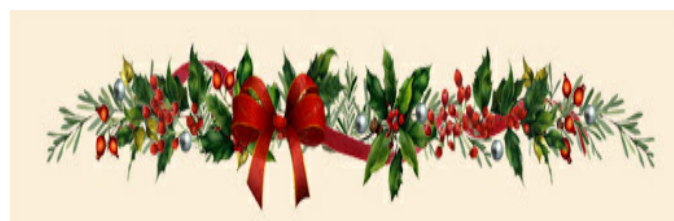
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Christmas at Caley Hall

With Christmas just around the corner why not try a new venue for your Christmas party, pre-Christmas lunch or dinner. We cater for all group sizes from intimate dinners for two up to corporate Christmas functions. Our Christmas party night on Friday 19th December is selling fast so book quickly and enjoy a festive three course dinner followed by a disco. If you're interested in booking a large Christmas function with disco please do give us a call and check availability as we still have some dates available.

The Christmas Craft Fair and Santa's Grotto will be taking place on Saturday 6th December; a visit to Santa will cost just £3. There will be lots going on for children during the afternoon including a Christmas Colouring Competition, and Best Fancy Dress Competition, winners will be announced at 3.30pm. All proceeds from this event will be donated to Macmillan Cancer Support Norfolk so come along and enjoy a festive glass of mulled wine and a mince pie by the fire, browse the local craft stalls and enjoy some Christmas shopping, and treat the children to a visit to Father Christmas.

Back by popular demand, following last year's success. It's back and it's free!

West Norfolk's 4th Celebrate Ability

Friday 21st November 2014
10.00am to 4.00pm

Downham Market Town Hall
Bridge Street, Downham Market

Featuring displays, demonstrations, information and advice on a wealth of ideas from organisations, groups and individuals in the local community to help people with disabilities and their families to be more active and lead an everyday life.

A great way to meet people and to find out about the services, support and facilities available in your area all under one roof.

Organised by the West Norfolk Disability Forum



**BBC's Children in Need
Variety Show – Princess Theatre
14th November -7.30pm**

Yes it's coming! Since the last edition of the Heacham Newsletter, the organisation of this event is well under way. Most of the members of the cast have been recruited, including several people who took part in those mammoth 24 hour shows we did back in the mid-eighties. There will be nothing like that this time!

One person who will be appearing is 12 year old ventriloquist, Connor Blake, who won the Dennis Spicer Award for young ventriloquists. Although the show will be only about two and a half hours, there will something going on all day in the Princess Theatre. Tombola, raffle and other activities. The Players are indebted to the Princess Theatre for their help and support.

For the whole day to be a success we need all your help.

Rae Steward
Publicity Officer - Princess Players
01485 533420 - rae.steward@btinternet.com





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8.00 p.m.

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Wells Community Hospital Trust

The Mermaid Dialysis unit was opened by Norman Lamb MP in July 2011 and can offer dialysis to holiday visitors. It is estimated that the unit brings in over £500,000 per year to the local economy and in particular to

Wells.

The Manager of our dialysis unit is Philipa Johnston. Philipa has been a renal specialist since 1978 working in some of the larger NHS hospitals, and abroad as a senior sister. The Mermaid Dialysis Unit is registered with the Care Quality Commission.

Full details at www.norfolkdialysis.com. In Dec 2013 we passed our third CQC Inspection with flying colours.

Due to recent changes in Government funding for dialysis (2013), we are not able to offer local patients full time dialysis at Wells Community Hospital. We can, however, offer periods of treatment in various combinations for up to eight weeks per year, providing they meet the criteria below and it is approved by the mother unit. This is known as "away from base dialysis". This applies to any patient dialysing in Norwich, Cromer, King's Lynn or anywhere in the UK. This is a Government decision, not a local one. Below is the unit admission criteria which applies to all dialysis patients that wish to dialysis away from base:

- Must have been on dialysis over one year
- Have a fit to travel letter from a Consultant
- Have all virology bloods negative within a month of requiring away from base treatment
- Have all MRSA swabs negative within a month of requiring away from base treatment
- Your mother unit must supply all dialysis medication necessary for treatment (anticoagulation etc)
- You must be independent/mobile (we have no hoist facilities or space for them).

We are a stand-alone unit and **do not** have any hospital facilities such as doctors, A&E department, oxygen or hoists.

The following are just two of the hundreds of letters the unit receives following treatment at the hospital.



Mrs T Brown presenting a cheque for £700 to Philipa Johnston.

"On behalf of my late husband Brian Brown, please accept these donations as a thank you for the kind considerations

and respect that you showed him on three separate weeks that he attended dialysis. Without your lovely unit we wouldn't have the memories. It was Brian's wish that donations from the funeral were shared between your unit and kidney research. "

Mrs T Brown

A Rendezvous at the Mermaid Centre

"Most of us feel anxious when doing something for the first time. I was certainly apprehensive about having dialysis in a strange place when a long way from home.

My kidneys failed a year ago, and since then I have needed a four hour session of dialysis every two to three days. I am accustomed to attending the large 20 bay kidney unit at James Cook University Hospital in North Yorkshire three times a week. However, an invitation to a family wedding in Horning made me think about where I could get dialysis if I were to spend a week in Norfolk. My kidney unit found a place for me at the Mermaid Centre. My husband and I could not have had a better reception than the one we received at Wells Community Hospital. We walked in to the centre to find a really bright, tastefully decorated room with three chair-beds and dialysis machines and warm welcome from nurses Philipa, Katrina and Debbie. My worries were immediately dispelled.

The Mermaid Centre and the kidney team made our holiday complete and it rekindled our love of the North Norfolk coast. We are already looking forward to our return visit next year".

Janet Stainsby.

Being able to go on holiday is something that we all take for granted but for people on dialysis it can make such a huge difference to their already challenging lives. We are actively fundraising for a fourth unit so that we can offer this wonderful service to even more patients next year. We have raised just under £17,000 so far but need another £4,000 in order to buy the fourth unit.

Other news...

Don't forget Granny's attic being held at Burnham Overy Staithe Village Hall on 29th and 30th November. We still need donations of small (and a few large) decorative antiques and collectable items. Please contact Penny Chapman at penny@theartservice.co.uk or phone Stephanie Worsley on 01328 730190.

Bereavement Support.

SOBs will be holding their second meeting at the hospital on Wednesday 12th November. Please contact Jacqui for further details on 07771 544291

On Tuesday November 25th we are holding a Food Safety Level 2 course at the hospital which lasts for 2/3 hours and is aimed at anyone working directly with food. We also offer a level 1 course that covers the basics of food safety.

Please contact Liz Downing for further details liz.downing@wellshospital.org.uk or telephone: 07818237561.

Liz Downing

Wells Community Hospital Trust

Mill Road, Wells-next-the-Sea, Norfolk. NR23 1RF

Tel: 01328 711996

Answers to page 23

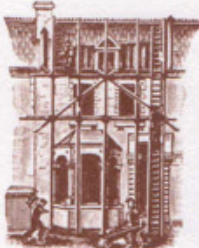
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LED BY IWM

HEACHAM REMEMBERS

The First World War, often said to be the war to end all wars, changed the nation. Keeping the memory of the sacrifices and hardships caused by WWI alive ensures that current and future generations appreciate that the freedom enjoyed today came at a cost for our relatives in the past. It is also an opportunity for residents to pay tribute to those who gave up so much. Heacham Remembers plans to publish stories over the coming months and the Parish Council would be grateful for your family memories and stories from both at home and on the front lines.
Heacham Parish Council – 01485 572142.

MY GREAT GRANDFATHERS

I am 37 so it was my Great Grandfathers, generation that endured the First World War. When their lives began Mr Benz had just invented his horseless carriage, the Wright brothers hadn't even begun to plan their flight and Babbage's difference engine had been written off as folly. By the time the last of them left us in the late 1980's we had been to the moon, our green and verdant land had been paved over for the motor car revolution and the computer was king. This is the little I know of their story.

Harry Edward Crussell was a fishmonger by trade in a shop where Ladbrokees now stands in Hunstanton. He was conscripted but due to a medical condition he was not sent to the front; instead he was sent to work in a munitions factory in Watford.

Herbert William Futter worked on the railways so his job exempted him from conscription as it was considered vital to the war effort. As one of the few young able bodied men around it was assumed he had refused to fight and he was treated very badly by the public. He continued to work on the railway from King's Lynn to Hunstanton until his retirement. He finally retired on the day that the steam trains were replaced by the diesels.

I know very little of Fred Parton Snr other than that he was a steel worker by trade in Staffordshire which again was considered vital to the war effort and exempted him from conscription.

Reginald Austin was a tailor by trade and a Quaker by faith and a main tenet of his faith was pacifism. He was called up for conscription but refused to attend and was consequently pulled before a tribunal. He knew going in that the tribunal would not accept his faith as a reason not to fight but, unlike some, he was not prepared to lie about his reasons. He was forced into the army and proceeded to make a nuisance of himself until he was sent to prison in Wormwood Scrubs and then onto Dartmoor

prison. He was eventually released from prison but was then forced to work on the land. My great grandmother's family, Reginald's wife, were a military family, her father having fought in the Boer War and both her brothers were career military. I don't know what became of them, but they disowned their daughter and her young son.

I never really know what to make of Reginald Austin's position, I am not a man of faith and I don't know how I would react faced with the same choices. His daughter married a soldier, my Grandfather Fred Parton jnr. Having seen action in the Second World War and being injured he spoke very little of his experience but he respected his father in law's faith and the strength it had taken to hold to his beliefs. One thing he did say that sticks with me is that "We remember that we asked our young men to die for their Country but we often forget that we also asked them to kill, and that's not easy to live with."

Daniel Parton

CONSCRIPTION IN BRITAIN

Unlike some other European countries Britain did not have a tradition of conscription. However, after the first two years of World War 1 the initial flood of volunteers had waned and there were simply not enough men to replace those who had fallen. The government took the unprecedented step of introducing into legislation compulsory military service. A Bill was put before Parliament in January 1916 and the Military Service Act came into effect on 2 March 1916. The Act applied to all men aged between 18 and 41 years of age. The Act did not apply to men who:

- were married
- were widowed with children
- were serving in the Royal Navy
- were members of the clergy
- worked in a reserved occupation.

In May 1916 a further Act extended conscription to married men and in 1918 the age limit was raised to 51 years of age.

There was one important feature of the Act: a "conscientious clause". Pacifists had campaigned through organisations like the No-Conscription Fellowship to secure the right of individuals to claim exemption from conscription due to conscientious objection. Britain was unusual in allowing an opt-out clause for individuals, but the Act allowed individuals or their employers to ask for exemption by applying to a Military Service Tribunal.

Author Judy Bee

HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

School Road Planning Appeal: The Council noted that the response to the appeal had been submitted. The hearing itself would take place on 27 January 2015 at Lynnsport in King's Lynn. The hearing would be open to the public.

Lamsey Lane: The Parish Council discussed Highways' estimated cost for a cinder "trod" on the verge in Lamsey Lane. The cost, upwards of £10,000, would have to be met by the Parish Council if it was determined that there was sufficient need. The Council would discuss the matter further in Committee and investigate if any funding could be accessed.

Sea Defences: The Council noted that the final committee meeting of the Wash East Coastal Management Strategy Project Team would take place in November. Council also noted an announcement had been made by the County Council about the allocation of funding for coastal defences, but it was still unclear if communities would need to provide additional funding in the long term.

Land off Cheney Hill: The Council agreed to set up a meeting with the land owner following the exhibition by the Pegasus Group to discuss the proposals for the site known as HEA1.

Churchyard: The Parish Council agreed a grant of £1000 towards the annual cost of maintaining the church yard.

Tapping House: The Council agreed to make a donation of £100 to Tapping House Hospice.

Chickens: The Council noted the complaints about the ever increasing population of hens at the Head of the Common and the mess around the entrance to the School. There had been an offer to re-home some of the hens, which the Council would look into. It was noted that regular feeding of the hens had started to attract ducks.

Recreation Ground: The Council noted that repairs to the wetpour safety surface and the wobble board had been completed. The Committee also planned to investigate better signage and a new gate for the Staithe Road end of the park.

Historical Society: The Council supported the Community Committee's proposal to arrange an event to facilitate the formation of a Heacham Historical Society.

Norfolk Lavender: Mrs Carr, Chairman of NECommittee, reported that she had met with the Head Gardener of Norfolk Lavender to discuss improving the eroded banks of sections of Brays Pit. Norfolk Lavender would help to grow on varieties of sedges which could then be replanted on the new banks.

Carnival Parade: The Council agreed that Heacham Minors should be the beneficiaries of the parade collection at next year's Carnival.

BRAYS PIT BULB PLANTING

Thank you to all that came along to the planting at Brays Pit on 19 October. As well as Parish Councillors: Jillian Carr, Peter Colvin, Terry Parish, Michael Williamson, Martin Johnson, Pat Harrod, John McIntyre, the party was also joined by residents Richard Brown, Helen Vickerstaff and Christiana with children Lea, Katie, James and Luca. Fortune and Winston Churchill were the two types of daffodils planted, hopefully providing a burst of colour in the spring.

REMEMBRANCE SUNDAY

Please note that a section of Hunstanton Road by the War Memorial will be closed on Remembrance Sunday 9 November from 10.45am until 11.20am. Vehicles will be diverted back along Hunstanton Road or Church Lane for the closure period. Thank you for your cooperation.

APPLYING FOR FUNDING AND GRANTS

This free workshop aims to help community groups successfully apply for funding. The session covers how to find out about suitable grants and how to complete the application forms. The session is aimed at those new to external funding.

Duration: 3 hours

• 24th November 2014 1.30pm–4.30pm: Hunstanton Town Hall. Delivered by West Norfolk Voluntary Community Action (WNVCA).



GOOD NEIGHBOURS STOP ROGUE TRADERS

Doorstep criminals exploit vulnerable citizens by convincing them to pay for shoddy or incomplete repair work, charging extortionate fees for their services, or threatening residents who do not comply. The National Consumer Week 2014 campaign 'Good neighbours stop rogue traders' focuses on preventing doorstep crime by encouraging neighbours, family, friends and carers to look out for those most at risk in their communities.

What can I do?

- 1 Ask your neighbour in private - in person or on the phone if things are OK.
- 2 If they are displeased, suggest calling a relative or carer on their behalf.
- 3 Note any vehicle registration numbers
- 4 Keep hold of any flyers you have received through your door
- 5 Ask if the trader has left any paperwork and put it in a clean food bag
- 6 If you suspect a crime, call the Citizens Advice consumer helpline on 03454 04 05 06 or your local trading standards office
- 7 If the situation with the trader becomes volatile, call the police

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

HELP LINES

HEACHAM GROUP PRACTICE 01485 572769
HEACHAM MON TO FRI 08.30 TO 13.00 14.00 TO 18.30
SNETTISHAM MON TO WED 08.30 TO 12.30 14.30 TO 18.30
 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 SAT 09.00 TO 17.30

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
 SILVER LINE 0800 4708090
 ELECTRIC 0800 7838838
 ANGLIAN WATER 0845 7145145
 GAS ESCAPE 0800 111999
 EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY 532280
 OPEN MON. TUE. and FRI 10.00 TO 17.00
 WED. 10.00 TO 19.00
 THUR and SAT 10.00 TO 13.00

HEACHAM COMMUNITY WEBSITES

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

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

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk



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LOCAL:- 01485 543076

LOCAL BUS SERVICE BETWEEN HUNSTANTON AND KINGS LYNN

Norfolk Green

Service 10 and 11

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

Service 10 (Sunday)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0908 first bus to Kings Lynn, then hourly from 1053.
 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 11.23
 0943 first bus to Hunstanton, then two hourly from 10.48

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Smithdon High School Bus

Service 401

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

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Coasthopper Service

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

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All Bus Enquiries

www.norfolkgreen.co.uk or Tel: 01553 776980

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

Jennings, Cooks Butchers, Heacham Bakery, Heacham News, 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 WEL 124 (Mondays)	ROUTE WEL 123
10th/24th	3rd/17th
COLLINGWOOD CLOSE 09.55	ROBIN HILL 10.40
SOUTHMOOR DRIVE 10.15	RINGSTEAD ROAD 11.00
SANDRINGHAM DRIVE 10.35	CUNNINGHAM CRT 11.25
CHENEY HILL (F/SIDE) 10.55	NEVILLE CT 11.45
WOODSIDE AVE 11.20	NEVILLE ROAD 12.15
HEACHAM INFANT SCH 11.35	PINE MALL 12.30
MILLBRIDGE Care Home 12.00	SITKA CLOSE 12.50
NOURSE DRIVE 12.25	SUNNYSIDE 14.15
POCAHONTAS WAY 13.55	MEADOW RD 14.40
BUSHEL & STRIKE 14.15	REBECCA CRT ** 15.00
GIDNEY DRIVE 14.30	FRIDHEM Rest Home ** 15.00
BANKSIDE 14.50	** 4 Weekly Alternative
MARRAM Way/Norway CL 15.05	POPLAR AVE 15.25
MARRAM Way/Spruce CL 15.20	GYMKHANA WAY 15.45
MARRAM Way/Neville RD 15.35	JENNINGS CLOSE 16.10
	COLLEGE DR 16.30
	COLLEGE DR/Gonville 16.45