



THE HEACHAM NEWSLETTER

December 2014 January 2015



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Canada

Dear Sir

Millenium Garden

I was born and grew up in Heacham and on a recent visit asked to see the Millenium Garden. It was my Aunt, Freda England, whose vision it was to see the Garden created. Trees had been planted there in memory of my parents and others known to me through extended family connections.

A friend and I enjoyed a lovely walk from the village centre. I anticipated an opportunity to spend a few minutes contemplating and fondly remembering those in whose memory trees had been planted. I envisioned a pleasant atmosphere surrounded by trees and a view of the Wash.

Reality bore no resemblance to my imagination. There isn't even any resemblance to a 'garden'. The trees have not been tended and, while some have flourished many have not. I recognize that not all saplings will survive but the area is a wasteland. The undergrowth is dense and very difficult to navigate. Nettles and huge thorns cannot be avoided as one tries to pinpoint the location of particular trees. While we located 3 or 4 identification tags, for the most part, trees remain unidentified. I understand trees grow and tags may become dislodged etc., but the total lack of care and maintenance is apparent and disrespectful.

The impression of an abandoned urban lot is completed by what I at first thought were the lids of take-out coffee containers. I learned the area is used for clay 'pigeon' shooting and, while it doesn't evoke a 'peaceful' image, it would be more acceptable if the undergrowth was kept low and these 'pigeons' could be retrieved with a good rake!

Admittedly we are 14 years on from the Millennium and interest wanes, but was there no provision for maintenance of this designated area? Properly cared for, the Garden could be a lovely attraction for residents and visitors alike. Writing from so many thousands of miles away I have little right to suggest work parties or other solutions to making the Garden a place of beauty. However, I do hope that efforts will be made to rectify the disgraceful state that is the current reality.

Caroline (Hammond) Sokoloski

(NB: This is a copy letter which was addressed to the Chairman of the Heacham Parish Council. The sender has requested that we publish it in the Newsletter).



Heacham

Dear Newsletter

Driving in Pound Lane!

Monday, 17th November 2014. Approx 8.40am.

An elderly gentleman was driving very slowly down Pound Lane and was forced to stop by braking hard. Why?

A woman in a bright red '57 plate Honda Civic was driving briskly towards him who then abruptly turned left into the car park opposite Moulam & Horn. Another car about to exit the same car park had to reverse quickly.

Some laughing joking pleasantries were exchanged.

A 'DUMB BLONDE' moment perhaps?

Name & address supplied

letters...



The Heacham Newsletter



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

Many thanks and have a lovely Christmas.

The Heacham Newsletter Team



Swanley, Kent

Dear Newsletter

Zepplin Bomb at Heacham 1915

Among my effects, I came across this postcard which may be of interest to your readers. There is probably a story attached to this but I don't know it.

I have strong family connections to Heacham and if you remember I wrote about a holiday to the High House in the issue Dec 2011/Jan 2012.

Tim Jacob



Bomb dropped from Zepplin at Heacham
Jan 19th 1915



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Marram Way

Dear Newsletter

Hi Knitters!

First of all, I would like to thank you for all the wonderful knitting you have done for charity, the fish and chip vests, the premature baby clothes, the squares for blankets and many other little bits – you deserve medals.

I have now started a Knit & Natter class – they are happening all over the country. We call our class ‘The Heacham (K)niters’. We meet every other Tuesday 7pm to 9pm at the Pine Residents Hall in Wilton Road. We knit for about 16 or 17 charities at the moment, mainly for this country. It is all small easy knitting, so we use up all our odd bits of wool. I have lots of patterns.

It would be lovely if you could come along to our Knit & Natter group, or should I say Natter & Knit group, and have a cuppa and biscuit with us. We are all very, very friendly.

If you can't come along but would still like to knit a little you can leave your knitting at Karen and Lawrence's Newsagent shop in the High Street – you can also buy wool there.

I do hope some of you will come and join us. My phone number is (01485) 572247 if there is anything you would like to ask me. Anybody who likes to knit is welcome.

Shirley Milborn



Neville Road

Dear Newsletter

Heacham Bakery

I write this letter on behalf of all the team working hard here at your local Heacham Bakery.

As an expanding business, we have had a new baker, who specialises in artisan bread, join the team, so the rumours that are circulating that we are closing down is far from true!

As a small local business we rely on local support and we would like to take this opportunity to thank all of our lovely regular local customers for their custom and we would love to see some new faces too.

**Louise & Leigh Gentry
on behalf of Heacham Bakery**



Station Road

Dear Newsletter

Tony Dainton

On Saturday 18th October, my husband collapsed at Old Hunstanton Golf Course and despite the efforts of paramedics and the Air Ambulance, he failed to recover. On Friday 7th November, the people of Heacham and Old Hunstanton turned out in force to say farewell to him at his funeral.

I can't really express how much this meant to me. We have lived here now for 8 years, and whilst you expect family and friends to come to a funeral, so many people who have lived in Heacham all their lives attended both the service and the wake at the Fox and Hounds. It is a wonderful village to live in. Thank you so much for your support during this time.

The collection so far for the East Anglian Air Ambulance is in excess of £750.

Mrs Sue Dainton

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School Road

Dear Newsletter

Big Woofy Thanks

On 11 November, our greyhound escaped. She was hit by a car and bolted. Four hours later she was found. She suffered cuts and bruises and has to have several visits to the vet. Fortunately, she will recover fully but she is now very nervous about going out.

We would like to thank all of our neighbours and friends, the postmen and the binmen who all helped in the search. We would also like to thank the gentleman who found her.

We cannot thank everybody enough.

**Jackie & George Brown
(& Fern – woof woof!)**



Woodside Avenue

Dear Newsletter

Heacham Butchers

Heacham Butchers managed by David Cook, will close very early in the New Year. So a source of excellent meat and banter will be no more and Heacham will be the poorer for the loss of this little shop at the corner of the High Street and School Road.



If you have never used this fine butchers I recommend you do so before and after Christmas so that you do not miss the opportunity. David's home-made sausages are superb.

Happy Christmas and a Prosperous New Year to David and his family. You will be missed.

Terry and June Parish



Heacham del Sol

Dear Newsletter

In late October, we were delighted to once again receive a visit from Vincent Williams from Malta.

Vincent first came to Heacham and was based as a waiter at the High House, during the summer of 1966 (which he remembers with all the excitement of England winning the World Cup). At that time, the High House was a holiday destination for the Workers Travel Association.

Vincent absolutely loves Heacham and the immediate area and regularly returns to re-visit. He spends his time going around Heacham as it brings back so many happy memories.

For many years now, Vincent has The Heacham Newsletter mailed to him every month.

Vincent's brother still lives and works in the London area, but he retires next year and will be returning to his Malta home.

Vincent is now the Honorary Member & Representative for the Al Johnson Society and, after leaving Heacham, was making visits around the country to other members of the Society.

Obviously we had a chat about Malta and Ron's visits to the Port whilst on his Minesweeper during the War and collecting his ships messages from the Base in Valetta through the underground tunnels, which are still there today, and on one occasion the door being opened by one of his old mates from the King's Lynn Sea Cadets.

We made our first return visit to Malta in 1975 and I was shown all around the Naval haunts!

Vincent tells us that the old familiar transport used on Malta has been withdrawn and a more modern version being used.

Moir. THN

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News & Events in the Community...



1st Heacham Cubs

In this, our final term of the year, we have been as busy as ever and had to say Goodbye to two more Cubs as they leave us after 2½ years and, hopefully, move up to Scouts and continue their journey in the Scouting Association.

Cubs joined Scouts and Beavers for Remembrance Sunday. The Cubs and Beavers met at the hut and paraded up to the War Memorial ready to show their respect during the two minute silence. Our flag bearer up to the church was William McGrath then William Jones lowered the flag during the two minute silence and the reading out of the names of the men who had fallen in the two world wars. As they paraded back to the hut for a drink and biscuits, Jack Whitmore carried the flag.

We had a look at our Emergency Aid 1 badge and learnt how to open an airway, and how to treat minor cuts and grazes. We also learnt what to do at an accident and to recognise dangers in the house and outside.

Then we had a couple of meetings outside the hut. We went to Paint Me Ceramics in Hunstanton and were able to paint a small Christmas decoration for the tree. They even managed to paint themselves as well.

The following week we met with members of the Heacham Youth Group at the church hall and were able to enjoy an evening of playing with their equipment, table football, air hockey, table tennis and pool.

Next was an evening of making Hathi's Cup Cakes in a mug, very yummy they were as well. Thanks for washing up Ziggy!

As part of the Cubs silver award they learnt about the festival of Hanukkah and played the game with a Dreidel they made.

On our final evening they will be making Christmas cards and we will say Goodbye to William McGrath and William Jones and wish them well at Scouts.

Our annual day of fire lighting and sausage incinerating is booked for Sunday 28th December - the Cubs and Beavers enjoy a day outside running around.

Happy Christmas to all our Cubs and hope 2015 is a successful one. Have Fun!

Akela (Sam), Rama (Michael), Ziggy (Julie), Chil (Sam L.) and our young leaders Hathi (Jemma) & Rikki (Tommy) plus Mang (Jack)

Used Postage Stamps please

If you don't already save your used postage stamps please consider saving them for the Leprosy Mission. Funds raised from the stamps help to provide education, medical supplies and treatment etc. We do not get so many stamps nowadays; it is a shame to throw them away when they could help some people have an improved way of life.

Please leave at least ¼ inch of paper around stamps to avoid damage to perforations.

Stamps can be left at:

The Christian Bookshop Heacham - (closed on Thursdays)
'Bliss Hair & Beauty', High St. Heacham
Suttons Estate Agents, High St, Heacham.

A Big thank you to all those people who already save them for me, it is very much appreciated.

Doreen Reed



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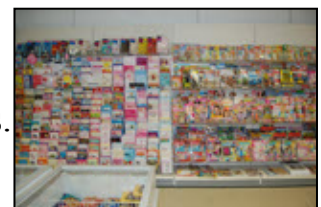
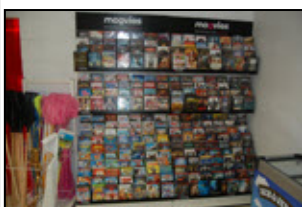
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CHURCHES TOGETHER IN HEACHAM

Emmanuel—God with us



The season of Advent has begun: a time to look afresh at our lives, to see what is amiss and what is good; it is a season of preparation and anticipation. In church, this season, our bible readings and liturgy are about waiting, about being ready, about building up towards what is to come...in many ways it's my favourite season in the church year.

And of course, it's a time of preparation and anticipation for the celebrations of Christmas, for many of us it is a busy time, with lists galore!

Yet it is also a time for preparation and anticipation for the coming of Jesus Christ at Christmas, the time to remind ourselves that God is with us, that Emmanuel is here with us now, that God is always with us, and that at Christmas we are reminded of when he came to earth as a baby, in that small town of Bethlehem, changing the world forever.

My prayer this Advent and Christmas, is that each of us gets a glimpse of 'Emmanuel', God with us.

There are lots of Christmas events in Heacham over the next few weeks and I hope to see you at some of them. Everyone is very welcome to the carol and Christmas services at the parish church and the Methodist church... let's make them real village celebrations.

With my best wishes and prayers for December 2014 and for 2015.

Veronica Wilson
Priest in Charge, St. Mary's Church Heacham



METHODIST CHURCH Sunday Services

10.30am Morning Worship

Preachers:

- 7th December - Rev. Stephen Oliver
- Holy Communion
- 14th December - Irene Garrard
- 21st December - Jenny Sparks – Carol Service
- 28th December - Rev. John Belfield
- 4th January - Cathy Fielding
- 11th January - Barbara Foster
- 18th January - Sheila Johnson
- 25th January - Rev. Stephen Oliver
- Covenant Service

Holy Communion Services

Holy Communion will be celebrated on Sunday 7th December at 10.30am. Our midweek Communion in December will be on Wednesday 10th at 10.30am. Both Services conducted by Rev. Stephen Oliver. All who love the Lord are welcome.

Christmas is Coming!

We shall celebrate Christmas with a Carol Service on Sunday 21st December at 10.30am, conducted by Jenny Sparks. CHRISTMAS DAY Service will be at 11.00am – note the later time, arranged so that our new Minister, Rev. Stephen Oliver, can celebrate it with us. If you are staying in Heacham for Christmas then come and bring your family, neighbours and friends with you.

Midweek Activities at the Methodist Church

- Monday: Indoor Bowls, 7pm weekly
- Tuesday: Hands and Needles Club, 7.30pm 9th December
- Thursday: Monthly Social Evening on December 11th 7.15pm
- Friday: Indoor Bowls, 7pm weekly

New Members Join the Church

The Stewards are delighted to announce that three new members joined the Methodist Church on Sunday 2nd November: Louise and David Forster and John Harris. We extend the hand of friendship and look forward to sharing the Lord's work with them.

LATE NEWS!

The West Norfolk Singers will present a Carol Concert on Saturday 13th December at 3pm at the Methodist Church. All welcome.

THE PARISH CHURCH OF ST. MARY:

Sunday Services in December 2014

- 8.00am Holy Communion (BCP)
(except Sunday 28th December)
- 10.00am 7th All Age Worship
- 14th Holy Communion
- 21st Morning Worship
- 28th Holy Communion
- 6.00pm 7th Holy Communion
- 14th Evening Worship
- 21st CAROL SERVICE
- 28th NO Service

CHRISTMAS SERVICES

Sunday 21st December

6pm - Village Candle Lit Carol Service

Wednesday 24th Dec Christmas Eve

- 6.00pm Christingle Service
- 11.30pm Holy Communion

Thursday 25th Dec Christmas Day
 8.00am Holy Communion (BCP)
 10.00am Family Service followed by Holy Communion

Sunday Services in January 2015
 8am Holy Communion (BCP)

4th 10am Morning Worship
 11th Holy Communion
 18th Morning Worship
 25th Morning Worship

4th 6pm NO SERVICE
 11th Evening Worship
 18th Evening Worship
 25th Evening Worship

Dec. 2014 Services at Nursing/Residential Homes

Tuesday 2nd December - 2.30pm - Rebecca Court
 Monday 8th December - 11.00am - Holy Communion
 at Millbridge
 Wednesday 17th December - 2.30pm Service
 at Summerville
 Friday 19th December - 10.30am - Carols at Fridhem

January 2015 Services at Nursing/Residential Homes

Tuesday 6th January 2.30pm Rebecca Court
 Monday 12th January 11.00am Holy Communion
 at Millbridge
 Wednesday 21st January 2.30pm Summerville
 Friday 23rd January 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



**Father Christmas and Jingle Bear
 visit the Old Friends Hall**

Just a brief note to pass on the Committee's thanks to all those kind people who have donated Christmas Trees, lights and decorations (keep them coming please), for the traditional Santa's Grotto opening at the Old Friends Hall Saturday 13th and Sunday 14th December 2014. Tickets cost £5 per child and doors open at 2.00pm each day, with the last visit to Father Christmas at around 5.50pm. Bookings to ensure a place at a convenient time can be made by contacting the Parish Office tel: 01485 572142. Families are welcome to come along and enjoy time with their child in the Grotto and may take as many pictures as they like of their little ones. The "elves" will also be serving festive refreshments, whilst children can write and post their letter to Father Christmas.

Along with Father Christmas and his 'cheerful' helpers will be "Jingle Bear", to ensure that all our visitors enjoy their time visiting the Man in Red along with their short stroll through our forest glade on the way to his secret hideaway.

May we wish you all a very Happy Christmas.

Roger Drinkwater

On behalf of Father Christmas' band of little helpers & the OFH Management Committee



The next Messy Church will be on

Last Saturday of each month

10.00-12.00 St Mary's church

Saturday 31st January

At St Mary's church, Heacham

Messy Church

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



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Hunstanton Catholic Parish

The harvest Fish and Chip supper had a theme of Poppies and 1914 Remembrance, as it was held on the Friday before Remembrance Sunday. We sang songs from the First World War and some lasses danced the Lambeth Walk. The event raised in excess of £150 for church funds. Many thanks go to everyone who helped to prepare for the supper and to clear up afterwards.



It was a happy evening and all joined hands to sing Auld Lang Syne at the end. Apart from the Christmas raffle, this was the last parish social occasion of the year.

There is a 'Mothers' Prayers' group in the parish. It is made up of a small group of women who meet once a fortnight on Monday afternoon from 2.30pm to 3.30pm in the parish room at Hunstanton, to pray for their children, grandchildren and others. During our meetings we unite in prayer with one another and ask for the guidance of the Holy Spirit. We place the names of our children into a basket at the foot of the cross offering them into Jesus' care. Mothers' Prayers was launched by two women in 1995 and has now spread throughout the world and is in more than 80 countries. It has members from different denominations and cultures and many prayers have been answered.



If anyone is interested in joining our Mothers' Prayers group or would like to learn more about Mothers' Prayers, please speak to Carole Willan or contact her on 01485 525503 for more information.

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 usually at 10.00am in St Theresa's Convent, 27 Sandringham Road, Hunstanton, except on Wednesday when it is usually at 10.15am at St Cecilia's, Dersingham. *These are 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.

Christmas Mass times will be as follows:

Christmas Eve: 8.30pm Carols & Readings followed by Mass at 9.00pm at the Parish Church in Hunstanton;

Christmas Day: 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
Email: parish@hunstantoncatholicparish.org



The Borough Council reports that the new recycling contract has started smoothly, so well done to everyone for joining the 'Recycling

Revolution'. Things to note when you are recycling is to keep everything separate, that means don't stuff a plastic bottle or a can inside a cardboard box and don't put shredded paper in a bag or box. The other good news is that the Borough Council have increased the capacity for the collection of garden waste through the Brown Bin Scheme, although the Team encourages composting of garden material where possible. The Team also thanks everyone for the support with the collection of lids for the charity The Matthew Project; deposits are higher than ever, so we appreciate you making the effort.

Heacham Green Team are asking residents if they realise just how much heat they are losing through their roofs if it is not properly insulated. Statistics state that a significant amount can be saved off the cost of heating bills by having a properly insulated roof. Heacham Green Team want to encourage residents to insulate their homes as it is good for people's pockets and good for reducing carbon emissions. The Team realise though it is not that easy for everyone to go to the local DIY store and nip up the loft themselves. The Team want to copy the scheme run in Reepham, Norfolk, where a bulk buying discount was negotiated for the village with a reputable company for materials and installation. Residents had a free survey to check if work was required and advice given to those who might qualify for a grant to cover the cost. The scheme meant that, as well as a good price, residents wary of being caught by rogue traders or hard sell techniques, could have peace of mind. Before we decide on whether or not to set up a similar scheme for Heacham, we need to know who might be interested.



What to do next: If you are interested, you can fill in the tear-off slip below and return it to drop off points at Heacham Library, or Heacham Parish Council Office or email greenteamheacham@bopenworld.com If enough households are interested then the Team will draw up a scheme, details of which will be published in the Newsletter.

Heacham Green Team – Loft Insulation Scheme

Yes, I would be interested in a local loft insulation scheme.

What type of house/bungalow do you live in:-
 (e.g. 2 bedroom house):.....

Name and Address (optional):.....

Thank you for your interest.



**Heacham Junior School
WANTED
VOLUNTEERS TO JOIN THE
GOVERNING BODY OF
HEACHAM JUNIOR SCHOOL**

As volunteers, school governors carry out one of the most important and satisfying jobs in the education sector.

School governors are drawn from all walks of life, with each bringing his or her unique skills and experience to the role of school leadership. In Norfolk there are approximately 5500 governors - local people serving the schools and young people in their local communities.

You do not have to be a working professional, just someone who wants to be involved and make a difference.

You will need to be:

- Enthusiastic.
- Willing to learn.
- Willing to make a difference.
- Committed to supporting children and young people.
- 18 years or over.

Together with your fellow governors you will:

- Decide what the school needs to achieve.
- Act together on both short and long term decisions for the future of the school whilst allowing the headteacher to conduct its day to day running.
- Hold the school accountable for providing the best education possible.

What commitment will I have to give?

- Attend full governors meetings 3-6 times a year, depending on the school, and participate in committee meetings giving between 8-12 hours per term.
- Read the papers you receive to prepare for meetings.
- Visit the school occasionally to see it at work.

What can I expect in return?

- Excellent training and support from Governor Services.
- True satisfaction of being a member of a team within the school, working together to make a difference to the lives of young people in your area.

If this interests you and you would like to know more, please contact the Headteacher Mrs Darley or Chair of Governors Mr Brian Griffin via the school office. Tel 01485 571013 or email office@heachamjuniorschool.co.uk

Or for further information go to www.schools.norfolk.gov.uk - just click on the governors section.

Mrs E Hunt
Assistant Headteacher

Mrs N Darley Headteacher
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Forthcoming gigs (8.30pm unless stated)

Tue 16th Dec - Aden Land

Tue 6th Jan - Against the Grain

Fri 9th Jan - Where's the Dog?

Tue 13th Jan - After Hours Blues Band

Tue 20th Jan - Keno Kings

Fri 23rd Jan - Jam with DNA

Tue 27th Jan - Part Time Blues Band

Fri 30th Jan - Groove Cartel

Quiz night every Thursday (not 25th Dec or 1st Jan).



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*Opening hours may change. Please call Pub on the day.

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The Kitchen Gardener

December – early winter. Farming in the Adirondacks, chefs perks for a maple syrup maker and an Amish breakfast.

I've been reading a fascinating account of a young couple who take on a lease of a disused five-hundred-acre farm in the

Adirondacks. There is an American model of community supported agriculture (CSA) whereby the farmer markets direct to the consumer, cutting out the middleman. Members of the scheme pay upfront for the year, giving the farmer income when he needs it most and, in turn, members are provided with produce, mainly vegetables, for the whole year.

This couple's aim was to venture beyond the CSA model - they wanted their farm to feed themselves and their neighbours with a whole diet of local organic food, more like the farms run by their great-grandparents' generation. They wanted to produce everything their members would need – various meats (the whole animal tongue to tail) from a herd of beef cattle, pigs and poultry, eggs, milk, cheese and other dairy, grains, flour, fruit and vegetables and some kind of sweetener, with the farm producing as much of its own energy, fertility and resources as possible.

They didn't make things easy for themselves, hand milking, slaughtering and butchering on site, raw milk cheese making and working the land with draught horses - on fields not farmed or worked for many years.

There's a lovely description of a long drive to a farm auction trying to find horse drawn tools, bidding and losing against the knowledgeable Amish but taking consolation from the thought

that if the price for these tools was high then the use of horses on farms was still providing a good living.

In March the first job was to tap their sugar bush – a stand of trees from which ash, pine and birch are logged out leaving light and nutrients for the sugar maples to thrive. Using begged, scavenged and borrowed spikes, buckets and a vat, they tapped over 150 trees, with buckets emptied daily and taken back to their barn by horse and cart.

Maple sap is mostly water which has to be boiled off to make the syrup. It takes roughly 40 gallons of sap to make one gallon of syrup and all the firewood had to be collected from around the farm and turned into kindling before the 250 gallon vat could be fired up.

It was (and is) a challenging and busy life, a pre-dawn to dusk existence of heavy physical work – hand milking, collecting and boiling sap together with all the other farm chores, and this was only the beginning of the year with the growing season still to come.

Help and advice from the local farming community was very gratefully received, not least this must know chef's perks for the sap boileress. When you go, two hours before dawn, to work on your sap vat, take with you your coffee pot charged with freshly ground espresso beans and make the coffee with the boiling sap. Sip slowly, it's rocket fuel. Also, take along half a dozen eggs and cook them by dropping the eggs, in their shells, one by one into the boiling sap which seeps into the eggs. They are fished out with a long handled spoon, peeled and eaten hot with a sprinkle of salt.

The young farmers were keen to press home to members the need to use every part of a killed beast, so offered up scrapple, a favourite among the Amish and the recipe given to them by Amish friends. The bones, head, heart, liver and any other unused trimmings of the pig are boiled until the bones come away easily. The broth and the meat are passed through a grinder, the mixture is brought back to the boil, a fine meal of corn, wheat or buckwheat is added together with black pepper, salt and sage. It is poured into moulds and left to set.

To serve, it is sliced and fried until it is crispy both sides and eaten for breakfast with an egg, maple syrup, honey or mustard. The Amish often eat it in a sandwich.

What is interesting is how the same types of dishes are cooked in different regions and countries with slight variations. So, way back, the basic idea for a dish could be exchanged between travellers of all kinds, but at the end of the day you cooked with what you could lay your hands on and dishes evolved according to the availability of ingredients.



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Scrapple is almost identical in ingredients and method to our own brawn, save the non-use of meal in the brawn. The brawn is also far more strongly seasoned – so it would not 'eat monotonous' - with old recipes using the occasion of brawn making to have a good old turn out of the spice box including the little ends of nutmeg too small for grating, (I bash mine in a pestle and mortar, maybe I should make brawn to go with them). Brawn stock is greatly reduced for flavour and a good set to the jelly, the scrapple is set by the added meal. A good floury baked potato and vinegary pickles are nice accompaniments to a slice or two of brawn.

This winter I shall be busy perusing the seed catalogues and having my usual hem and haw about what I'd like to have a little experiment with next year.

I'll be pruning the fruit trees and bushes that are safe to prune in the winter months, I like to get that job done by the end of December while it is still reasonably pleasant weather and I don't feel rushed into making a pruning cut because I'm cold and want to go indoors, but mainly because I don't prune when there's any frost around or ice on the wood.

If we get snow I'll wait until it just begins to melt and use the icy slush to scrub my paths, it brings them up all pale and interesting – until I walk the next load of mud all over them.

And, of course, how could I resist a bit more food for free. This time I'll be taking blackcurrant cuttings for a new bush or two, with not a clue where they are going to go in a year's time – always assuming they take.

I'll take cuttings about 10 inches long about a pencil width from well budded healthy wood of the current season's growth. I'll make a sloping cut just above a bud at the top and a straight cut just below a bud at the base. The cuttings will be inserted into the soil with only two buds showing above the surface, roughly eight to ten inches apart. They will be firmed in and given a drink, and I'll make sure they get a good drink during the inevitable dry periods if they grow away next year.

What I will not be doing this winter is pouring maple syrup or honey all over my brawn.

Hilary Dellar-Lane.

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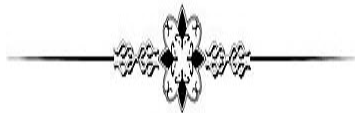
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Would you like to learn Bridge?

I hope you survived the first article and may I first correct

my deliberate mistake – my telephone number is 01485 572708 – not as printed. My fault entirely.

Now the answer to the exercise I left you. The number of points in each hand?

- | | | | |
|--------------|-------------|--------------|-----------------|
| 1: ♠: A,10,8 | ♥: K,Q,10,4 | ♦: 4,3,2 | ♣: J,9,7 |
| 2: ♠: Q,6,5 | ♥: K,Q,10,4 | ♦: A,K,4,3,2 | ♣: 2 |
| 3: ♠: A,5,4 | ♥: A,K,Q,10 | ♦: A,4,3,2 | ♣: K,3 |
| 4: ♠: 10,8,6 | ♥: J,5,4, | ♦: Q,4,3, | ♣: 10,9,8 |
| 5: ♠: J,8,7 | ♥: 10 | ♦: A,7,6 | ♣: K,J,10,9,6,4 |

Hand 1 has 10pts (1 Ace = 4 + 1 King=3 + 1 Queen = 2 + 1 Jack = 1: Total 10)

Hand 2 has 14pts (1 Ace = 4 + 2 Kings = 6 + 2 Queens = 4: Total 14)

Hand 3 has 20pts (3 Aces = 12 + 2 Kings = 6 + 1 Queen = 2: Total 20)

Hand 4 has 3 pts (1 Queen = 2 + 1 Jack = 1: Total 3)

Hand 5 has 9 pts (1 Ace = 4 + 1 King = 3 + 2 Jacks = 2: Total 9).

There are other factors involved in assessing the strengths and weaknesses of a bridge hand but, for the moment, the point count is the simplest and the best. As we move on, we will add other elements into the equation.

In the first article I explained how to deal and sort the cards and spent a little time on how you value your hand by assigning points to your Aces, Kings, Queens and Jacks. This week we are going to concentrate on what you do with the cards you are dealt.

First of all let me explain that suits have a pecking order and when you see hands laid out as I have done above or in a magazine, they are always in the same order; Spades, Hearts, Diamonds, Clubs. This is significant in bridge which will become clear in future articles.

Tricks: In its simplest form the main purpose of bridge is to make as many tricks as possible and to plagiarise Bruce Forsyth, “tricks means prizes”. First of all, what is a trick? A trick is four cards one from each player and is won by the player who played the highest card. In bridge, the Ace is the highest card and the two the lowest.

Trumps: In bridge as in whist, there is a suit known as the trump suit. This becomes the most important suit in the pack and we will discuss this subject in later articles. For the moment we have assumed that there is no trump suit in operation.

Play of the hand: To introduce you to playing a hand, we will start as if we are playing whist. First of all, the dealer deals a card to each player who sort their cards into suits. Then, the person who dealt plays the first card which is placed face up on the table and play proceeds in a clockwise direction. The player on the dealer’s left plays a card of the same suit and so on until all four players have played a card. As explained above, the player who has played the highest card, wins the trick and it is she/he who then plays the first card to the next trick. It can be a card in the same suit or a different one. Play continues until all cards have been played and thirteen tricks have been won or lost. Now to work out who has “won” the hand, you need to add up the tricks that you and your partner (he or she who is sitting opposite you) have won. If that comes to 7 or more, your side has won the hand as there are only 13 tricks in total to be won. You will notice that the hand with the most points normally wins the most tricks. One important thing to note at this stage is that

the person who is sitting opposite you is your partner, if he or she has already won a trick, you would not have to play a higher card.

Now for some practice:

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

Look at the above hand and first of all work out how many points there are in each hand. Then West (the hand on the left) is the dealer and will play the first card. Play the cards as explained above (i.e. the winner of the trick plays first to the next trick) and see which partnership (NS or EW) have the most tricks at the end of the play.

It is probably easier to get a pack of cards and deal the hand because then you can see more clearly how a hand is played.

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

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IF I WERE BLIND

I'd hear the drone of bees in clover;
The beat of wings as geese fly over;
The harsh-voiced chattering of rooks;
The gurgling laugh of shallow brooks;
The busy throb of tractors ploughing,;
The wild wind through the pine-tops southing...
If I were blind.

I'd smell the mustiness of straw;
The salt t'ing from the windy shore;
The richness of the new-cut furrow;
The rankness of a rabbit burrow;
The pungent smell of steaming dung;
That almost chokes the eager lung...
If I were blind.

I'd feel the cool kiss of the breeze;
The welcome shadiness of trees;
The icy shock of running water,
The warming glow that follows after;
The yielding softness of fresh hay;
The sharp nip of an autumn day...
If I were blind.

And as I lie and close my eyes
Against the splendour of the skies,
I think if I could hear and smell and feel the thing I love so
well,
The long night would not seem so drear,
And sightlessness lose half its fear...
If I were blind.

And yet within my heart I know
These things, which seem to make it so,
In truth would only magnify
That awful, endless agony.
If one day I awoke to find
That I was blind.

Susan Torrey

This poem was published in 1945, before Susan finally moved to Heacham. Her anxieties about being blind were later shown by her support for the Guide Dogs for the Blind. Her willingness to allow many charities and individuals to use her garden and fields for animal supported activities which stretched beyond guide dogs. Those willing to muck out were allowed to ride her ponies. Some children were allowed to use one of her boats on the river.

Rosalind Marsden

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THE SONG REMAINS THE SAME

Monthly musings on music by Frank Edmonds

I'll be watching you ...

It was a time of Dynasty and Dallas, Blackadder and The Young Ones, ET and Back To The Future, Betamax tapes and Amstrad computers ... Ah, but was the music any good in the Eighties?

Oh yes, and what's more, I can prove it. I have a cunning plan ...

• THE WINNER TAKES IT ALL ABBA (Epic, EPC 8835, 1980, No 1)

"The winner takes it all / The loser has to fall / It's simple and it's plain / Why should I complain?"

As a rock fan, it was so not cool to like ABBA. Sure, it was perfectly acceptable to admit fancying Agnetha – come on, who wouldn't? But if you headbanged to Status Quo, or shook your dandruff to Black Sabbath, I think you could technically be stoned to death for having an ABBA single in your collection.



The Winner Takes It All changed all that. This wasn't cheesy like Waterloo, or girly like Dancing Queen. For those of us who harboured the sneaking feeling that Take A Chance On Me was actually a really clever and catchy piece of pop, this was vindication.

Winner was simply a magnificent, raw, emotions-laid-bare ballad, in the best possible traditions of powerful, heart-felt music. And of course, just like Fleetwood Mac's mega-selling Rumours album before, the backdrop was the tangled personal lives of the people behind it.

Fact: The boys had married the girls in ABBA, and both couples split up. Fiction: Winner wasn't about Björn and Agnetha's divorce the previous year. Both of them have denied it, saying it's simply about the emotions of a divorce, not theirs – in which they say there wasn't a winner or a loser.

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That said, it would be hard to deny that Agnetha was singing from the heart, and just watching her in the video was enough to make the hairiest headbanger start to blub.

This was the eighth of ABBA's astonishing run of nine No 1s in just seven years. Talk about the winner taking it all ...

• EVERY BREATH YOU TAKE Artist (A&M, AM 117, 1983, No 1)

"Since you've gone I've been lost without a trace / I dream at night I can only see your face / I look around but it's you I can't replace / I feel so cold and I long for your embrace"

What a classy song this is. It chugs along nicely on a simple but pretty melody, and just when it's lulled you into a false sense of security, it explodes with an intensity and passion that's utterly compelling ... and then drops back down to the pretty melody again.

Which, like the protagonist in the song, only leaves you wanting more. But to hear that wonderful mid-section again, your only choice is to play the song all over again ... Very clever.

Just like the lyrics. Sounds a lot like your standard song of longing for an absent lover, doesn't it? Well, yes ... and no. Listen again more closely to the verses.

"Every breath you take / And every move you make / Every bond you break, every step you take / I'll be watching you." Is that sweet ... or is it sinister?

"Oh can't you see? / You belong to me." Are you trying to persuade them? Or is that the angry, confrontational thing you scream at them after you've gaffa-taped them to a chair?!

Singer/songwriter Sting did like to alternate the jolly Every Little Thing She Does Is Magic stuff with darker tales, of Roxanne and her red light, or teachers and schoolgirls in Don't Stand So

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“Close To Me. And The Police were all the more interesting for it.



This was their fifth No 1, and a chart-topper on both sides of the Atlantic.

• THIS CHARMING MAN The Smiths (Rough Trade, RT 136, 1983, No 25)

“Punctured bicycle / On a hillside desolate / Will Nature make a man of me yet?”

Is it me, or is that not just a fabulously original way to start a hit song? They don’t write ’em like that any more ... in fact, they didn’t before, and they haven’t since! Step forward that most individual of songwriters and all-round tortured soul, Steven Patrick Morrissey.

This was a tale of, shall we say, a less than conventional liaison. And if the casual listener simply picked up on fairly standard lines like: “I would go out tonight / But I haven’t got a stitch to wear,” then what about: “Why pamper life’s complexities / When the leather runs smooth on the passenger seat?”

She loves you yeah, yeah, yeah this wasn’t!

And if you were wondering about the line: “A jumped-up pantry boy / Who never knew his place,” it was one of the first examples of a Morrissey trick of borrowing a line of dialogue from a cult film – in this case the 1972 Laurence Olivier and Michael Caine movie, Sleuth.

The single also served as most people’s introduction to the wonderful fretwork of Johnny Marr, who managed that increasingly difficult achievement – creating an instantly recognisable guitar sound all of his own.

This Charming Man had a high-speed jingle-jangle riff so catchy and insistent that once it got in your head it simply refused to

let go. Bouncing around like a demented pinball machine and flying into the furniture was almost inevitable.

It’s unquestioned that Marr is a tremendously talented guitarist – but by his own admission, he’d try any trick, too. This track featured an ear-popping total of around 15 guitar overdubs, including backwards guitar, acoustic guitars ... and the sound of a knife being dropped on guitar strings! Hmm, not sure we can really hear that one, Johnny!



This was The Smiths’ first hit (their first single, Hand In Glove, didn’t chart), and unusually for a band considered one of the most iconic and influential of the Eighties, it was one of only three singles of theirs to make the Top Ten – and only then on reissue in 1992.

• FEEDBACK: In my next column, I’ll be cranking my musical Tardis all the way back to the fabulous Forties ... so if there are any songs you’d like me to spotlight from that decade, feel free to contact me at: oldlowestoftboy@gmail.com



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A.E. Wallis – 75 Years of Service 1939 – 2014

A.E Wallis of Heacham High Street celebrate their 75th Anniversary this year!
Where has the time gone...



Back in 1939, Arthur Wallis, a young businessman with a keen interest in wireless, started a venture which is still going strong today. A single radio, electrical and cycle shop became established in Heacham with Arthur becoming a well-known face in the High Street. Reg Stainsby moved out of the High Street and A.E. Wallis moved in! The first few months of business were a struggle for Arthur especially undertaking many roles that the new business demanded: manager, salesman, delivery man, installer/electrician, handyman, cleaner and tea-boy! As you can imagine Arthur wore many “hats” throughout his day! He could often be seen cycling around the village on many a repair job and delivering accumulators to those homes electricity had not reached. Nevertheless, from little acorns, great oaks grow and though Arthur was tested with tough times, A.E. Wallis shops are still familiar with their proud shop fronts in the High Street.

As a young schoolboy, Arthur was fascinated with wireless. He made up crystal sets for his family and for local Heacham residents. These became popular around 1920-1930 and were known as “cat’s whisker”. They were a cheap form of radio that did not require electricity or expensive batteries. He served with the RAF working on aircraft wireless and transmitters, serving in North Africa and also Aden where, after installing a projector in the Sultans Palace, he was treated to a 6 course dinner that evening full of Eastern Promise! During the latter part of the war, Arthur saw service at RAF Bircham Newton. Whilst fulfilling his duty to Queen and country, Arthur’s family kept the shop running for him and, whilst based at Bircham Newton, his thoughts turned to future plans for his business. The war years were costly to his business, but the family managed to keep things ticking over.

Once demobbed, Arthur set about purchasing the adjacent shop to his existing shop so he could move the radio and electrical goods to the new site



allowing the original shop premises to accommodate the cycles.

At this point in 1947, Arthur took on his first member of staff, Roy Gray. Roy was employed as a cycle mechanic and remained with Arthur and the family firm until his retirement. Roy was well known for his advice and expertise on cycling problems and was a local familiar face to turn to. Over the years, valued and trusted staff worked alongside the family such as Jack Skoyles, employed as an electrical engineer and Geoff Robinson, who is still with the family today.

On November 2nd, 1936 the BBC began transmitting the world’s first public television service from Alexandra Palace, North London. In 1949, Sutton Coldfield transmitter became the first television transmitter to broadcast outside London and the Home Counties, bringing BBC Television to viewers outside the south east of England for the first time and Holme Moss transmitter was launched in 1951. Arthur had set up the first ever television in Heacham in his parents’ home. With television transmission becoming clearer in our area, sales were on the increase. In 1953 sales were boosted tremendously with big demand for televisions for families to watch the funeral of King George VI and the coronation of Elizabeth II. Arthur also married Joan during this year, unfortunately it wasn’t broadcast! With more television channels appearing (ITV & BBC2) and colour transmission appearing in the 1960’s, television sales were steadily increasing and along with TV’s, there was a high demand for aerials too!

Arthur’s business now needed more room, sales were doing well and storage space was becoming a problem. During the 1960’s, Arthur used the premises at 4 The High Street, Heacham as a warehouse. During the 1980’s the cycle shop was moved there to allow the original shop more room for electrical goods. The cycle shop remained there for a couple of years until returning when further expansion took place at the original shop.



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Arthur purchased another unit in 1989 (previously an estate agents) to accommodate the cycle shop and to unite all the shops once again. Building works were carried out to the original shop to create one big shop to house all the electrical side of the business. Around 1999/2000 again more room was needed and the family expanded the shop to the familiar sight we see in the High Street today.



In 1982 Arthur's two sons, John and Richard, joined their father and the business became a partnership. Richard focussed on the electrical side of the business and John, who still worked in King's Lynn, became engaged in fitting aerials on his days off transporting the equipment in his Ford Capri (the firm's van!).

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Paula and Mark and staff wish customers a Merry Christmas and a very Happy New Year and thank you for all your support this year.

Paula and Mark

Today Richard is still at the reins of the electrical side, whilst John can be found absorbed in the cycle shop and the never ending paperwork that keeps the A.E. Wallis wheels turning!

Sadly, early in 1998 Arthur Wallis passed away. Although he hadn't taken an active part in the business since 1982, he often enjoyed spending time at the shops chatting to his friends and customers.



Richard and John thank their family and friends, loyal residents of Heacham and surrounding areas for their never ending support to their business and look forward to welcoming customers old and new to the pleasure and delight of entering the trustworthy, dependable and popular world of A.E. Wallis that keeps you returning.

2014 sees A.E. Wallis celebrating 75 years – All started by Arthur and a cat's whisker!

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Heacham Judo Club

Heacham Judo Club has finished the year with some great results. On 5th October we held the South Eastern Area Grading and Training Day. Everyone worked hard and their efforts shone through for the players and coaches. Results are as follows:

Juniors:

Elsie McNeil - White Merit Badge
 Carly Hinds - White Merit Badge
 Alex Caldicott - White
 Nathan Croasdale - White
 Tarell Hinds - White
 Sonny McNeil - White + 1
 Henry McNeil - Yellow
 Dylan McKenna - Yellow + 2
 Arnold Wilson - Orange + 1
 Bradley Richardson - Green
 Jake Lammas - Blue + 1

Seniors:

Kristina Wilkes - Brown
 Georgia Rudd - Brown

Instructor and Coach Awards:

Ryan Percy - Judo Instructor
 Georgia Rudd, Bethany Gedge, Kristina Wilkes - Senior Judo Instructor
 Thomas Lawrence, Harry Sands, Josh Chilvers - Club Coach
 Shirley Tucker - Senior Club Coach

Next, we hosted Middelharnis Judo Club for the weekend on the 14/15/16th November. They came to take part in the Derek Skipper Memorial Competition with clubs from Shipdham and Colchester also taking part.

After a late night travelling on Friday, everyone was ready to go by lunchtime on Saturday. A very busy and exciting competition was held with a lot of good Judo being shown by all. That evening we had a lively party and a lot of new friends were made in both clubs. Sadly, Sunday morning came round all too quickly with a 6am start to get everyone to Harwich for the return journey to Holland. The weekend was a great success and a big thank you goes to the families, Judokas, Instructors and Coaches for all their help. Next year a return competition will be held in Middelharnis in April.

Good luck to everyone for 2015.

Results from the competition are as follows:

Juniors

Elsie McNeil	Gold	Henry McNeil	Silver
Carly Hinds	Bronze	Dylan McKenna	Gold
Joseph Tucker	Silver	Sonny McNeil	Bronze
Astrid Hubbard	Gold	JakeLammas	Silver
Tarell Hinds	Bronze	Terry Wilkes	Bronze
Shannon Tucker	Gold	Courtney Cobb	Gold
Oliver Shaw	Bronze		

Seniors:

Harry Sands	Gold
Bethany Gedge	Silver
Kristina Wilkes	Bronze
Georgia Rudd	Bronze

Player of the Day:

Dylan McKenna



Heacham and Middelharnis Judo Club at the Derek Skipper Memorial Competition.

Shirley Tucker



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Christmas Cracker Jokes (for Xmas 2014)

How do snails keep their shells shiny?
They use snail varnish

What does a frog do when his car breaks down?
He gets it toad away!

What do you get if you cross a stereo with a refrigerator?
Cool music!

What starts with T, ends with T, and is full of T?
Teapot!

What did the fish say when it swam into a wall?
Dam!

Where do fortune tellers dance?
At the crystal ball!

Why did the robber have a bath?
Because he wanted a clean getaway!

What did the necktie say to the hat?
You get on ahead. I'll hang around for a while!

What is an underground train full of professors called?
A tube of smarties!

What did Santa say when his toys misbehaved?
"Toys will be toys"!

What did the dolphin say to the other one?
You did that on porpoise!

Why did no-one bid for Rudolph and Blitzen on eBay?
Because they were two deer!

What has a bed but does not sleep, and a mouth but does not speak?
A river!

What does the Queen call her Christmas Broadcast?
The One Show!

Why did the skeleton go to the New Year's Eve party?
He had no body to go with!

What did Santa do when he went speed dating?
He pulled a cracker!

Where should a dressmaker build her house?
On the outskirts!

How did Mary and Joseph know that Jesus was 7lb 6oz when he was born?
They had a weigh in a manger!

Why was Cinderella no good at football?
Because her coach was a pumpkin!

Why is it getting harder to buy Advent calendars?
Because their days are numbered!

What happened to the Hyena who swallowed an oxo cube?
He made a laughing stock of himself!

What word can be written forward, backward or upside down and can still be read from left to right?
Noon!

How do you keep cool at a football match?
You stand next to a fan!

Why are ghosts so bad at lying?
You can see right through them!

Why did the jockey take his saddle to bed?
In case he had nightmares!

What is green and sings in the garden?
Elvis Parsley!

What kind of nut has no shell?
A doughnut!



What do you get if you cross a palm tree with a frog?
A croakanut!

How do you get five donkeys in a fire engine?
Two in the front, two in the back, and one on the roof going EE-AW-EE-AW!

Who appears in cowboy films and is always broke?
Skint Eastwood!

'Cold Turkey'

The oven looked so innocent as Katy to the kitchen went.
Who would think that knobs and steel could help her ruin every meal?

Now, with panic rising in her, she prepared to tackle Christmas Dinner.'

(Probably would do no harm to check the battery in the smoke alarm).

With turkey squatting in the tin, managed to force the stuffing in.
Needed to secure the legs, best not, this time, use plastic pegs...

Right, it's in, the first thing done – that's Oven '0' and Katy '1'.

The ghost of Christmas Dinners past flew through her mind (bad memories last).

When all had donned their party hat to find the turkey in the cat.
Watching him till half-past five, to check that he was still alive!

At half-past six, just by the door, he 'replaced' the turkey on the floor ...

She peeled potatoes, scraped the veg, in her memory Uncle Reg,
Chomping on a 'juicy' sprout so hard it shot his dentures out!
Teeth back in, he tried again but all his efforts were in vain.

Or Auntie Anne, in fluffy slippers, refusing turkey, demanding kippers.
"Nowt goes wrong with them," she said, "They're in a tin, they **must** be dead."

As all the kippers were in the cat she had baked beans and made do with that.

Others gave in (well, it was free) but no-one needed A & E.
Like that time when Auntie Mabel slipped, unconscious, from the table.

She would wear that silly wig and get it tangled in the twig of holly, in the pud, excited, just as the brandy fumes ignited!

If rellies lived upon the edge they came to sample Katy's veg.
Gravy served one lump or two? Invariably long queue for the loo ...

They all knew to avoid bread sauce. Afters? If they survived first course ...

Why **was** it that she couldn't cook? It looked so easy in the book!

Katy turned from thoughts unpleasant, to concentrate upon the present.
Time to baste the turkey now; the oven seemed too cool somehow.
Forget to switch the cooker on! The oven's scored – the game goes on ...

Nancy Robinson 2014



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 or over
or at risk from Osteoporosis held at Heacham Surgery
Classroom 10-11am Tel : Pat 298429 or Lynn 579125
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)
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 entry on Tuesday
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)
MOTHERS' UNION 4th Thursday monthly 2pm (SM)
TREFOIL GUILD 1st Thursday monthly 2 - 4pm
Tel: 07813014477 Mary Harpley (PRH)
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for
over 60's) Tel: 570492
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC)
5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)
1st HEACHAM CUBS ages 8 – 10yrs
Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)
FLOWER CLUB 4th Thursday monthly 7.30pm Flower
arranging & demonstrations Tel:Alayne Seymour570560 (SM)
RAO BUFFALOS 8pm (HSC Top Room)
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

FRIDAYS

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

SATURDAYS

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

Please can you check that your Regular Event entry is correct for 2015. If not please let us know.

HEACHAM DIARY

Saturday 6th December Heacham in Bloom 'Coffee Morning' 10am to 12.30pm Various stalls including Bric-a-Brac Gifts Cakes Raffle Tombola & Refreshments Tea Coffee Yule Log and Mince Pies

** 'Christmas Fete' at Fridhem Rest Home Station Road 2pm to 4pm Craft Stall Santa's Grotto Face Painting & Refreshments Mulled Wine and Mince Pies

** GIG 'James Veck-Gilodi' plus Dan Austin & Genuine Fake 7.30pm at Heacham Public Hall Free Parking

Wednesday 10th December 'Christmas Charity Prize Bingo' Doors Open 6.45pm Eyes Down 7.30pm In aid of 'campaign care' & the Bobby Moore Fund Lots of prizes including a £50 Meal Voucher

Saturday 13th December West Norfolk Singers 'Christmas Concert' 2.30pm at the Methodist Church Station Road Heacham Admission £5 (includes light refreshments) at the door Proceeds to be split between the church and the West Norfolk Singers

Saturday 13th & Sunday 14th December 'Christmas Grotto' Come and visit Father Christmas and his friend Jingle Bear at the Old Friends Hall Sunnyside 2pm to 6pm Tickets are £5 per child and are available from the Parish Council Office Pound Lane For more info or to book your place Tel: 572142 Festive Refreshments also available

Tuesday 16th December GIG 'Aden Land' 8.30pm at the Fox & Hounds Station Road

Sunday 21st December 'Heacham Village Christmas Carol Services' 'Carol Service' 10.30am at the Methodist Church Station Road

** 'Candle Lit Carol Service' 6pm at St Mary's Church

2015

Tuesday 6th January GIG 'Against the Grain' 8.30pm at the Fox & Hounds Station Road

Friday 9th January GIG 'Where's the Dog?' 8.30pm at the Fox & Hounds Station Road

Tuesday 13th January GIG 'After Hours Blues Band' 8.30pm at the Fox & Hounds Station Road

Tuesday 20th January GIG 'Keno Kings' 8.30pm at the Fox & Hounds Station Road

Friday 23rd January GIG 'Jam with DNA' 8.30pm at the Fox & Hounds Station Road


Tuesday 27th January 'Planning Appeal' (Reference APP/V2635/A/14/2221650) in respect of the proposed School Road development (Planning Reference 13/01541/OM) commences at 10am Location - Lynnsport Greenpark Avenue King's Lynn The appeal may last for two days.

** GIG 'Part Time Blues Band' 8.30pm at the Fox & Hounds Station Road

Friday 30th January GIG 'Groove Cartel' 8.30pm at the Fox & Hounds Station Road

Saturday 31st January 'Messy Church' at St Mary's Heacham 10am-12 noon Book in advance Tel: Brian/Josephine 571348 or email griffin568@btinternet.com

Wednesday 4th February Blood Donation Sessions at Heacham Public Hall 1.15pm to 3.30pm and 5pm to 7pm To book an appointment Tel: 0300 123 23 23

Please turn to the next page for 'Other Events' 

NEWSLETTER SUDOKU No. 87

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

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

Solution to
Newsletter
SUDOKU
No. 86

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



**Do Something Amazing
Today**

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

Wednesday 4th February 2015 at the **Public Hall**, Station Road. **1.15pm - 3.30pm** and **5pm - 7pm**.

Please make an appointment if you can, by calling the Helpline 0300 1232323 or online at www.blood.co.uk



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OTHER EVENTS

Saturday 6th December West Norfolk Singers 'Christmas Concert' 3pm at St Mary's Church Old Hunstanton Admission £5 includes light refreshments Proceeds to be split between the church and the West Norfolk Singers

** 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

Saturday 6th & Sunday 7th December St Nicholas Church Dersingham 'Christmas Tree Festival 2014' 10am-4pm (Sat) 12noon - 4pm (Sun) Also a Christmas Market & Santa's Grotto on Saturday

Saturday 13th December King's Lynn Festival Chorus 'Christmas with the Chorus' 5pm at King's Lynn Minster (St Margaret's) Tickets £15 or £10 (£5 under 18s) from King's Lynn Corn Exchange on-line or at the door

** Cinema in Syderstone presents 'Tammy' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel 578588 or 578171 or email cinema@syderstone.com

Monday 22nd December Rollason Stage School 'Christmas Song Evening' 6pm at Snettisham Memorial Hall Tickets £5 (Adults) £2.50 (Child) must be booked in advance Tel: 579074 or 07585002125 to reserve

2015

Tuesday 13th January Brancaster Camera Club 'Help & DVD' 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Wednesday 21st January A talk 'Hunstanton's Evening Stars; 7.30pm at Hunstanton Town Hall Entry free to Civic Society members There will be charge for non-members

Tuesday 27th January Brancaster Camera Club 'Print Discussion' 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

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

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

Mondays

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

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: 576233

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

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

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

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

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

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

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

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

WEST NORFOLK TAI CHI CHUAN - weekly local Tai Chi classes www.west-norfolk-tai-chi.com 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 Musical Theatre Group 11am Street dance under 12's 12noon Drama Group with Ann McKimm 1pm Musical Theatre 2pm at Hunstanton Town Hall Basement For information re attendance Tel: 579074

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

Please can you check that your Other Event entry is correct for 2015. If not, please advise us so that we can make the required amendment.



WORDSEARCH - CHRISTMAS TALES

25 TALES TO FIND
MERRY CHRISTMAS

- IT'S A WONDERFUL LIFE,
- A CHRISTMAS CAROL,
- THE NATIVITY,
- THE BOX OF DELIGHTS,
- SEASONS GREETINGS,
- CINDERELLA,
- POLAR EXPRESS,
- THE NUTCRACKER,
- SLEEPING BEAUTY,
- THE CHRISTMAS STORY,
- PETER PAN,
- THE PICKWICK PAPERS,
- DICK WHITTINGTON,
- JACK AND THE BEANSTALK,
- WHITE CHRISTMAS,
- SNOW WHITE AND THE/
- /SEVEN DWARVES,
- POIROTS CHRISTMAS,
- MOTHER GOOSE,
- THE GRINCH WHO STOLE XMAS,
- THE SNOWMAN AND/
- /THE SNOWDOG,
- MUPPETS/ CHRISTMAS/ CAROL,
- THE/ NIGHT BEFORE/ CHRISTMAS,
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- THE SNOWMAN,
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Sjp Solicitors would like to wish all our clients a Merry Christmas and a Happy New Year

Bliss Hair & Beauty

Bliss Hair & Beauty would like to say a big thank you to our clients for donating so generously on Friday 14th November for our 'Children in Need' fundraising day. It was such a fun day. Instead of our uniform we wore our pyjamas all day, Kelly made some fabulous Pudsey cupcakes to sell and we had a raffle with lots of lovely prizes, winners of which are soon to be announced. The grand total was £172.85 which Bliss will round up to £200! We are very grateful for your support and are delighted with the amount raised for such a good cause in helping children across the UK.

On another note, Christmas is nearly upon us! Sandra in our beauty room has a great offer for Christmas. Treat yourself to some beautiful gel nails and receive a FREE eyebrow shape! The gel nails come in a variety of fabulous colours and last 3 - 4 weeks. Get them booked in now and you'll have beautiful nails for the party season ahead. Also, gift vouchers from our Beauty Room make the ideal Christmas gift, either to the value of your choice or choose a treatment.

If you haven't booked your Christmas hair appointment at Bliss yet, do it now! We are getting very booked up already...and through to the new year. We have a selection of professional styling products, which we can package up for you into a nice gift set. Gift vouchers to the value of your choice and also a small range of hand made jewellery is available for you to purchase as a Christmas gift.

Everyone at Bliss wishes you a very happy Christmas and all the best for 2015!



Heacham In Bloom



At the AGM in November, the Team reflected on the successes of 2014. We start the new campaign with healthy finances, although fundraising and sponsorship throughout 2015 will be vital to maintain this position. The Team also agreed that the colour scheme for next year will be yellow and pink, the main foliage colour will be lime green in a complete contrast to reds and silver of this year. The Team also agreed to redesign the Plough Bed at Redgate Hill.

The Annual Christmas Coffee morning is on Saturday 6th December at the Church Hall in the High Street so please join us for a slice of Yule Log and a hot drink.

Remember, you can follow Heacham in Bloom on Facebook to get regular updates. Thank you to everyone for their support this year and the Team wishes you all a Merry Christmas and a Blooming Good New Year.

Heacham In Bloom
heachaminbloom@btinternet.com



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Sallywags Parent, Baby & Toddler group

Winter's here! Bring out the woollies! We hope we get some snow this year so we can make snowmen and snowballs in the magical landscape. We missed it last year. (Not too much though as it does get a bit too nippy and slippy!)

Speaking of woolly things – we were wondering if there were any keen knitters who might be able to donate some knitted doll's clothes to the playgroup? We have got lots of chilly dolls. Donations happily received at 35 Meadow Road, 12 Cheney Hill or at the Scout Hut during playgroup hours.

We have welcomed some new faces this month which has been really lovely – well done for braving a new group and thank you for coming back! It's been really nice to meet you all.

On 12th November, we had 2 stalls set up alongside our usual playgroup. Rachel Richardson with her Usborne children's books and Sue Lemon selling her beautiful hand crocheted products. Thank you for coming – it was lovely to have a browse and make some timely purchases for Christmas.

Thank you also to Liz for donating some lovely puzzles to Sallywags and to Rachael for organising Wolfy's photographers to come in and take family photos.

By the time this is printed it will be nearly Christmas so we at Sallywags would like to wish you all a very Happy Christmas and we look forward to seeing you all in the New Year!

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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Heacham at Night

(Pictures from *Lunar Missions Ltd*; UK Space Agency; Greg Smye-Rumbsy Royal Museums Greenwich (moon), Google, and me.



Christmas presents to think about: Good binoculars; a telescope; a subscription to 'Sky at Night' magazine; a book; membership of a local astronomy club; or even a chance to get a bit of yourself, or someone else, on the moon. At the time of writing, 19th November, details of Lunar Mission One has just appeared on the news and on-line. For donations of £3 to £5000 you can be part of a British

mission to the moon. See lunarmission1.com. Initial crowd sourcing finishes at midnight on December 17th. If £600K has not been raised by then the project will probably fail. £200K



has been sourced in the first day.

And will LM1 be launched from Britain? The proposal to build a spaceport has not gone away and it might be operating within 4 years. Six of the 8 possible locations were in Scotland prior to the referendum but I hope those possibilities have now bit the dust, leaving Newquay, Cornwall or a site in North Wales. I suggested the fields at the top of School Road or the land south of Hunstanton.



The last month has been pretty dire as far as observing is concerned, cloud or mist obscuring the skies most nights. I did manage to see Uranus close to the moon on 4th November but it was difficult – the

glare of the moon swamping the faint blue dot of the planet.

What to see in what remains of December and throughout January? - Planets, meteorites, a bit of the moon you might not have noticed, the eye of Medusa and an asteroid.

In December, Venus comes back into the evening sky after returning from the far side of the sun. At the end of the first week look due SW at about 3.30pm. The sun will still be peeping over the horizon so view from Heacham Beaches and take care. Look for a bright speck to the left of the sun. As the month progresses Venus will get higher as the sun gets lower and will be joined by Mercury, a smaller brilliant speck. Just after sunset on Christmas Eve, around 3.30pm, Mercury, Venus and the waxing crescent moon form a line, Mercury close to the horizon,

the moon highest. It is a similar picture on days either side. As the sky darkens and Venus dips below the horizon look for the red dot of Mars directly to the left of the moon.

Mercury and Venus appear to move closer together as the nights move on. They are about 3° apart on New Year's Eve and just 1° apart on 12th January. Later, on the 21st at 6pm, the thin crescent moon will be close to these planets making a very good picture to observe or photograph. Don't forget to look for Mars too. It will be visible somewhat above and to the left of the Venus / Mercury pairing all of the second half of the month at about 5pm.



This picture was taken from the sea wall in February. Mercury is the dot between the clouds near the bottom.

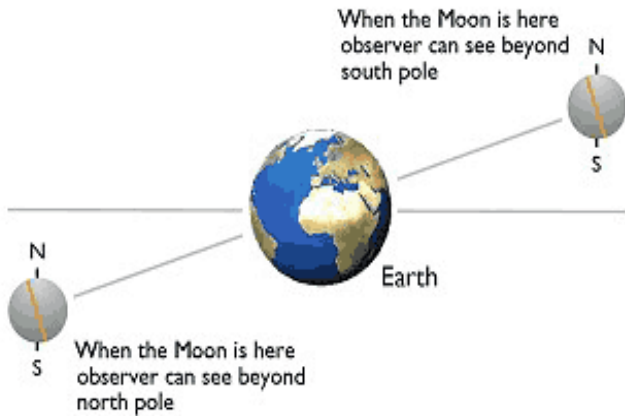
So, a little early evening observation from the sea defences will let you observe three planets with your eyes – although binoculars will give a better view particularly of Mercury, but only use these after the sun has dipped out of view.



Our companion from last month, Uranus, is still around but just in December. Stellarium, available in the library, will help you find it. Look SW at between 40 and 50 degrees above the horizon. Neptune is much lower and SSW and needs a telescope to reveal it. Jupiter is visible in the east and high enough to observe around 10pm. It moves higher and further south as December gives way to January. As readers well know, Jupiter is certainly worth a look as good binoculars will reveal the four Galilean moons and a telescope shows the cloud bands.

Saturn is a morning object through until the end of January. If you are up and functional at 6.30am on Christmas morning and have a SE horizon, Saturn is about 10 degrees above it. From then on Saturn moves a little higher and further south. The sun begins to rise earlier so half way through January you need to look at 5.30am.

The Geminid Meteor Shower 4-17th December with peak nights on 13/14th and 14/15th. Best show likely on 13/14th from midnight but look earlier too. The moon is present so look away from it or, at least, not directly at it.



The Moon wobbles as it orbits the Earth. These *librations* let us see around the 'edges' from time to time – we see a bit of the surface usually out of view. Between 6th and 12th December circumstances are such that the 'normal' northern limb is tipped towards us a little and a few craters you may not have seen pop up – Byrd, Peary, Florey and Hermite for example. Use a moon map – Google one – and binoculars.

The Eye of Medusa or the Demon Star. This is the star Algol which is two stars rotating around each other – a binary. They are lined up such that the fainter of the pair passes across the face of the brighter one – we effectively see an eclipse which reduces the apparent brightness about every 3 days for 10 hours. (There is also a third star associated with the eclipsing pair but this star does not eclipse either of them). It is high in the sky throughout December and January. Up until Christmas look south and straight up, well above and well to the right of Orion. You are looking for a red/orange star. As the month(s) move on Algol will appear to move towards the west and a little lower. Use Stellarium to help or any of the many websites which tell you what to look for each night.

Juno, an asteroid, is possibly visible through binoculars towards the end of January. Juno was classed as a planet until the 1850's but is now an asteroid whereas Ceres, a bigger *former* planet and *then* asteroid is now a dwarf planet. Juno is about 200 miles across. In the last week of January it will be found, 30 degrees above the horizon between Jupiter to the left and Sirius (brightest star due south) to the right.

Asteroids are lumps of rock, sometimes metallic, which orbit the sun. Bigger than meteors by several orders, most, like Juno, orbit between Mars and Jupiter but some have more independent orbits and some come quite close to Earth; infrequently an unknown one smacks into it. The relatively recent Russian meteorite which was filmed by dashboard cameras is classed by some as an asteroid and by (a few) as a comet. The distinction between all three, certainly between asteroids and comets, has blurred in recent years as trails have been seen emerging from some asteroids and some comets appear to be a bit more solid than expected - like Comet Churyumov-Gerasimenko of Rosetta and Philae fame.

I trust you watched the drama of the Philae landing. It bounced about a mile upwards after touching down on its designated landing site. This was named Agilkia by some Frenchman who won the naming contest. I like to think where it ended up could now be called by my name entry – Hergotestane – which is the Anglo Saxon name for Haggerston where Edmund Halley (Halley's Comet) was born in 1658.

Penultimate thing: I am giving a talk entitled 'Hunstanton's Evening Stars' 7.30pm on 21st January at Hunstanton Town Hall. It will focus on looking west and seeing Venus and Mercury but the other planets will get more than a mention too. Free to members of the Civic Society otherwise there is a charge.

Last thing: A very Merry Christmas and a Happy New Year to all my readers and the very many more who are not – the few will have to tell the many.

Terry Parish

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**Saturday, 6th December 3.00pm
St Mary's, Old Hunstanton**

**Saturday, 13th December 2.30pm
Methodist Church, Heacham**

**Wednesday, 17th December 7.00pm
St Mary the Virgin, West Winch**

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More information : www.westnorfolksingers.org.uk



Hunstanton Community Choir

The summer may be gone and autumn is cooling the air, but things are really hotting up for the Hunstanton Community Choir, which kicked off this season on Friday 14th November with

The Children in Need Variety Show at The Princess Theatre.

With Christmas quickly approaching we'll be practising carols and yuletide songs. Last year the choir was happy to spread the good cheer by singing at the Town's Christmas Cracker. It was wonderful to see so many smiling faces that needed no encouragement to join in. We relived the merriment again this year on Sunday November 30th.

Many people in our community love this time of year, the season of goodwill and "let's be jolly" sentiment, the excitement of Christmas for children and for those with family who gather round to make the time even more special. Yet it's not like this for many. Christmas can be a lonely affair; people who feel isolated through the year often have this feeling magnified as Christmas approaches – a good reason for joining a local group such as the choir, as it provides a great opportunity for making friends, socialising and camaraderie. We have a common love of singing and music, and having fun is always on the agenda too. As word spreads we are finding that we have new members coming along most weeks, from near and far. It's a testament to the choir's growing success. Be brave and pop into the Town Hall on Tuesday at 7.00pm and have a taste of what we're all about.

Don't forget another date to add to your calendar is 21st December, when the choir will be joining the amazing Delta Pilots in concert at the Princess Theatre. A different spin on some rock and pop classics! We're a choir that's ready to have a go at any genre of music!

Anyone organising an event where they feel the choir's brand of entertainment may be a valuable contribution, please contact the Choir Chairman, Anne Wood - Tel: 07960 321083.

More information can be found on the new Hunstanton Community Choir website too!

Barney

Brancaster Camera Club

We are a small, friendly club & welcome photographers of all abilities. We meet in Brancaster Staithe Village Hall on alternate Tuesdays at 7.30 pm. Entrance is £3 to include coffee.

If you would like to come along we would be pleased to see you. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725.

Meetings for January 2015 are:-
Tuesday, 13th January - Help & DVD
Tuesday, 27th January - a Print discussion.
(These may be cancelled if the weather is bad).



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Hunstanton & District Lions Club

The Hunstanton & District Lions Club would like to take this opportunity to thank the following who contribute to our charitable activities, especially our two flagship events (Fun Fair Day and Turkey Tinsel Lunches):

Fun Fair Day (June)

The Hunstanton Showmen (John Henry Roper, Chadwick Pooley and Staff).

Hunstanton Vegas Fish Bar (Joe and Danielle Rodriguez and Staff).

Car Boot Fairs (March to October)

Headmaster of Glebe House School (John Croft).

To all Stall Holders supporting our fairs.

Turkey Tinsel Lunches (December)

The United Services Club in Hunstanton, (Clare, Marion, Jackie and the Bar Staff).

MARS in the Community Team (King's Lynn) – to all the volunteers who help each day.

Our Senior Citizens for supporting this event.

Dates for Your Diary 2015

Saturday 28th March 2015 – **Lions Country & Western Night** in Heacham Public Hall.

Dust off those Stetsons and put on those fancy boots for an evening of dancing and entertainment to the music of 'MT Allan'. More information will follow in the New Year.

Saturday 4th April 2015 – **Lions Easter Egg Hunt for the Children** in The Spinney, Hunstanton.

Something for all young children out there – can you find the Easter Bunny's hidden eggs?

Look out for more Easter Bunny information in March.

Saturday 4th July – **American Independence Day Celebration**.

The Lions will be organising an evening of entertainment with a band, food and lots more.look out for further information.

The Hunstanton & District Lions Club wish you a very Merry Christmas and a Happy New Year.



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*Regular monthly Coffee Morning as usual on Friday,
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Norfolk Coast fund – still open...but hurry!

A small amount of money is still available for 2014-15. If you have a *new* project that will benefit the Norfolk Coast Area of Outstanding Natural Beauty (AONB), the Sustainable Development Fund (SDF) could be just what you need. The project must fit the scheme's criteria and be completed by March 2015, so there's not much time. For more information go to the SDF pages under 'Grants and Funding' at: www.norfolkcoastaonb.org.uk or contact Kate at the Norfolk Coast Partnership on 01328 850530 or at kate.dougan@norfolk.gov.uk

There is a small fund available in 2015-16 and I welcome people getting in touch to discuss their ideas.

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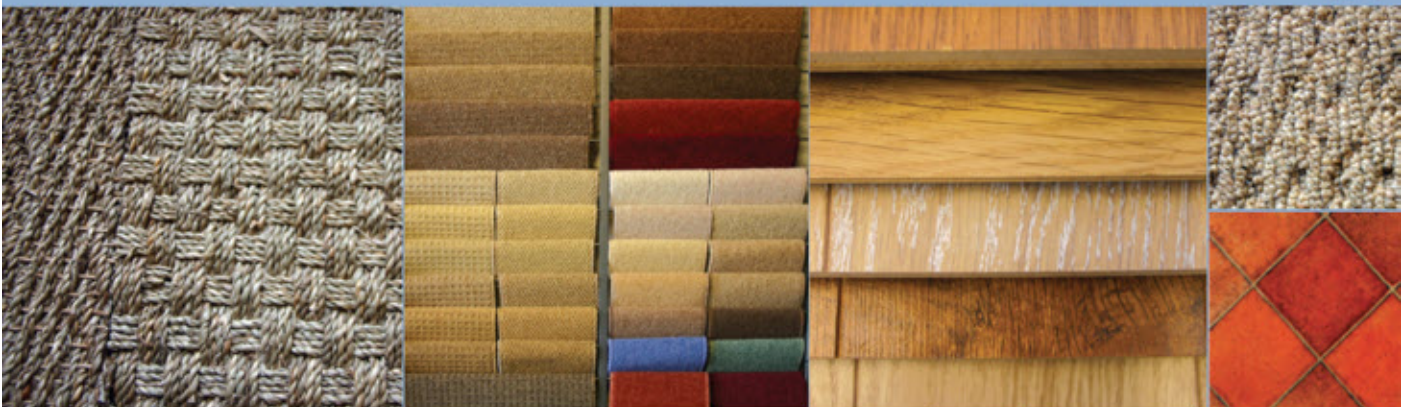
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News from charity
RESCUE : WOODEN : BOATS

Work has been continuing apace on lifeboat *Lucy Lavers*, readying her for her return trip to Dunkirk in May 2015, 75 years on, to mark the anniversary of the evacuation of troops from the beaches.

The difficult job of drilling through the keel to fit the centreboard has been completed and the newly forged centre plate is in place. Bronze work has been cleaned and where necessary cast to make additional parts. More coats of Witham paint have been applied to *Lucy Lavers*' hull with more to come. The engine has been stripped and restored and is ready for installation. The new build of the mahogany engine canopy is under way. The sails and spars are ready. You can see films of the work on our website. There will be a celebration of *Lucy Lavers* re-launch in Wells on Saturday morning, 11th April



2015 – do put the date in your diary.

Plans are well advanced for *Lucy Lavers*' commemorative return to Dunkirk. With a different crew for each leg of the journey, she will be setting off from Wells-next-the-Sea in early May and calling at Lowestoft, Southwold, Aldeburgh, Levington, Harwich and

Ramsgate on the way. There will be a big welcome home in Wells towards the end of May. After her return, *Lucy Lavers* will 'live' in Wells and give pre-booked trips afloat.

Would you like to get involved in the Dunkirk trip?

You can:-

- * Contribute to a nautical mile (it's 385 nautical miles and will cost £90 per mile);
- * Bid for a crew place on one of the 9 legs (if you are comfortable being at sea);
- * Come and meet *Lucy Lavers* en route;
- * Help at the information/exhibition stands at one of the ports.

Do contact us if you would like to join us in this unique historic event. Leaflets with further details are available.

Don't forget you can come and take a look at the work progressing on *Lucy Lavers* at the **Visitor Centre in Greenway, Stiffkey, NR23 1QF – open throughout the winter months on Saturdays and Sundays 10am – 4pm** and which also has nice things to buy - shopping for a good cause!

The Education and Events Room has been decorated by volunteers and is being equipped thanks to a North Norfolk FLAG (Fisheries Local Action Group) grant with chairs, tables and electronic equipment in readiness for school and adult visits.

We have had well over 3,000 visitors since opening in August 2013. Feedback from our visitors... "*fantastic history and workmanship*"; "*enlightening and fascinating*"; "*interesting and cool, even for a grumpy teenager*".

Over the summer our team has expanded and we are always looking for more keen friends and volunteers with a few hours to spare. Contact us on: info@rescuewoodenboats.com or on 07920 760238. More details on www.rescuewoodenboats.com
 Charity No. 1144180.

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King's Lynn Festival Chorus

Who can fail to be aroused by the opening of the Christmas Oratorio by J S Bach. It seems to call us to this joyous Christian festival in just the few opening bars. Some of the music has been borrowed from other well known chorales and cantatas the composer wrote earlier, but he has incorporated them into this six part oratorio which was written in 1734 to celebrate, not just the Nativity, but the whole Christmas season from Christmas to Epiphany.

Normally the work is performed over a period of days, but for this performance King's Lynn Festival Chorus calls upon one of its members, a former chaplain at the local hospital, to narrate the story that is normally told by sung arias and recitatives.

As well as Bach's Christmas Oratorio the Chorus will sing festive carols, some in which the audience can join in too, and also a new carol composed by local young musician Lewis Wolstanholme.

The Christmas Concert is at The Minster, King's Lynn (St Margaret's Church), on Saturday December 13th at 5.00pm. Tickets available from The Corn Exchange 01553 764864.

More information from Marian Abramovich on 07989 177079 or email mmrabramovich@gmail.com

KING'S LYNN FESTIVAL CHORUS

CHRISTMAS with the CHORUS

Saturday 13th December 2014, 5.00pm
in King's Lynn Minster (St Margaret's)

Selected pieces from Bach's Christmas Oratorio plus well-known carols and a new piece by local composer Lewis Wolstanholme.

Tom Appleton Music Director
 John Byron Piano

Tickets: £15, £10, £5 (under 18s)
 Available from King's Lynn Corn Exchange
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www.kingslynnfestivalchorus.co.uk King's Lynn Festival Chorus is a registered charity No.292455

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**The Mayor's Civic Awards for
Voluntary Service**

The Mayor, Cllr Barry Ayres, is inviting nominations for the 2014 Civic Awards for Voluntary Service.

We all know that there is an army of volunteers working behind the scenes making West Norfolk a better place to live, but without somebody taking the trouble to nominate these individuals, we can't thank them for the wonderful things they do and the difference they make to our lives. Please do encourage your communities to put forward nominations on the form, giving as much detail as possible about the volunteer and what it is he or she does in your village or town.

The criteria is detailed on the form, together with the closing date for entries, and I will gladly put all nominations forward to the Judges when they meet in January. Please don't hesitate to get in touch with me if you would like any further information about the Awards, or if you wish to discuss completion of the form in any way.

Nomination forms are available from the Heacham Parish Council office in Pound Lane or can be downloaded from the Mayor's section of the Borough Council Website.

Thank you for your support.

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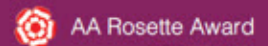
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West Norfolk Clinical Commissioning Group

Wisbech



Local NHS campaign urges patients in West Norfolk and Wisbech areas to 'Choose Me Not A&E' this winter

A high-profile campaign has been launched across West Norfolk and the Wisbech area to help people choose the right NHS service for them.

The 'Choose Me Not A&E' campaign aims to provide people with vital information about which health care service is right for the symptoms they have.

Figures show that about 250 people a month attend A&E at The Queen Elizabeth Hospital, King's Lynn (QEH), but are sent home requiring no treatment.

This means every year, about 3,000 local people wait for hours in A&E when they could have got quicker and more appropriate treatment closer to home.

Not only are residents wasting hours of their valuable time waiting, but they potentially block access to services for other people in more urgent need.

The *Choose Me Not A&E* campaign is being led by NHS West Norfolk Clinical Commissioning Group and Wisbech Local Commissioning Group in collaboration with the QEH.

Dr Ian Mack, Chair of West Norfolk CCG, said: "This campaign has a powerful, local message: Help the QEH save lives this winter. We want people to understand that A&E is for serious, life-threatening emergencies only. Inappropriate use of A&E increases waiting times for those patients who are genuinely in need of urgent medical attention.

"Many people could easily be treated by a local pharmacist, GP, or even just by staying at home and looking after themselves. Our message is simple - if it's not a serious medical emergency, A&E is not the right choice."

"If you are not sure which service to use log on to our new website ChooseMeNotAandE.co.uk to find out more, or pick up one of the campaign leaflets to see your options. You can also use the NHS 111 number which can put you in touch with the best service for you."

The first defence against ill health is self-care and prevention. Here are some top tips from local GPs for staying healthy over the winter:

- Eat healthily – food is vital for keeping you warm.
- Take some exercise – we know it's getting cold but even staying active in your home makes a difference.
- Wrap up warm when you go outside – it's often a good idea to layer your clothing.
- Stock up on medicines – paracetamol, aspirin, ibuprofen decongestant and aspirin.
- Get a flu jab – the vaccine is free for those in an eligible group. To find out if you are in an eligible group visit www.nhs.uk
- Keep your home warm – your main living room should be between around 18-21C (65-70F) and the rest of the house at a minimum of 16C (61F). For more information about Warm and Well visit www.norfolk.gov.uk

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Hunstanton & District Rotary Club

Rotary Matters

By the time you read this report the second of our three mock interview sessions will have taken place. In these we give interview practice to Smithdon High School students who, this year, will sit for their GCSE examinations. When they eventually go for their first interview, whether it be for University or for a job, they will be less daunted through having been made aware of what is likely to take place at the interview. As interviewers, Rotarians are from different businesses and professions themselves and we do our best to pass on our experiences of interviewing to the students.

From the Rotary Club of Downham Market we were pleased to welcome Rotarian Carole Samuel and her husband, Past District Governor John, to one of our meetings. Their Club members are working hard to raise money to help children whose health has been damaged in Belarus as a result of the 1986 Chernobyl nuclear disaster. Belarus lies west of Poland and north of the Ukraine. The children's school lay in a polluted area where thyroid cancer and leukaemia occur due to the escaped radioactivity. Blankets, towels, school equipment and numerous other articles are desperately needed. The school itself is clean and well-cared for and more than forty years old. The teachers do the decorating and classrooms are bare. The school gets relatively little money from the government. All donated items go out by plane to local Rotarians who take it to the school. Several Rotary Clubs in our area, including Hunstanton Rotary



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club, are assisting in this project by contributing financial support.

On Wednesday evening, October 29th, 22 Rotarians plus guests, attended a Hunstanton Rotary club sausage and mash supper social event in St. Edmund's Church Hall. The highlight of the event was a presentation by Stephen Pope on the History of Aviation in Norfolk. The presentation related to military aircraft and aircraft used for military use, based at airfields in Norfolk, a number of which were closely located to the Hunstanton area. The period covered ranged from the first balloon carrying passengers in 1784 to the current day's military jets. Norfolk airfields played a major part in the first and second world wars due to Norfolk's relatively close proximity to Germany. The many airfields serving in Norfolk in the first world war were increased significantly in the second world war with bases built for the American Air Force. The illustrations and great knowledge showed by Stephen made the presentation fascinating. The fact that everyone stayed interested and alert after a most enjoyable dinner of sausage and mash followed by a lovely selection of sweets, was a tribute to Stephen! Rotarian John Hornsby-Bates gave an excellent vote of thanks, particularly commenting on how the organisers of this project at Downham Market Rotary Club, were tremendous ambassadors for Rotary.



Stephen Pope with one of his illustrations.

If you would like more information about Rotary or are interested in full or associate membership, 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



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library on 01485 532280.

Regular events:-

Scrabble Club:

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

3rd, 10th & 17th December..

Knit and Natter:

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11th December.

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Weekly on Fridays

11.00 - 11.30am

5th, 12th and 19th December

Come along for some stories and rhymes! Children must be accompanied by an adult.

Coming in January.....

Author Jane E James, whose book *The Long Weekend* is set in and around Hunstanton, will be visiting the library on Thursday 29th January 2015. Look out for further information at the library.

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We remain open 7 days a week until Christmas and have several late night openings on 5,12,19 December until 7.30pm to give you as much opportunity as possible to make your gifts.

We are also doing a Big Spender Christmas Special Offer. If you or your group, spends over £60 we will not charge a studio fee. So why not arrange a group and call us on 01485 534340 to book your table.

As parents, Dave found it difficult to do things with the kids, especially at weekends when he was not working. We have started a 'Super Dads' session on a Sunday morning (term time) at 10am. Dads can bring the kids and they can paint a selected item for just £5 each.

We have also been confirmed as finalists of the EDP Visit Norfolk Tourism Awards – Best Visitor Attraction Under 50,000. This is fantastic news for us. We will find out on the 27 November if we have won or not. Irrespective of the result, this just shows that we really are doing the right things. So watch this space!

Suzy & Dave
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21st January 2015, 9am – 4pm

Ward Gethin Archer Solicitors would like to invite you to their Free Legal Advice Clinic being held at their offices at Chancery House, 8 High Street, Heacham (formerly Berry & Walton) between 9am and 4pm on Wednesday 21st January 2015.

Lawyers will be available on the day to provide legal advice, free of charge, in the following areas:

- Property Matters • Personal Injury • Medical Negligence
- Debt Recovery • Employment • Family
- Contracts • Commercial Disputes
- Wills & Lasting Power of Attorney

Ward Gethin Archer have various lawyers available from the firm to offer 'Free Advice' on the day including: Andrea Butcher (Chartered Legal Executive in the Personal Injury team). Andrea undertakes all types of Personal Injury work, whether this be road traffic accidents, tripping accidents or clinical negligence claims but focuses mainly on representing employees who have had accidents at work or occupational disease claims.

Melanie Egginton (Chartered Legal Executive within the Residential Property team). Melanie specialises in residential conveyancing and handles sales, purchases and all related issues for both freehold and leasehold properties. Melanie also deals with mortgages, transfers of equity, voluntary registrations, equity release and all related issues.

Richard Pennington (Solicitor and Civil Litigator and Partner in the Civil and Family department). Richard is an extremely

experienced litigator and Family Solicitor and has over 25 years' experience and deals with particularly contentious financial issues in divorces for SME owners and their spouses, commercial disputes of all sorts, contentious probate matters and professional negligence disputes for the firm. Richard is a trained civil litigation mediator, a Member of the Professional Negligence Lawyers Association and a Resolution Trained Collaborative Family Lawyer able to deal with collaborative work, and is also a member of the Association of Contentious Trust and Probate Specialists.

Nicola Firth (Private Client Solicitor) Nicola advises on a range of issues including wills and the administration of estates after someone has died, as well as making and registering Lasting Powers of Attorney. She is also able to help with Court of Protection matters, elderly client matters and basic level Inheritance Tax Planning.

To book an appointment and for any legal enquiries please telephone the Heacham office on (01485) 571366. Alternatively please email melanie.egginton@wardgethinarcher.co.uk Appointments are also available on the day, subject to availability.



Photos from left to right: Andrea Butcher, Melanie Egginton, Richard Pennington & Nicola Firth



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TIDE TABLES FOR DECEMBER 2014 & JANUARY 2015

HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT)									
December 2014					January 2015				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 M	00 31	6.3	13 40	6.1	1 TH	02 24	6.2	15 13	6.2
2 TU	01 45	6.4	14 47	6.3	2 F	03 32	6.3	16 11	6.4
3 W	02 53	6.5	15 46	6.5	3 SA	04 33	6.6	17 00	6.7
4 TH	03 52	6.8	16 37	6.9	4 SU	05 25	6.7	17 43	6.9
5 F	04 46	7.0	17 22	7.1	5 M	06 11	6.8	18 24	7.2
6 SA	05 36	7.1	18 03	7.3	6 TU	06 53	6.9	19 02	7.2
7 SU	06 23	7.1	18 43	7.3	7 W	07 31	6.8	19 36	7.2
8 M	07 08	7.1	19 21	7.3	8 TH	08 03	6.8	20 07	7.2
9 TU	07 47	7.0	19 55	7.1	9 F	08 34	6.7	20 37	6.9
10 W	08 23	6.8	20 26	7.0	10 SA	09 04	6.4	21 08	6.7
11 TH	08 57	6.5	20 57	6.8	11 SU	09 38	6.2	21 41	6.4
12 F	09 32	6.2	21 32	6.4	12 M	10 16	6.0	22 20	6.1
13 SA	10 13	5.8	22 15	6.1	13 TU	11 02	5.7	23 09	5.8
14 SU	11 04	5.6	23 10	5.7	14 W			12 04	5.5
15 M			12 09	5.5	15 TH	00 17	5.6	13 19	5.5
16 TU	00 22	5.6	13 17	5.5	16 F	01 40	5.6	14 32	5.7
17 W	01 32	5.6	14 21	5.7	17 SA	02 55	5.8	15 34	6.1
18 TH	02 35	5.8	15 17	6.1	18 SU	03 58	6.3	16 27	6.6
19 F	03 32	6.2	16 07	6.4	19 M	04 55	6.7	17 17	7.0
20 SA	04 23	6.5	16 53	6.8	20 TU	05 48	7.0	18 03	7.4
21 SU	05 12	6.9	17 37	7.1	21 W	06 37	7.4	18 48	7.8
22 M	06 00	7.1	18 20	7.4	22 TH	07 24	7.5	19 32	7.9
23 TU	06 47	7.3	19 02	7.5	23 F	08 07	7.5	20 13	8.0
24 W	07 33	7.4	19 43	7.6	24 SA	08 49	7.4	20 56	7.9
25 TH	08 17	7.3	20 25	7.6	25 SU	09 33	7.2	21 41	7.5
26 F	09 03	7.1	21 09	7.4	26 M	10 21	6.7	22 30	7.0
27 SA	09 52	6.8	21 58	7.1	27 TU	11 15	6.3	23 30	6.4
28 SU	10 47	6.4	22 54	6.8	28 W			12 19	5.8
29 M	11 52	6.2			29 TH	00 41	6.0	13 29	5.7
30 TU	00 00	6.4	12 59	5.9	30 F	02 01	5.8	14 40	5.7
31 W	01 11	6.2	14 09	5.9	31 SA	03 16	5.8	15 45	6.1

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NEWS FROM ROLLASON STAGE SCHOOL

Professionals of today teaching the stars of tomorrow

We have a very busy time ahead with students in 'Snow White and the 7 Dwarfs' at the Corn Exchange, King's Lynn and 'Rudolph's Magical Adventure' at the Princess Theatre, Hunstanton. This is a great experience for the children to be performing in professional shows in wonderful theatres.

Our children's Christmas party is on Friday, 19th December 5.00 til 7.00pm at St Mary's Church Hall, High Street, Heacham. We will also be arranging a Christmas meal out for the grown ups too!

We are also performing a Christmas Song Concert at Snettisham Memorial Hall on Monday 22nd December at 6.00pm. Tickets are £5 to include a mince pie and mulled wine. Squash and cakes will be available for children at £2.50 a ticket. It is going to be a lovely event so hope you can join us. Tickets must be booked in advance on 01485 579074 or text 07585 002124.

The Christmas Concert ends our term and we start back on Saturday 10th January with full focus on exams.

The Stage School is very friendly and the children work very hard. We are always nice and busy.

Rollason Stage School offers classes in ballet, tap, modern and musical theatre/drama. We take part in festivals, carnivals, shows and exams. The children train hard whilst having fun, keeping fit and meeting new friends!

We also teach adult fitness classes in Heacham Scout Hut! Tuesdays Zumba 7.00-8.00pm and Chillates 7.00-8.00 both £4.

January starts a new term so there's no better time to join us! Places are limited so book a place today!

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

We would like to wish all our pupils and grown ups a very Merry Christmas and Happy New Year.

Happy Dancing!!

Michelle and Lucy Rollason ABTDA

Christmas Song Evening

Rollason Stage School will be holding a Christmas song evening on Monday 22nd December at Snettisham Memorial Hall at 6.00pm

Tickets are £5 each to include a glass of mulled wine and a mince pie; £2.50 for children with cup of squash and a cake.

The children will be singing traditional Christmas carols and popular Christmas songs. This will be a lovely Christmas event and we hope you will support the children in what will be a festive treat to get you in the Christmas mood. You will all be welcome to sing along!!

You must book in advance on 01485 579074 or 07585 002125. Ring or text to reserve tickets.

WE HOPE TO SEE YOU THERE!

Michelle Rollason

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HEACHAM PARISH COUNCIL NOTICEBOARD

Parish Council Meetings November in Brief

Vehicle Activation Sign: The Council noted that the sign was now operational. The Council hoped that this would alert drivers to the need to reduce their speed on entering the village via Lamsey Lane.

Litter: The Council discussed how to encourage residents and visitors to respect the village and take their litter home. Mr Parton agreed to put together a proposal incorporating the ideas discussed, which included the reinstatement of the annual village litter pick. The Clerk reported that the Anglia in Bloom judges assessed the village for litter, so Heacham In Bloom would be likely to support any anti-litter initiatives.

Parish Clerk Vacancy: The Council noted that the Clerk vacancy had been advertised and interviews would be carried out in December. It was hoped that the successful applicant would be in post prior to the current Clerk's departure on 31 January 2015.

Hopkins Homes: The Council reviewed the amended plans which included the proposal to create a round-about at the Redgate Junction with the A149. The access road from the new estate appeared to become the primary road and Hunstanton Road would be diverted to join the access road at a separate junction. No technical details for the road layout were submitted with the revised application, but the Parish Council agreed the amendments did not alter the Council's overall objection to the development.

Community Services Building: The Council noted that there had been positive feedback about the project from the drop in sessions held at the end of October. The Council also noted that the purchase of the building should be concluded by Christmas and work to clear the site should start in the New Year, subject to necessary permissions and contract.

Heacham Historical Society: The Council agreed that the Community Activities Committee could arrange a village meeting to see if there was sufficient interest in the setting up of a Heacham Historical/Heritage Society or group. An event would be planned in February at the Old Friends Hall, details of which would be published in the Newsletter.

Parish Council Budget 2015-2016: The Chairman thanked the Committees on the work already done on plans for the next financial year. The Clerk reported that the Borough Council would still be able to pay a settlement grant, but it was likely to be around 15% less next year. The Parish Council would finalise the precept at the January meeting.

School Road Development: The Council noted that the Appeal would be held at Lynnsport in King's Lynn on Tuesday 27 January 2015.

Christmas Rubbish

Residents are advised to check their collection calendars for rubbish collections over the Christmas and New Year period. The Borough Council will also be popping reminders onto bins in the week before Christmas. If you find your bins are full, extra waste can be disposed of in separate black bags sealed with special red tags which are available for purchase at the Parish Council Office, priced £1.50. These sealed bags can then be put out with the black bins.

Grit Bins

Hopefully they will not be needed, but if icy there are numerous Grit Bins at key points in the village. Please use the grit sparingly as a tablespoon of grit will treat an area of 1m². Please also note that the grit is only for use on the public highway and footways and that it should never be taken for use on private driveways or paths as this will be considered theft.

Heacham Parish Council Events Facebook Page

The Parish Council has been trialling a Facebook page to provide information on the various events it organises throughout the year like the Carnival Parade and volunteer work days. The page appears to work well and the Council invite you to like the page and share events as they are posted. Please note that it is specifically for Parish Council Events and will only deal with queries relating to those events. Other queries should be addressed to the Parish Council Office in the usual way.

Elections Are Coming

Next year is an election year, where seats for Parliament and the Borough Council will be contested alongside those of the Parish Council. There is some concern that the Parish Council elections will get lost under the sheer weight of what is likely to be a fiercely contested general election. However, the Parish Council does play an important role in village life and it is hoped that a sufficient number of residents will stand for election to warrant a vote. There is plenty of time to think about standing, the deadline for nomination is 9 April 2015, and if you would like more information about the role of a parish councillor in Heacham then please get in touch with the Parish Council office.

Christmas Opening Times

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

Parish Council Office	Closed 24 Dec & Opens 2 Jan
Heacham Library	Closed 24 Dec & Opens 2 Jan

Norfolk County Council Budgets

The County Council are consulting on its financial savings budget until 19 December 2014. Full details of where spending is likely to be reduced are on the Norfolk County Council website.

Heacham Parish Council
Jubilee Clinic
Pound Lane
Heacham
Norfolk PE31 7ET
01485 572142
Open 10.00am-12noon Tuesday to Friday
www.heachamparishcouncil.co.uk

HELP LINES

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

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

HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

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

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

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

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

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

HEACHAM POST OFFICE 570330
 OPEN MON TO 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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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 Heacham (Norfolk Lavender, Lodge Rd & Heacham Manor) 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
8th/22nd	December	15th/29th
5th/19th	January	12th/26th
COLLINGWOOD CLOSE	09.55	ROBIN HILL 10.40
SOUTHMOOR DRIVE	10.10	RINGSTEAD ROAD 11.00
SANDRINGHAM DRIVE	10.30	NEVILLE Court 11.45
FENSIDE	10.45	NEVILLE ROAD 12.15
HEACHAM INFANT SCH	11.00	PINE MALL 12.30
WOODSIDE AVE	11.45	SITKA CLOSE 12.50
NOURSE DRIVE/Ingleby CL	12.25	SUNNYSIDE 14.15
ROLFE CRESCENT	13.55	MEADOW RD 14.40
BUSHEL & STRIKE	14.15	POPLAR AVE 15.25
GIDNEY DRIVE	14.30	GYMKHANA WAY 15.45
BANKSIDE	14.50	JENNINGS CLOSE 16.10
MARRAM Way/Norway CL	15.05	COLLEGE DR/Gonville 16.45
MARRAM Way/Spruce CL	15.20	
MARRAM Way/Neville RD	15.35	