



THE HEACHAM NEWSLETTER

April 2015



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

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See Page 37 for further details

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



letters...



Heacham

Dear Newsletter

School Road Development

Following on from the Planning Inspector's recent decision to reject the Developer's appeal against the refusal of Planning Permission for the development off School Road, I would like to place on record my thanks to the Parish Council, the King's Lynn & West Norfolk Borough Council and Henry Bellingham MP who have all done a fantastic job in supporting the villagers in their opposition to this development. The people of Heacham have fought a long and hard battle, attending meetings, registering their objections, displaying posters, writing letters and emails. Thank you to each and everyone of you who took the time and trouble to stand up to the land owners and developers who tried to push this through. Thank goodness that at the end of the day common sense prevailed and 'localism' worked!

I would just add that I am not against the provision of new homes in the village and fully support the Council's future development plan for 66 houses in the village over the next ten years.

Jill Davis



Blatchford Way

Dear Newsletter

Update on Fundraising

Used Postage Stamps please:

2014 was another record-breaking year for The Leprosy Mission's Stamps and Collectables team. A total of £127,341 was raised.

It is hard to believe that a bunch of used stamps can help transform the lives of people affected by leprosy but the fact is it can! It takes seconds to rescue a used stamp from an envelope destined for the recycling bin but, by doing so, healthcare and opportunities can be provided to people in desperate need.

Please continue to save used postage stamps. Please leave a minimum of ¼ inch of paper on them.

Old notes, coins, cigarette and tea cards, matchbox collections etc. are also gratefully received.

Whenever possible T.L.M sells stamps and collectables direct to collectors but, failing this, items are sold at auction to the trade. They also hold their own fairs. To find out more visit http://www.leprosymission.org.uk/documents/publications/2988_TLM_Stamp_News_2013_IPR.pdf

Stamps etc can be left at: Suttons Estate Agents, 29 High Street, Heacham; Bliss & Beauty (formerly 'Chop N Change'), High Street, Heacham; The Christian Book Shop, Station Road, Heacham.

Thank you for your help, it is much appreciated.

Doreen Reed

www.doreenreedpoet.com



Woodside Avenue

Dear Newsletter

Development Resurrection

Though the School Road proposal has been seen off, other developments and hints of development are in the pipeline. The site once known as HEA1 within the area loosely bordered by Cheney Hill, Malthouse Crescent and Marea Meadows, is now active on the KLWN planning portal. This is a preferred option site and was allocated 60 houses. The application has been made, by the developer, for outline permission for up to 69 houses. Those 9 houses represent a 15% increase in allocation and a significant addition to any detrimental effect the development might bring. Both the landowner and his agents were made aware that 69 is not 60 some time prior to their application. Those of you interested in minimising the effect of this likely development should register your objections as soon as possible. The reference number is 15/00352/OM.

Several people have expressed concern over what might be happening within the wooded area between Hunstanton Road and the A149. The trees are being thinned and there is other activity. Apparently the thinning has been done under the eye of the Borough Council. The owner's website says: "We are excited by our newly acquired site in Heacham. 10 acres of woodland along the A149 for the future."

The Hopkins Homes plans for several hundred houses on land south of Hunstanton - bordering and accessed from Heacham - are hotting up. Informed rumour says that Hopkins may take the application straight to a planning inspector, bypassing the 'democratic' process of planning applications. This happened in the recent case of the McCarthy & Stone development in Hunstanton. Construction of their edifice is about to start. Apparently, developers can take this step if there is delay in the application process.

I suggest parties interested in stopping or reducing this development give the Borough Council a virtual poke (if there is still time when you read this).

Terry Parish



Heacham

Dear Newsletter

Lost keys

I would like to thank the kind person who found my house keys and handed them in at the Co-op shop.

Very much appreciated.

Mary Sanderson



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Mill View, Sedgeford

Dear Newsletter

Proposed Poultry Farm at Sedgeford

Are readers of this Newsletter aware of the proposal to build one of the country's biggest poultry farms on the outskirts of Sedgeford? I thought not, neither were the majority of residents of Sedgeford. An application for the poultry farm was submitted in January and approved by our local Parish Council – without consultation or publicity within the village.

The environmental impact of this major development is likely to be felt within a 5 mile radius of the farm, which will include a number of local villages, including Heacham, especially when the wind is in an easterly direction. I have lived near a chicken farm in the past and the smell can be absolutely obnoxious. Added to this will be the effect of the large transporters on local roads. There will be no benefit to local employment or housing and Sedgeford residents are concerned about health issues, house values etc and how we are going to attract newcomers to the village, in particular in our efforts to keep the local school thriving.

80 residents attended a Parish Council meeting on 18th March to protest at the action of the Parish Council in approving the application. As a result, the Parish Council subsequently reversed their decision and now oppose the application, which is due to be considered by the Borough Council later in April.

In view of the likely effect of unpleasant aromas affecting Heacham, among other local villages, your readers might like to register their own views with the Borough Council Planning Department. The application can be viewed on the Borough Council's website under reference January 2015 – 15/00038/FM. At the time of writing this letter, the deadline for objections was **7th April**, but efforts are being made to have this deadline extended. To be on the safe side, it would make sense for any objections to be submitted without delay.

John Davis



Ringstead Road

Dear Newsletter

Solstice and Equinox dates

I have noted that the excellent 'Heacham at Night' section of the Newsletter does not now include the Solstice and Equinox dates and precise times. Perhaps these have been omitted because it is not a 'visible' event.

It is a pity because some people like to know the exact times. A couple of people asked me for the last Winter Solstice and were disappointed it was not printed.

I expect this information is available on the internet but here are the times of the next ones:-

- Summer Solstice 21st June - 16.39GMT (+ 1 hour BST)
- Autumnal Equinox 23rd Sept - 08.22GMT (+ 1 hour BST)
- Winter Solstice 22nd Dec - 04.49GMT
- Vernal Equinox 20th March 2016 - 04.31GMT

D Shearer

Proprietor: Nickie Bantoft FCCA

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News & Events in the Community...

Flood Warning Service improvements

From 25th February the Flood Warning Service for Heacham has been improved. You will continue to receive Flood Alerts and Flood Warnings from us. However, they will now contain information regarding the Precautionary Evacuation Notice (PEN). The PEN is the trigger to emergency services and partner organisations that an evacuation needs to occur between the two lines of defence at Heacham. Following the 5th December 2013 tidal surge, it was recommended that we should also give this information to members of the public to encourage them to take action. Therefore, we have now combined the PEN into the Flood Warning for Heacham; this means that all organisations and residents receive the same warning.

The Flood Warning for your local area is called 'Heacham PEN Flood Warning'. To reflect the changes to the Flood Warning Service, we have changed the footpath signs on Heacham North and South beaches. There will not be any impact on when or how you receive the Flood Warning or the actions you should take when a Flood Warning is issued. We will still continue to work with emergency services and partner organisations to co-ordinate the evacuation of Heacham.

To check your flood risk or sign up for free Flood Warnings, call Floodline on 0345 988 1188 or visit www.gov.uk/flood



Doreen Reed – Poet & Storyteller

On Wednesday 22nd April, Granary Theatre, Wells-next-the-Sea, Poet & Storyteller Doreen Reed will be reading a selection of her amusing homespun tales from 2.30pm 'til 4pm.

Tickets £4 with all proceeds to the Granary Theatre. For enquiries regarding tickets, ring Pat on 01328 710193.

Inter-Village Games

After last year's very respectable 4th place finish, I am beginning to put together 'Team Heacham 2015'. This year's event will once again be held at Lynnsport, King's Lynn, on Sunday 28th June. The competition events are as listed and if you are interested in competing or (even better) finding and running a team, I would love to hear from you. All details about the event can be found at intervillagegames.co.uk.

Jordan Penty
jordan.penty@hotmail.co.uk
08727 441816

WEST NORFOLK VILLAGE GAMES
SUNDAY 28TH JUNE 2015 AT ALIVE LYNNSPORT

Trophies for all winning teams in each sports event and trophies for overall winning villages
• Two sections, one for small and one for medium sized villages
• Free entry
The winners of the West Norfolk event will have the chance to join other villages from across Norfolk in the annual County Final to be staged by Active Norfolk in Norwich on 12th July.

WEST NORFOLK VILLAGE GAMES 2015

The event has been staged at Lynnsport since 1992 with help from local sports clubs. The event is great fun and resembles a large sports festival with a fantastic atmosphere for young and old alike.

Brief Rules

- Two sections – one for small villages/parishes of electoral roll population of 1,250 or under, one for medium villages/parishes with an electoral roll population of 1,251 – 4,250.
- Up to 4 adjoining villages/parishes may join together to form a team.
- Each village team must be selected from those who reside within the village or parish (second home owners allowed).
- A person may not compete in more than one sport apart from the Fitness Triathlon where teams may use players from other sports.
- Senior competition means over 16 years and junior competition means under 16 and over 8 years unless otherwise stated. Players' ages are defined by school dates and years, i.e. as at 1st September of the previous year (01/09/2014).
- Villages may enter the event with as many or as few team entries as they wish, i.e. they may enter just one event or any number up to the full 19.
- Village teams are allocated points towards the overall village trophy according to their placing in each individual event: 7 points for 1st place, 6 points for 2nd, 5 for 3rd, and so on. The best 6 results will be used to calculate a village's total score.

Sports Event Details

Badminton: Senior and Junior competitions; both require a team of one male and one female to enter, if required Juniors over 11 may play in the Senior event.

Table Tennis: As for badminton above.

Mini Athletics: 4 – 8 participants required for a combined Junior and Senior team. One or two Junior boys plus one or two Junior girls to take part in: long jump, 100m, shot putt, 200m and relay. One or two senior men plus one or two Senior women to take part in: long jump, 100m, shot putt, 400m and relay. Juniors in this event must be under 16 and over 11.

Netball: Female Senior and Junior competitions. Juniors must be under 16 and over 11. Teams of 7 players with up to 5 substitutes.

Squash: Senior competition with a team of 3 male and/or females. Juniors over 11 years may join in if required.

Indoor Bowls: Senior and Junior competitions. Teams of 2 (male and/or female) with up to 2 substitutes. If required juniors over 11 may play in senior event.

5-a-side Football: Male Senior and Junior competitions. Juniors must be under 16 and over 14. Teams of 5 players with up to 2 substitutes.

Darts: Senior competition with a team of 3 male and/or females. Juniors over 11 years may join in if required.

Gladiator Challenge: A Junior event that resembles junior gladiators in the Lynnsport gymnasium – great fun! Teams of 4 boys and/or girls, under 11 and over 8.

Mini-Soccer: Junior event with teams of 7 boys and/or girls under 11 and over 9 and up to 3 substitutes.

Archery: Senior and Junior events, both require a team of 2 (male and/or female). The format will include some coaching followed by competition so complete beginners are welcome! All equipment is supplied.

Fitness Triathlon: Senior and Junior combined event. Team of 4 – one senior man, one senior woman, one junior boy and one junior girl. Juniors are under 16 and over 12. This is the only event where participants may also take part in other sports. Timed sessions on running, cycling and rowing machines take place with distances accumulated added together to calculate team scores.

Rounders: Seniors and Juniors combine to form a team of nine players (minimum of six) comprising a minimum of 5 Juniors, at least 2 of whom should be under 12.

Entry

Deadline for receipt of entries is **Friday 29th May** so good forward planning is required. Please ensure entries submitted are definite. You will receive confirmation of entry and further details prior to the event. There will be a pre-event Managers meeting on 23 June and a post event meeting on 8 July.

Event Timings
The day's timings depend on the number of entries, approximately 10am to 4pm. The whole event concludes with a presentation ceremony and press photographs.

Further Details:
Roger Partridge at Alive Sports Development on 01553 818017/roger.partridge@aliveleisure.co.uk or visit www.intervillagegames.co.uk.



Heacham Post Office

From 13th April 2015 new hours of business will be as follows:

Monday to Friday 8.30am to 5.30pm

Saturday 9am to 1pm

Fridhem Rest Home
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Sat 4th April
2-4pm

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CHURCHES TOGETHER IN HEACHAM

Alleluia! Christ is Risen!

He is risen indeed! Alleluia!

For Christians, Easter Day is the high point of the year, the day we celebrate that Christ has the victory, that he has conquered death and saved us all. The Churches are decorated with beautiful flowers. We begin the Easter Day services with the wonderful words above, and we sing some of the great Easter hymns and celebrate Holy Communion... and some of us then eat Easter Eggs!!

For each of us Easter will mean something different, so as you munch your Easter eggs, or eat your roast lamb, or come to church, or enjoy the extra day off.... think about this question - What does Easter mean to me?

My prayer for us all is that we might get a glimpse of the joy that Jesus' resurrection can bring to all our lives.

“Jesus Christ is risen today, Alleluia!
our triumphant holy day, Alleluia!”

HAPPY EASTER

With my prayers and best wishes

Veronica

Revd Veronica Wilson – Priest in charge of Heacham and Snettisham



THE PARISH CHURCH OF ST. MARY Sunday Services in April 2015

8.00am Holy Communion (BCP)
5th, 12th and 26th April

10.00am	5th	Holy Communion
	12th	Morning Prayer
	19th	Morning Prayer
	26th	Morning Prayer

6.00pm	5th	Easter Praise
	12th	Evening Prayer
	19th	Holy Communion
	26th	Evening Prayer

April 2015 Services at Nursing/Residential Homes

Tues 7th 2.30pm at Rebecca Court

Mon 13th 11.00am Holy Communion
at Millbridge

Wed 15th 2.30pm at Summerville

Fri 24th 10.30am at 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

REGULAR ACTIVITIES AT ST. MARY'S CHURCH

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

ST. MARY'S CHRISTIAN BOOKSHOP

Please come and visit our bookshop which is opposite the Methodist Church in Station Road, Heacham. It is open from 9am-4pm on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays till the end of March, and 9am-5pm throughout the summer months. We have an interesting selection of Christian books and a wide range of greetings cards. It is well worth a visit.

ST. MARY'S CHURCH HALL

This is on the right, half way up the High Street, and the Hall can be booked for meetings and family events, such as children's birthday parties. A booking fee is payable and the Hall can be inspected and a booking made on Mondays, Wednesdays and Friday mornings between 10.30am-12.30pm. There is an office at the Hall where bookings can be made and information provided.

HEACHAM METHODIST CHURCH HAPPY EASTER – HE IS RISEN!

We celebrate the Risen Saviour with morning worship on Sunday 5th April at 10.30am, conducted by Sheila Johnson.

METHODIST CHURCH

Sunday Services: 10.30am Morning Worship

12th April Rev. Pam Bayliss – Holy Communion

19th April Fellowship Service

26th April John Houghton

3rd May Rev. Stephen Oliver – Holy Communion

Midweek Communion

April midweek Communion will be on Wednesday 8th April at 10.30am, conducted by Rev. Stephen Oliver. All who love the Lord are welcome to attend.

Social Evening

Our Social Evening in April is on Thursday 9th at 7.15pm. It will be a musical evening when John Harris will entertain at the piano with some favourite tunes and musical quizzes. Everyone welcome.

Midweek Activities

Monday - Indoor Bowls, 7pm weekly

Tuesday - Ladies' Fellowship, 2.45pm 14th & 28th April
Hands & Needles Club 7.30pm

14th and 28th April

Wednesday - Midweek Communion, 10.30am 8th April

Thursday - Social Event – 7.15pm on 9th April

Friday - Indoor Bowls 7pm weekly



Hunstanton Catholic Parish

Our next parish social event will be the Ladies' shared lunch on Saturday 18th April. This will be held at St Cecilia's, Dersingham starting at 12noon. It is an ecumenical occasion and all are welcome. It is always very well attended and there is always a delicious selection of food.

The pancake supper was again very well attended and raised £125.87 towards the Restoration and Development Fund. It also included a surprise visitor, Fr James Fyfe, our former parish priest, who is now the parish priest at Our Lady & St Charles Borromeo church in Wisbech. Another celebration during the evening was to congratulate two of our parishioners, Mr and Mrs Grant of Heacham, on the occasion of their Golden Wedding anniversary.



Bishop Alan Hopes visited the parish to officiate at the Deanery Lenten Station Mass at Holy Family church in Gaywood, King's Lynn, as part of his visits to all the parishes in the Diocese.

There was a Mass with anointing for the sick at St Cecilia's on the afternoon of 4th March.

The ecumenical Stations of the Cross, followed by a simple Lenten lunch, has again been celebrated every second Friday at Our Lady of Perpetual Succour & St Edmund's, alternating with St Edmund's Anglican Church, Hunstanton. Proceeds of these Lenten lunches will be shared between CAFOD and Tear fund. Our parish and diocese Lenten collections will go towards two charities, 'Aid to the church in need', who help persecuted Christians around the world and 'Cenalcolo' which rehabilitates people with addictions in a Christian community.

We are still collecting for the Food Banks in Hunstanton and King's Lynn, which provide help to those in very real need in the local area. There is a box for donations in the porch of both Churches. There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. For more information contact Caroline Brooks on 01553 673069.

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome. Our daily Masses are held at 10am at St Theresa's Convent, 27 Sandringham Road, Hunstanton,

except on Wednesday when it is usually at 10.15am at St Cecilia's, Dersingham.. Please check for dates and times on Church noticeboards, website or phone. Sunday Masses are 9am at Dersingham and 11am at Hunstanton. The Parish telephone number is 01485 534675. If you require a Priest urgently please telephone Fr Peter Rollings on 01553 772220 or email: parishpriest763@gmail.com

Website: www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org

The next Messy Church will be on

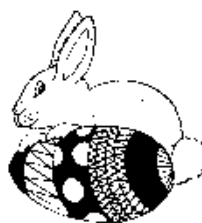
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St Mary's Church

Saturday 25th April

at St Mary's church, Heacham 10.00-12 noon

crafts
meal

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Scallywags Parent, Baby & Toddler group

Spring has sprung! As we write, we have welcomed 30 little blossoms at Scallywags this week! All growing in 30 individual ways! Thanks for coming along!

Hopefully, we'll be able to venture outside into the garden as the mornings warm up a little now but there has been plenty of colour and creation inside the hut too! We've been able to make a shaker, spoon puppets and pasta necklaces to name but a few! Louise Rudd (our 'Mrs Bloom') brought the outside in with colourful dried seeds to stick and design with, and dried lavender flowers to make lavender bags with. The hut smelt beautiful and the results looked beautiful! Thanks Louise!

Thank you to Luke Enters and Jay Sandle for transporting our good old petrol lawnmower for an overdue service at 'Stocky's Lawn & Garden Equipment' in Terrington St Clement. Like us it's a bit old and rusty but mostly keeps going with a few coughs and splutters! It was returned with a reasonable prognosis and has cut a lot of grass since! A very big thank you to Keith Stockdale who provided this service for free to Scallywags (and thanks to Mike White for raking up **all** that grass!)

Thanks Cissy for blowing up balloons for printing, Tommy for toy fixing and Merry & Thea for setting up shop! Thanks also to Nick for your toy donations and Gail for some fab percussion instruments and toys too! Sarah and Mel thank you for kindly supporting Scallywags at your recent table top sale and finally thank you to Brenda Dean at Tesco for kindly offering to buy Easter chocolate for all of our little Scallywags! Very gratefully received!

Wow, there is such a lot of goodwill in Heacham (and Terrington St Clement, Keith!). **Thank you.** Happy Easter.

Our friendly and lively Parent, Baby & Toddler Group meets every term time Wednesdays at the Scout Hut in Sunnyside from 9.30-11am and costs £2 per family.

We return on 15th April and look forward to welcoming you and your little ones. If you would like any further info please contact us, Jo on 07521 447284 / Clare on 07816 913657.

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Norfolk Hospice-Tapping House
Its Services and the Future

Lyndsay Carter-CEO

Queen Elizabeth Hospital
Updates

Esmé Corner- Lead Governor Foundation Trust

All Patients Welcome
Monday April 20th at 7.30pm in Heacham Surgery

Chairman Mike Press 579007

ppg@heachamgrouppractice.org



Heacham & Critueil-la-Magdeleine
Twinning Association



SATURDAY 18th APRIL 2015

7.00 p.m. for 7.30 p.m. start

THE OLD FRIENDS' HALL

Sunnyside off Caley Street, Heacham

Tickets £2.50 per person

For details and tickets please telephone

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LAVENDER KITCHEN 01485 571965 FARM SHOP 01485 570002

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A CAREER IN PATHOLOGY

Part 3

I was also, thanks to a good friend of mine who did his National Service in the Parachute Regiment, getting interested in rock climbing. I have to say, I wasn't terribly good at it but David was a good teacher. He generally 'led' the more difficult climbs and dragged me up behind him! We used to drive across to North Wales in my MG and spend a few days climbing on the various rock faces in the Ogwen valley. One weekend we got washed out of our tent by a storm and finished the night in David's Hillman van (thankfully the MG had stayed at home). The next morning it was still pouring and we went to Anglesey to see David's niece who was camping with the guides there. The Guide Lieutenant was a certain Jill Britton and I took a fancy to this vivacious young girl. Well this story is not about my love life but to cut a long story short, I spent a lot of weekends driving to her family home in Sutton Coldfield. Jill had just been appointed head of P.E at the High school in Loughborough and I decided to try and get a bit closer to this girl. Mr Jones came up trumps again and got me an interview at the Pathology laboratory at Leicester Royal Infirmary. In late 1961 I moved into the microbiology department at the LRI having found digs in the city.

I liked microbiology, but it was much different to what it is nowadays. We prepared and poured all the plates and inoculated them using loops made from fuse wire wrapped around the shaft of a diamond etching tool. I haven't a clue what is used these days, probably plastic single use loops! I learned how to recognise colonies by their appearance and smell - the yeast *Monilia*, causative agent of thrush, smells of hyacinths but most smelled pretty revolting, especially *Pseudomonas aeruginosa*. I

attended classes at the local public health laboratory. I was also sent on a mycology course at the Royal Brompton Hospital.

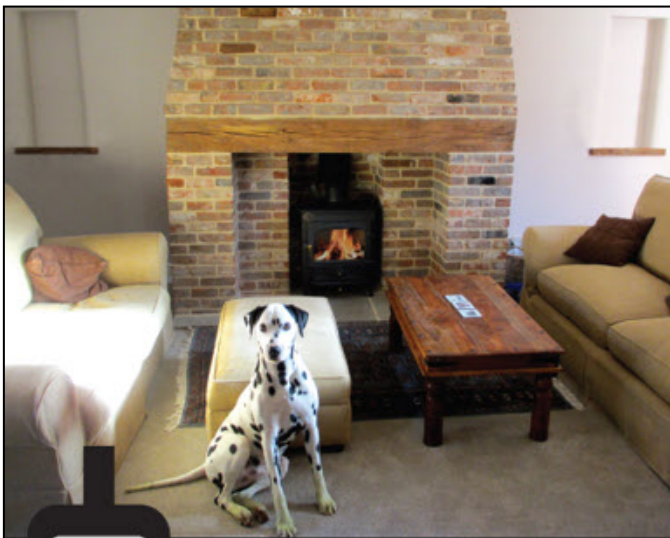
I passed my microbiology final in 1963, became State registered and got married the same year.

I didn't like the LRI and, on one of our visits to my parents' home in early 1964, I met Mr Jones in the Lynn library. He asked me if I would like to consider a sideways move back to Lynn as the laboratory - which had had an extra floor added - was expanding fast and they needed a technician to run the Haematology lab. It would be a sideways move with no immediate promotion but I didn't think twice. I wanted to study Haematology as I had dabbled in the subject whilst at the LRI. We had just discovered that Jill was pregnant so we thought that a move would be a good idea. Luckily, Jill liked Norfolk and got on very well with my parents especially my mum.

I have to say at this point that Vernon Price-Jones, who could be a bit of a dragon at times, was very good to me. Whilst he wasn't interested in teaching, he sent me to the Tech College at Cambridge and to the Transfusion Centre laboratories to learn all about that subject.

So, I returned to the town of my birth in June 1964. Helen, our firstborn arrived on August 1st. We found a cottage in Ingoldisthorpe which we bid for at auction at the Feathers Hotel in Dersingham and bought it for the princely sum of £1300. As we had lived for a year at Leicester on my salary (£720pa) and saved all of Jill's (£1300) we had just enough.

Shortly afterwards a new consultant Dr Marguerite King MD FRCPath was appointed to Peterborough Hospital with responsibility for the Haematology and Transfusion departments at Peterborough, Doddington, Stamford, Wisbech and King's Lynn. She also had to do Autopsies if required at all these places except Peterborough. So the poor woman spent an awful lot of time whizzing around the area. Marguerite was a frighteningly intelligent woman and she was very keen to develop the haematology services in the area. I managed to pass my haematology and transfusion exams in 18 months thanks largely to her tutorship. She knew loads of stuff and soon Lynn was best in the area for quality of haematology. I learned to do factor VIII assays (highly advanced technology for us at the time) thanks to her and she sent me to the QE at Birmingham to improve my knowledge of coagulation science. This was a time of huge growth in pathology services and I soaked up information like a sponge (and I'd always thought myself to be a bit thick!) It was a wonderful time and I loved every minute. By this time there were four junior staff in Haematology and when I obtained my fellowship of the IMLT I was promoted to Senior Technician. A new consultant Histopathologist, Dr Douglas Eakins also arrived at about this time and Marguerite no longer had to do all the autopsies.



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I should talk here about blood transfusion technology. When I first started work, this was almost non-existent and consisted of blood grouping a patient then giving them the appropriate group of blood. Cross matching was almost unheard of and if it needed to be done (usually because the patient had received several previous transfusions) this was initially done at the Blood Transfusion Centre in Cambridge. We had a supply of blood delivered weekly, by van, from Cambridge and this was the source of my one and only windfall. I had only been working a couple of months and the transfusion driver was flogging raffle tickets in aid of the transfusion service. I bought one at a shilling (5p to you) and just before Christmas I was told I had won first prize of £10, a month's salary for me at the time.

Eventually we started doing our own cross matching of blood and it was pretty basic, merely mixing the patient's serum with washed cells from the pilot bottle, a small bijou bottle wired to the glass bottle of blood. The mixture was incubated at room temperature to check ABO compatibility and at 37degC to check rhesus compatibility. The latter was mixed with bovine albumen as this allowed the cells to get close enough for the short Rh antibodies to bridge the gap between cells. All this work was initially done by Mr Jones but in due course, when I became qualified in Haematology, I took over the work. To cut a long story short, again, the transfusion technology soon matched what was being done at BTS. Cambridge and I designed special plastic racks, colour coded so that mismatches could not occur.

I was by now doing on-call at night and weekends. This was, in general not too onerous but one might often get dragged out in the middle of the night. On more than one occasion, if I was working in the small hours of the morning and feeling hungry, I would ring the duty chef and ask if he could rustle me up something. This was generally bacon and eggs with mushrooms and fresh bread rolls straight from the oven. The chef would give me a ring when this feast was ready and I would nip across to join him for a chat whilst stuffing my face! I wasn't, of course, the only one using this excellent service. Most of the staff from X-ray and the lab as well as other staff were thankful for the help we got from the night chef. It could on occasion turn into quite a party.

I know this is not pathology orientated but a good memory. Geoffrey Bolt, the consultant clinician who was a very keen yachtsman, kept his boat at Rowhedge near Colchester. On his way home one Sunday evening, whilst driving through Thetford Chase, a deer ran into the road in front of him and he hit and killed it. Being a resourceful chap, Geoffrey gutted the beast, slung the carcass into the car and brought it back to the hospital where during the next week, it provided a venison lunch for the consultants. They had their own dining room, which, actually was not a bad idea as a lot of valuable clinical chat took place on those occasions.

(To be continued)

Michael Drew

Heacham Car Boot Sales

Heacham Car Boots start from Wednesday 22nd April on the sports field. Gate opens 6.30am. Start 7.00am, finish 12.00noon. Every Wednesday.

Dave Page



Heacham's Resident Ducks!

Please don't feed the ducks! Already I can hear the cries of "spoilsport", "We've been doing it for years and the children love it" etc. But...you are actually hurting them, not helping them. Artificial feeding of waterfowl can cause:-

- Poor nutrition
- Increased hybridization
- Water pollution
- Delayed migration
- Concentrations at unnatural sites
- Overcrowding
- Spread of disease
- Costly management efforts
- Unnatural behavior
- Cumulative effects
- Devaluation of the species

Sound familiar? Just take a look at Brays Pit and the surrounding area. Feeding attracts birds in unnatural numbers, beyond natural food and water supplies, and frequently in numbers beyond what people will tolerate. Over-grazed and badly-eroded lawns and school playing fields are often the result of overcrowding.

When ducks are fed too much bread, not all of it will be eaten. The bread will go soggy and rotten leading to greater algae growth that can clog waterways. This concentrates pollution and can eventually eradicate fish and other pond life. Mouldy bread can also cause aspergillosis, which is lung condition fatal to duck and waterfowl flocks. A carbohydrate rich diet means ducks will defecate more often and bird faeces harbours bacteria responsible for a number of diseases including avian botulism. Leftover bread will also attract vermin such as rats and mice which can harbour other diseases, some of which are dangerous to humans.

It's not all bad news though. If you want to feed the ducks there are many alternatives that are much safer than bread. Some of these include:

- Grapes that have been deseeded and cut in half.
- Cracked corn, oats and other grains.
- Frozen peas that have been defrosted.

Now, don't get me started on the Cheney Hill chickens

Tracey Swann

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The Ruskin School, Heacham & High House

Part 2

Despite his staunch secularism another central component of his socialism was the idea that "there is lot of miserable cant talked about religion necessarily making a milksop of a man, when the truth is that unless a man has a religion of some sort or other he is either a brute or a madman."(1). For him socialism had to do more than improve the living conditions of those who produced society's wealth. It had to create "a fuller and more perfect man."(2). Lowerison described socialism as his religion wherein he found he could "cherish the noblest and best and most human of man's emotions."(3). His faith was "in humanity"(4) and it was this human "spirit that makes socialists."(5).

Although he was convinced of the importance of environment on the formation of individual character, (why else would he set up his own school?), he nonetheless also held to the belief that material progress would come to nothing if it were not accompanied by ethical progress towards the goal of true fellowship.

Lowerison maintained that "all life-not merely human life-is one."(6). He thus, had nothing but contempt for hunting or collecting. The latter combined the traits he most deplored in modern man; selfishness and philistinism. "The spirit that sets up cases of stuffed birds and sticks pins through butterflies is the abomination of desolation to me."(7). (However he later founded a museum in the cottages on the Green and thought that all villages should have a local museum. Many of the objects were geological specimens gathered around the Hunstanton area – later donated to the Lynn Museum – also included bones, tools, pottery). It was the spirit not of men but of the modern Yahoo who understood only how to calculate compound interest(8) and whose only passion was for grabbing or destroying. The wanton destruction of life, plant or animal, was anathema to him. He wrote warmly of the work of the Humanitarian League, and when he opened his school he employed a vegetarian cook.(9).

In order to achieve this closer harmony of man and nature, Lowerison helped to set up and organise the Clarion Field Clubs and attempted to set up a London Schools Rambling Club. The Clarion Field Clubs had a vital role to play in the establishment of fellowship: they were to be the collective stewards of the people's heritage. As such they were instructed, in rules devised by Lowerison, in how to act to best secure the countryside for "those that come after." This was not an optional extra for the clubs. This was matter of "duty". Thus, he provided all new field clubs with a list of the addresses of other societies who could help to prevent "such unsocial acts" as enclosing a common, blocking footpaths, defacing old building or shooting birds out of season.(10). After their marriage the Lowerisons' moved to Epping where they would frequently host weekends for socialists

1. Harry Lowerison, *Mother Earth* (London: *The Clarion*, 1902), 136
2. *The Clarion*, 17 Jan. 1913
3. *The Clarion*, 31 May 1912
4. *The Clarion*, 16 June 1911
5. *The Clarion*, 22 Nov. 1912
6. Lowerison, *In England Now*, 199
7. Lowerison, *In England Now*, 198
8. Lowerison, *In England Now*, 30-32 & 87
9. He refers favourably to the work of *The Humanitarian League* in his *Fields And Folklore* (London - David Nutt 1899), The cook is mentioned in *The Clarion*, 18 Nov. 1899

who cycled out from the city, as Lowerison had done many times himself. He lectured to the Co-operative Holidays Association and when he left London to set up his school, his original plan was to use the premises as a holiday home for the fellowship.

He thus campaigned for a system of education that was both universal and meaningful. In a lecture delivered as part of a Fabian series of School Board Lectures in June 1894, he argued for secular education, free school meals, increased physical education, the abolition of the examination system and the system of cram that it produced.

During his years in London, Lowerison was employed by the School Board as a teacher. He worked at Wenlock Road School in the division of Hackney. This was not considered, even by the Board, as an easy school. (The Pupil teacher ratios were appalling. 6 staff including the headmaster and 400 pupils were present on 7th March 1894.)(11). The environment and the system of education that he was expected to deliver both revolted him. The school backed onto the Wenlock Basin of Regent's Canal. In 1892 it was next to a sawmill that was as big as the school. Across the basin were a laundry and an iron works.(12). By 1899 Lowerison noted that the sawmill had become a horse repository, a rope factory had opened on the other side of the school and a brewery opposite it. The basin itself, in which one of the pupils drowned in 1896.(13) was little better than an open sewer in which he had, at one time, counted three dead dogs. The noise meant that it was difficult to work with the windows open in summer though it was oppressively hot if they were closed. The buildings were encrusted with the fallout from all this industrial activity which adversely affected the health of the staff and pupils.(14)

Ros Marsden

(To be continued).

10. Lowerison, *Fields and Folklore*, 46-47
11. *Greater London Record Office [G.L.R.O.] SBL 659-662 Hackney Division of London School Board - Entries for Wenlock Road School dated 16 Dec. 1894*
12. *G.L.R.O. - SBL 1567 maps c1892*
13. *G.L.R.O. - SBL 659-662- Hackney Division of the London School Board - Entries for Wenlock Rd School dated 2 July 1896. The Board conducted an enquiry, but called it off in evident relief when it realised that the boy had been playing in the school playground out of school hours.*
14. *The Clarion*, 1 July 1899

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Old Friends Hall – Art Exhibition

Just a brief note concerning the forthcoming Art Exhibition being held in the Old Friends Hall over the weekend of 2nd/3rd May. It is not too late to enter your pieces of art in any medium whether they are in watercolours, oils, acrylic, textile, ceramic or other sculptural type works. You have up until 17th April to complete the registration form. For more information contact the Parish Office or the number below. Exhibiting is free as is the entrance to the exhibition.

Last year we saw over 90 works exhibited by both individuals and clubs. We hope to have a similar number this year for all to view and admire.

So, if you are a regular exhibitor or just beginning, this is your chance to show your talents to a wider audience in a local show for people to appreciate. We know from previous years some people have a reticence and feel that their work is not worthy of public view. However, we regularly hear from our visitors that this is not the case and people enjoy the variety of works and the artists' interpretations of subjects on display.

Above is a view of last year's exhibition. We really look forward to seeing as many people again this year as in previous years.

Roger Drinkwater (Tel 01485 571659)
On behalf of the Old Friends Hall Committee

Norfolk County Council Recycling Centre Heacham Site

No Change to Opening Days & Times

Over recent weeks information has been published on the Norfolk County Council (NCC) website that the NCC Recycling centre in Heacham was to be changed from a 'Main' to a 'Part-Time' Recycling Centre with effect from April this year. This would have seen a reduction in the opening times and days at this centre. There was also notice of an intended introduction of a £2 per visit charge to be introduced in April 2016.

On 18th March 2015, NCC issued a press release stating that these changes are to be put on hold and a further review is to take place, with the results to be discussed when the Environment, Development and Transport (EDT) Committee meets in September this year.

THN

Result of the recent Planning Appeal

Ref: APP/V2635/A/14/2221650

Re: Broadland Housing Association Planning Application

Ref: 13/01541/OM

Land off School Road, Heacham

At the beginning of March the decision was published in respect of the above-mentioned Planning Appeal which took place in January 2015.

The decision made by the Inspector appointed by the Secretary of State for Communities and Local Government was – **Appeal Dismissed.**

The full report, giving the detailed reasons for refusal, is available via the King's Lynn & West Norfolk Borough Council web-site www.west-norfolk.gov.uk

THN

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

Which was best – the '60s or the '70s?

They say if you can remember the Sixties, you can't have been there. Well my memory's terrible at the best of times, so I must have had a whale of a time, that's all I can say!

One thing's for certain – the Sixties was a truly great decade for music. If the Fifties saw young people's music break through in the shape of rock and roll, then in the Sixties it just exploded all over the place!

If you grew up in the Sixties, chances are that's when you thought the best music of all was made. Me, I grew up in the Seventies (at least, that's when I started collecting records) ... and I always used to think the very best music was from the Sixties! But then I always was a contrary little beggar ...

Mind you, nowadays I'm not so sure – in fact, I tend to think the rock music of the Seventies can top the best music of the Sixties. This, however, is something the jury could be out on for quite some time.

Another thing's certain, though. It's hard to look at the singles charts of the Sixties and not just see hit after hit – more solid gold classics than any other decade, I would humbly suggest.

This is something I'll come back to next month, when I'll choose some top singles from the Seventies – and we'll see if they can beat the three I've chosen this month from the Swinging Sixties.

But for now, just how do you choose three singles from a decade jam-packed with all-time classics? Well, I suppose you could start with the best pop band of all time, the greatest rock 'n' roll band ever, and one of the most distinctive, uplifting and inspirational singers the world has ever seen ...

• PAPERBACK WRITER The Beatles (Parlophone, R 5452, 1966, No 1)



The Beatles: Paperback readers, during the shoot for the promotional film for their new single

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“It's based on a novel by a man named Lear / And I need a job, so I want to be a / Paperback writer”

Effortlessly brilliant. Honestly, there's so much to love about Paperback Writer. Trademark harmonies (inspired by The Beach Boys' Pet Sounds album), a killer guitar riff, and, unusually for the day, a really prominent bass sound – achieved by studio innovations by engineer Ken Townsend, in emulation of the strong bass achieved on US soul records by Otis Redding and Wilson Pickett. There's another brilliant bass sound on Paperback Writer's B side, Rain.

Oh, and the lyrics! Is Paul McCartney having fun, or what? In Steve Turner's book *A Hard Day's Write*, which gives the stories behind all the Beatles' songs, he says John Lennon had been the principal writer of the band's last five hits, so it was decided it was Paul's turn to come up with something. And there were only a few days left before they were due in the studio.

Paul said one of his aunts had cheekily asked him if it was possible to write a song that wasn't about love, for a change. Paul saw Ringo Starr reading a book, and thought right, I'll write a song about that.

Cleverly, he decided to write it in the form of a letter to a publisher from a would-be author – quite an unusual format for a pop single then. But this is the songwriter who would come up with such amazing phrases as “wearing a face that she keeps in a jar by the door” in *Eleanor Rigby*.

And I guess if you're Paul McCartney, you're good enough to get away with things like rhyming “Lear” with “be a”!! I will say one thing, though. For years I was impressed because I thought another line in the song went: “It's the dirty story of a dirty man / And his cleaning wife doesn't understand.” I was really quite disappointed when I learned the lyric actually says “his clinging wife”!

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• **HONKY TONK WOMEN** The Rolling Stones (Decca, F 12952, 1969, No 1)

“The lady then she covered me in roses / She blew my nose, and then she blew my mind”

If you were to say to The Rolling Stones, OK, we’re going to create one of the most memorable and distinctive intros of all time, and we’re going to do it with a cowbell ... well, you’d think we’d have completely lost our mind, wouldn’t you? I mean, how rock ‘n’ roll is ... a cowbell??

And yet when you hear those first few tinny little whacks – actually the handiwork of producer Jimmy Miller, not Stones drummer Charlie Watts – you immediately recognise the song. It’s genius!



Then Charlie’s drums come crashing in, Keith Richards drags one of the sleaziest riffs the world has ever heard out of his guitar, Mick Jagger drawls that classic opening line, “I met a gin-soaked bar-room queen in Memphis,” and oh my God, it’s rock ‘n’ roll heaven.

And it all started with ... a cowbell!

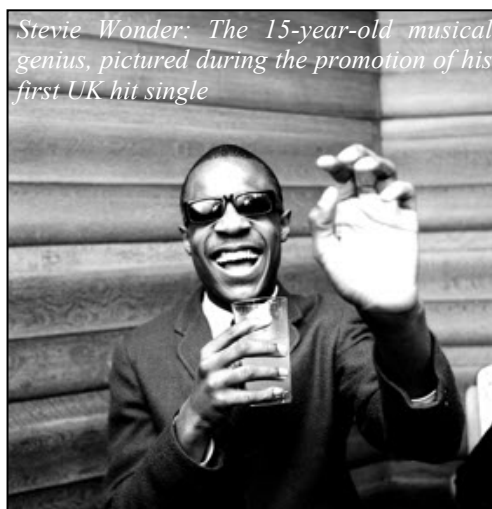
Honky Tonk Women – like Paperback Writer – was No 1 on both sides of the Atlantic. It was the Stones’ second chart-topper in a row, after Jumpin’ Jack Flash, and also their biggest, spending five weeks in pole position. Not bad for a song about a sozzled lady of dubious repute!

And how do you follow that? Why, with Brown Sugar, of course. Little wonder they were called the greatest rock ‘n’ roll band in the world really, is it?

• **UPTIGHT (EVERYTHING’S ALRIGHT)** Stevie Wonder (Tamla Motown, TMG 545, 1966, No 14)

“I’m a poor man’s son from across the railroad tracks / The only shirt I own is hangin’ on my back / But I’m the envy of every single guy / Since I’m the apple of my girl’s eye”

This song – much like Stevie Wonder himself throughout the Sixties – is simply an explosion of pure joy. No one sings like Stevie – no one ever has, and no one ever will – and the music here just erupts off the turntable, in an irresistible plea to get up and dance. And all this from an artist who was just 15 at the time.



It’s a wonderful brass-driven tune, propelled by some a m a z i n g drumming – Keith Moon, eat your heart out! It set the bar ridiculously high, for what was Stevie’s first UK hit single. But what amazing music was to follow.

It’s a travesty that Uptight didn’t even get in the Top Ten, when you think what a classic it’s since gone on to become. But sometimes the singles chart was just like that. In fact, Stevie would have to wait a further 16 years for his first UK No 1 – and that was a duet with Paul McCartney, Ebony And Ivory.

And then two years later, in 1986, he would record Motown’s biggest-selling UK single of all time – which for an artist who had gone from classic pop, to some of the most socially-aware music of the Seventies, was the surprisingly middle-of-the-road I Just Called To Say I Love You.

• **FEEDBACK:** If you have any views, comments or suggestions you’d like to make about the column, feel free to contact me at: oldlowestoftboy@gmail.com



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West Norfolk Mind

Heacham resident Mark Pheasant is undertaking his most difficult physical challenge of his life. He will be taking part in the 2015 Virgin London Marathon and raising sponsorship for West Norfolk Mind.



Mark is the Entertainments Manager at Searles Leisure Resort in Hunstanton and, although his work has taken him all over the world singing and dancing, he has experienced nothing like he will be facing on April 26th 2015.

Mark became a father in 2013 and decided he didn't want to carry on at the weight he was and so joined local Slimming World

classes in Hunstanton run by consultant Jo Jackson. With her enthusiasm and the support of a great group of people Mark was able to lose over 2 stone in weight. He soon decided he wanted to do some good with having lost the weight and contacted a charity which Searles has helped support for many years; West Norfolk Mind.

They were able to work with Mark and secure a charity place for him in this year's Marathon and set him the challenge of raising three thousand pounds towards a much needed box van to help support their fundraising efforts at their furniture store in King's Lynn.

The work that West Norfolk Mind carry out to support those dealing with mental health issues in the local community goes a long way to really ease people's suffering within many diverse situations and circumstances.

Mark has declared "I will never be a real 'runner', but the difference that this weight loss, fitness and exercise has made to my daily life is incredible. I'm not setting myself a time to finish in as I'm not doing it for personal targets really, although to me that moment when I cross the line and finish will be an amazing transformation from 2 years ago, but I want to show people that you can really make a difference for others by positive action."

During his training, Mark has also started attending 'PARK RUN' in King's Lynn, a completely free running group on Saturday mornings taking place in the walks at 9am and has also signed up to West Norfolk Mind's team in the 10k Grand East Anglia Run which is taking place only a week after this year's Virgin London Marathon.

"That will be the end of it though, I think" said Mark. "My wife is due to have our baby on April 23rd, three days before the marathon, and I think she's going to want me at home from then to do my share with the new arrival."

Mark is hoping that she repeats the form of their first child when Becky, his wife, delivered 5 days after her due date so that he can be present at the birth, but if she delivers three days late, at least it will provide him with an incentive to run a little faster!

Zena Penty, Volunteer Co-ordinator at West Norfolk Mind said "We are delighted to have offered our one precious place in this year's Virgin London Marathon to Mark. He has not only challenged himself to a significant fundraising target, he and his entertainments team have supported our community events and he has taken time to find out what an impact West Norfolk Mind's services can make locally. We wish him well in the race and are very grateful for his support."

Anybody who wants to support Mark's efforts please visit his Just Giving Page at -

<http://www.virginmoneygiving.com/MarkPheasant>

donations will be much appreciated and really help towards his target and support the great work of local mental health charity West Norfolk Mind. Anyone wishing to join West Norfolk Mind's 10k GEAR team, please contact

zena.penty@westnorfolkmind.org.uk or phone 01485 572707.

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POCAHONTAS PLAYERS

We, the Pocahontas Players, are now well into rehearsal time. Getting everything 'tweaked' to make our 20th Anniversary year production as polished as possible.

We have a packed show ahead - lots of singing, dancing, comedy routines, with repeats of many of our outstanding and favourite performances, including, Lion King! Grease! Oklahoma! Starlight Express! Mary Poppins! Willy Wonka! Oliver! plus lots more.

"Have a look in your diaries" on your calendar!! in your mobile phones!! to make sure you have the dates free."

Thursday 14th, Friday 15th, Saturday 16th May 2015, all at 7.30pm with also a matinee performance at 2pm on the 16th.

Tickets - phone Janice on 01485 570402; or Jim - 01485 571267.

See the advertising poster within this Newsletter. Please don't leave it too late. It will be so disappointing to hear your friends ask "Wow! Did you see The Pocahontas Players 20 years celebration show?" and you have to reply "No, I was to late in ordering my ticket"!

We have worked 20 very hard years to get to the standard we are at. THIS is going to be spectacular! See you ALL soon.

Heacham Pocahontas Players Drama Group

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The Kitchen Gardener

April – mid spring. The big sow, up-cycled onion skins, broad beans and the pleasure of cheap cuts of beef.

This month brings home the old advice about greenhouses and weaving looms – always

choose the largest you can find if it's a freebie, or afford if you are buying it. However big it is, guaranteed you will wish it was larger in the middle of the growing season.

My grand seed order hem and haw over new things to try resulted in me buying many more flower seeds than usual along with new (to me) varieties of lettuce, French beans, cabbages, peppers and tomatoes. I usually run a small trial of new vegetables alongside the regulars so I can compare, and know that there will still be something to eat at harvest.

The upshot of my mad seed spree will be a lot of budging up and breathing in on the greenhouse benches. There are a couple of seriously moody figs also taking up room who, rather like a pet reluctant to do what it should when the grass is either wet or frosty, refuse to live outside until at least June.

April sowings will include all the tender herbs; basil - sweet Genovese, lemon and lime, dill for the pickled cucumbers, parsley, beetroot, Brussels, broccoli, marrows, courgettes, cucumber, winter squash, cabbages and celery. I'll be planting out the March sowings including the second crop of broad beans. They will go into ground that will have had a sprinkle of potash raked in about a month before planting to help prevent chocolate spot. I plant them 10 inches apart and 10 inches between rows. A favourite garden chore is to be working among the beans on an early summer day while the bees are doing their busy work in among the beautifully sweetly scented flowers.

I put canes and string along the outer rows to support them as they easily blow over in the wind. As soon as the lower pods begin to form I pinch out the tops to prevent blackfly, and to let the plant concentrate its efforts into a sustainable harvest rather than continue an upgrowth producing pods which will not ripen before I need the space for a planting of winter vegetables.

I strongly disliked broad beans as a child, perhaps they are an acquired taste rather like olives and Radio 4, maybe I needed to grow up a bit before I could appreciate them. I'm very fond of them these days and take pleasure from their texture, flavour and versatility. A rapid boil in salted water with a sprig of parsley or mint, then straight off the heat for the babies. A long slow cook for the old beans whose scar has turned black. There's a bit of a division among the old country folk about the beans when they get to this stage, some say they are only fit for the plough boy, others say you don't get the true taste of the bean until it has grown fat and old.

Broad beans offer a wide variety of options for the cook, warm or cold in salads, in casseroles and curries, old ones used like butter beans, whole young pods can be cooked and puréed to make a soup. They go particularly well with strong flavours, salty and smoked food – bacon or smoked fish, chorizo sausage or a pungent blue cheese all do the trick. They are also a good stand-in for any other starchy bean called for recipes.

Broad beans freeze exceptionally well, but I have learned to my cost that it is a false economy to dodge blanching them. Certain foods are blanched before freezing to prevent enzymes spoiling the flavour of the food during the freezing and subsequent thawing process. In tests, the quality of frozen un-blanching beans deteriorated in just three weeks. Blanching also conserves the vitamin content of vegetables.

We benefit from improved strains of beans these days. It seems we've been eating them since the Bronze Age at least, they were one of the few beans available until the runners and haricot family arrived from the New World. Smaller and coarser than they are now, they were described in the first century AD as 'windy, flatulent and hard of digestion'.

Keen textile dyers will know the value of saving onion skins for naturally dyeing yarns and fabrics. Generations of cooks have put them into stocks and broths as a natural colouring to turn them an appetising golden colour.

There is a charming and very old dyeing method for Easter Eggs which produces delightfully pretty results. Onion skins are wrapped around uncooked eggs and then wrapped firmly with a wet cloth which is twisted at the top and secured with a rubber band or string. It helps to wet the skins to soften them slightly which will make them easier to handle. The eggs are hard boiled

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ten to fifteen minutes then left to cool in cold water. They are unwrapped and dried then polished with a little oil.

An alternative method is to wrap a pretty leaf or fern shape around the egg using the same method. Place the onion skins in a pan of water and boil them for 20-30 minutes to release the colour, then add the wrapped eggs then continue with the method above. The result of both methods will differ according to the weave of the wrapping material.

The tough cuts of beef cooked low and slow take me back to my roots and give me the depth of flavour I'm looking for. I've discovered an old Scottish recipe called Potted Hough which uses bone-in shin.

The shin is chopped into tangerine sized pieces, packed into a casserole with onion skins, peppercorns, mace and a little salt – go easy here as the stock will eventually be greatly reduced. Salt can always be added to later, but it can not be taken out. It is brought to the boil then simmered for at least 6 hours. Thinking here that maybe a slow cooker could do this part of the job.

The cooked meat is drained into a colander, the broth is returned to the heat and boiled to reduce considerably and intensify the flavour. The meat is picked off the bone and pressed into a basin. The well reduced stock is adjusted for seasoning and poured over the meat to cover, and left to go cold.

Potted hough is sliced and served with salad, mustard, pickles and baked potatoes. Other potted beef recipes of the 1700's show it was also eaten for breakfast with hot buttered toast and coffee, with crusty bread, chutney and a glass of beer for lunch and with watercress and wholemeal bread and butter for high tea.

Hilary Dellar-Lane



Would you like to learn Bridge?

At the end of the last article, I left you (as South) with a hand to play, and first of all I must apologise as the East hand had 14 cards and the North hand only 12. This was entirely my fault. However, it does not make a huge difference as to how the hand is played.

- ♠ K,Q,7,5
- ♥ Q,3
- ♦ K,6,4,3
- ♣ J,6,4

N

- | | | | |
|------------|---|---|------------|
| ♠ J,9 | W | E | ♠ 10,6 |
| ♥ 9,7,6 | | | ♥ J,10,4,2 |
| ♦ 9,8,7,5 | | | ♦ A,J,10, |
| ♣ A,K,10,2 | | | ♣ Q,9,8,5 |

S

- ♠ A,8,4,3,2
- ♥ A,K,8,5
- ♦ Q,2
- ♣ 7,3

I will now take you through this hand in detail. First of all to summarise that during the bidding process, North / South have 'contracted' to make 9 tricks with Spades as the trump suit and West leads (plays the first card) as he is on the left of the person playing the hand (the Declarer). Since he has the A♣ and the K♣, he would definitely lead the former as it is almost certain

to win a trick. I will talk much more about opening leads in a later article.

As soon as West leads his A♣, North lays his/her hand on the table for all to see. This is known as 'the dummy' and North plays no further part in the play. Etiquette demands that South says; "thank you partner" even though the hand may be rubbish and North says "good luck partner!"

The first thing that South does is to make a plan and he says to himself: "How are we going to make 9 tricks"? Between the two hands, we have nine spades and so provided one of the opposition does not hold all the outstanding spades, I will make 5 spade tricks (try it), also I have the AKQ♥ between the two hands which gives us another 3 tricks making 8 in all. Where is my 9th trick – we have KQ♦ and therefore if I can get the opponents to play A♦, we will win either the K♦ or Q♦.

Right let us see how it goes. West wins the A♣ and K♣ and plays the 2♣ hoping that his partner is going to win his Q♣. No luck I'm afraid. South has no more Clubs left and he can trump the Q♣ (with his 2♠) and so win the trick. South now plays trumps by playing the 3♠ to his K♠ in dummy and then plays 5♠ to the A♠ in his hand to exhaust Opponents of all their trumps so they cannot be used to trump any of your winners. Now South needs to play on diamonds so that he can set up a winning diamond. He plays 2♦ to the K♦ in dummy and South wins with the A♦, his side's third trick. However, that is the last one that his side will win. Let us assume that East leads the 2♥ hoping that his partner has a good card in the suit. Again no luck, as South will win AKQ♥ and Q♦. In addition South has one more heart, the 8♥, in hand and no more hearts in dummy. However, he does have a trump on the table and therefore he can play the 8♥, (which is a loser as it is lower than East's J♥) and trump it in dummy with the 7♠ thereby turning a loser into a winner.

South therefore eventually wins 10 tricks; 5 spades, 3 hearts, 1 diamond and 1 heart trumped on the table. This is actually one more trick than North / South said that they were going to win. They could and perhaps should have bid 4 hearts and contracted to make 10 tricks. All East / West won were A♣ and K♣ and A♦.

I have gone through this hand in detail as playing the cards is the key part of the game. Do set out the cards as above and see if you can follow what happened.

I will endeavour to give you at least one hand each month to play. Practice makes perfect.

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

Bob Carrick

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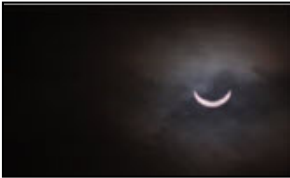
Heacham at Night

STOP PRESS: SOLAR ECLIPSE

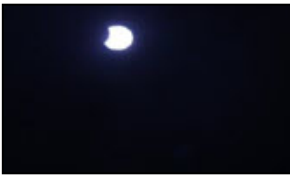
After an unpromising start the eclipse was visible from Heacham almost from the start, through maximum and to the end. Hazy cloud made it easier to look at



9.09am 40mins into it



9.31am Maximum



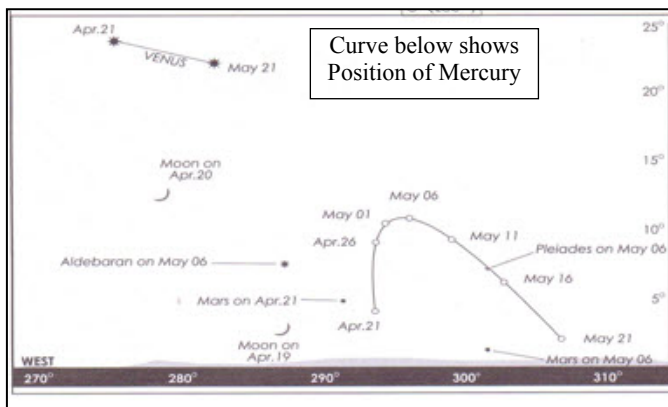
10.23am Nearing end

Last month a solar eclipse, this month a total lunar eclipse - on the very day this newsletter is published; just pop over to eastern Australia to see it.

Mercury: For those of you who missed the conjunction of Mercury and Venus in January, Mercury comes into excellent view at the end of this month and into May. It will be at its best around the 4th to 6th of May, just after the May newsletter is published, hence my mentioning it now.

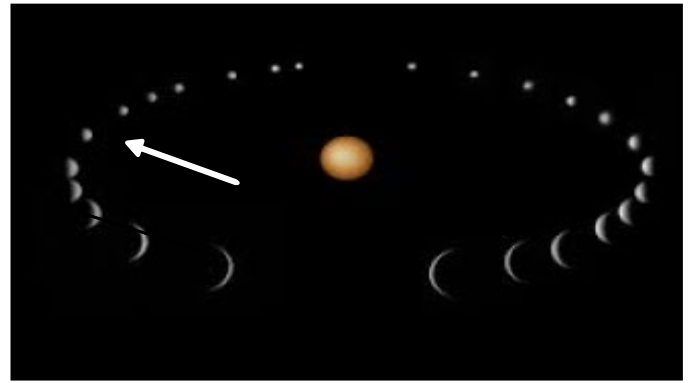
From around the 21st April look towards where the sun set between 9pm and 9.30pm. Mercury will be low down, close to the horizon, at first but climbs to a respectable 10 degrees above the horizon by early May. One of the Heacham beaches might still be the best viewing point depending upon your location. Or try going up to the Chalk Pit; you get a good view westwards, over the village from there.

(Diagram courtesy of Liverpool Astronomical Society and Federation of Astronomy Societies)



Venus: This is one planet you surely must have seen on clear evenings over the last month towards the west; it has shone brightly and climbed ever higher so that it is visible later and later. It continues to increase slightly in brightness during April and into early May (magnitude -4 to magnitude -4.1). It sets around 11pm at the end of the month - somewhat late for an 'evening star'. Through binoculars, you should be able to detect the phase of Venus which will be a 75% disc (gibbous) in the middle of the month.

(Brightness, magnitude, uses a counter intuitive scale as negative magnitudes are brighter than positive ones. The sun is magnitude -27, the full moon -13, Sirius, the brightest night time star, -1.5. A star with a magnitude of +6 is barely visible to the naked eye. A change in magnitude of 1 corresponds to a change in brightness of 2.5.)



Imagine you are looking from the Earth towards the Sun. Venus will be about where the arrow points in the middle of the month. As it moves on the phase will turn from gibbous to crescent. The crescent phase will be wider as Venus is a little closer so the brightness will be similar.

Mars: This is still around but very faint and, due to its current position on the far side of the sun, lies in the same direction as Mercury. However, it is significantly lower in the sky.

Jupiter: Still a bright object due south; 9.30pm at the beginning of the month and around 7.30pm at the end. Keep looking for those Galilean satellites.

Saturn: This remains a morning object low down, SSE to SSW between around 1am and 4am.

Interesting combinations: April 11th 9.30pm. Venus is close to the Pleiades star cluster. Use binoculars to see this splendid sight.

April 21st 9.30pm. The star Aldebaran is very close to the crescent Moon. Venus is at about 2 o'clock and the Pleiades forms a triangle with both to the right.

April 25th-28th Jupiter and the star Regulus lie close to and above the Moon.

Aldebaran is an orange giant star, 44 times the size of the Sun and 65 light years away - the light which it produced as I was born is almost here. The magnitude of Aldebaran is slightly variable, between +0.75 and +0.95. Regulus is a blue-white star, magnitude +1.35, about 79 light years away. It has a small partner and is linked gravitationally to a nearby pair of stars too - Regulus is a multiple star system.

Meteor showers: The Lyrids, visible 16th - 25th, peaking on the night of 21st to 22nd or possibly the next night. Look E, NE, as

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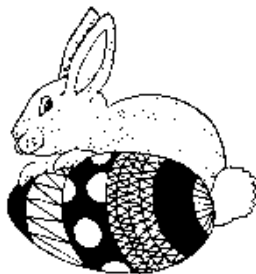
late as you can – a crescent moon sets in the early evening leaving the sky dark; after midnight likely best. In this political year it is interesting to note that the Lyrids are dust emanating from the passage of Comet Thatcher. Their radiant (apparent point of origin) is in the constellation Lyrae close to the bright star Vega.

Other news: The Dawn spacecraft made it to Ceres (as discussed last month); the USA has ground tested its new very large rocket designed to revisit the moon and/or launch a craft to Mars; New Horizons is ‘closer’ to Pluto. The awakening of Phylae, the comet lander, is anticipated as it approaches the Sun.

Places to go: Kelling Heath Star Party – end of April but Saturday 25th is when telescopes and any displays can best be seen. Advance notice: Thursday 21st May, 7.30pm, Binham Village Hall - talks by Louise Prockter who is currently studying the Galilean moon Europa, and Peter Bedini who is the deputy project manager for New Horizons. Both these people are world leaders in their fields and are only available due to their personal connections to North Norfolk. An opportunity not to be missed.

Shame the nights are getting shorter.

Terry Parish



NEWS FROM MICHELLE'S FITNESS AT THE SCOUT HUT HEACHAM

Zumba is in Heacham Scout Hut every Tuesday 7pm ‘til 8pm. We have lots of ladies attending and it’s really good fun!

Chilates is a great class on Wednesdays 7pm ‘til 8pm. This is also in the Scout Hut, Heacham.

Special Offer to new participants! You can have a ONE OFF FREE TRIAL OF EVENING CLASSES IN APRIL! So call to book your trial place now! Spaces are limited.

New Daytime class starting Thursday 16th April. ‘Zumba’ 10.30am ‘til 11.30am at Heacham Scout Hut. Suitable for all ages. INTRODUCTORY OFFER: Morning class in April only £2.50 a class. You must book your place for this offer on 07585 002124. (The class from May will be £4).

All classes are £4 per person with a loyalty card system to earn free classes! For more information, call Michelle or just come along. Tel: 01485 579074 or 07585 002124. Join us on Facebook - Michelle’s Fitness Group.

Heacham Social Bowls Club

Heacham Social Club, Station Road

If you are interested in playing bowls this season the Green is opening on Saturday 11th April at 2pm.

Come along to see what the club can offer you to start or revive your interest in this sport.

The Green is available for casual play at times when league fixtures are not taking place. All you need is a pair of flat smooth soled shoes. Bowls are available at the Club.

The Green is open on Wednesday afternoons for ‘roll-ups’ and there will be Club members there to play alongside you if needed.

Do come along.



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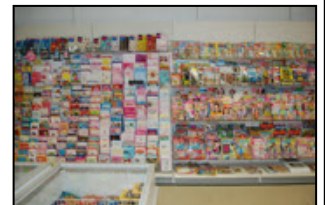
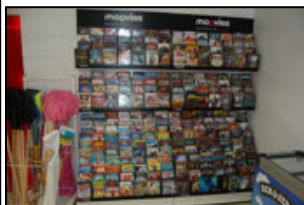
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WHAT'S ON REGULAR EVENTS

PC=Parish Council Office, Pound Lane
MC = Methodist Church Hall, Station Road
SM = St Mary's Church Hall, High Street

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

HSC = Heacham Social Club
PH = Public Hall
NC = Neville Court

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
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)
JUNIOR TENNIS (w.e.f. 20/4/15) 5-6pm (weather permitting)
Tel: 07923612187 Janice Campbell (HSC)
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School
Contact Sandee Tel: 01485 570485
1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs)
7 - 9pm Tel: Seb 07477 511116 (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

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 & SANDRINGAM 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 Absolute Beginners 6-7pm
Beginner/Improvers 7-9pm £3 Contact Diane 571166 (SM)

WEDNESDAYS

CAR BOOT SALES start 22nd April 7am to 12noon Gate
opens 6.30am (HSC Sports Field)
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)
THE OLD SCHOOLGIRL FRIENDS of Heacham School meet
for a 'Coffee and a Chat' the last Wednesday of the month
10.30am at Norfolk Lavender Tel: 570742 or 579126
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
SENIOR TENNIS (w.e.f. 15/4/15) from 6.30pm (Thursdays if
wet) Tel: 07923612187 Janice Campbell (HSC)
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: 541851
Peter Gray 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)
WILD FOWLERS CLUB 1st Friday monthly 7.30pm
(HSC Top Room)

SATURDAYS

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

HEACHAM DIARY

Friday 3rd to Monday 6th April 'Beerfest Easter Weekend' at Fox & Hounds Station Road

Friday 3rd April GIG 'The Big Part Time Blues Band' 8.30pm at the Fox & Hounds Station Road

Saturday 4th April 'Easter Fete' 2-4pm at Fridhem Rest Home Station Road Games Refreshments Raffle Crafts Stall & much more

** GIG 'Limehouse Lizzy' supported by 'Tattooed Lies' at Heacham Public Hall Doors open 7.45pm Tickets £12.50 from Trev Frammingham 07747 156204 or from the Social Club Bar

** GIG 'Sylvester Peat-cutter (Irish)' 8.30pm at the Fox & Hounds Station Road

Sunday 5th April GIG 'Afternoon Jazz' 1.30pm at the Fox & Hounds Station Road

** GIG 'Hillbilly Cats (Rock 'N' Roll)' 8.30pm at the Fox & Hounds Station Road

Tuesday 7th April GIG 'Ned Kellys Ambush' 8.30pm at the Fox & Hounds Station Road

Wednesday 8th & Thursday 9th April Rollason Stage School 'Easter Holiday School' 10am to 2.30pm at St Mary's Church Hall Heacham Cost £12 a day To book text 07585 002124 or via the school's Facebook page

Friday 10th April GIG 'Jessie's Ghost' 8.30pm at the Fox & Hounds Station Road

Saturday 11th April Heacham Social Bowls Club is opening at 2pm to anyone interested in playing bowls. Please ensure that you bring a pair of flat smooth soled shoes

Sunday 12th April GIG 'Afternoon Jazz' 1.30pm at the Fox & Hounds Station Road

Tuesday 14th April GIG 'Norfolk Blues Society' 8.30pm at the Fox & Hounds Station Road

Saturday 18th April Heacham Twinning Association 'Quiz Night' at The Old Friends Hall Sunnyside 7pm for 7.30pm start Tickets £2.50pp Tel: 579465 or 572983 or email twinclub@hotmail.co.uk Raffle Bring your own drinks & glasses

** GIG 'Soul Strip' 8.30pm at the Fox & Hounds Station Road

Monday 20th April Heacham Group Practice PPG meeting 7.30pm at Heacham Surgery includes 'QEH Updates' and 'Norfolk Hospice-Tapping House Its Services and the Future' All Patients Welcome

Tuesday 21st April GIG 'After Hours Blues Band' 8.30pm at the Fox & Hounds Station Road

Friday 24th April GIG 'Jam with DNA' 8.30pm at the Fox & Hounds Station Road

Saturday 25th April 'Messy Church' at St Mary's Heacham 10am-12 noon

Sunday 26th April 'Vintage Car Rally' with Live Jazz Band 3pm at the Fox & Hounds In conjunction with Station Rd Garage & The Norfolk Hospice Tapping House

Tuesday 28th April GIG 'T.B.A.' 8.30pm at the Fox & Hounds Station Road

Friday 1st May GIG '101 Proof' 8.30pm at the Fox Hounds Station Road

Saturday 2nd & Sunday 3rd May 'Spring Art Show 2015' at the Old Friends Hall Sunnyside If you are interested in showcasing your work contact the Parish Council Office Tel: 572142 by 17th April for more details

Sunday 3rd May GIG 'Afternoon Jazz' 1.30pm at the Fox & Hounds Station Road

** GIG 'Reckless Jivin' 8.30pm at the Fox & Hounds

Friday 8th May Heacham Twinning Association 'Visit to Stamford' Cost £13 Departs 8am Pick-up points: (1) Station

Rd opposite Heacham Public Hall (2) Lodge Rd Bus Stop
To book your place Tel: Sue 572252

Saturday 9th May Heacham Twinning Association 'Mouse Racing Evening' 7pm at the Public Hall Heacham Admission £10 (under 12's free) includes a Ploughman's Supper For tickets and info Tel: 579465 or email twinclub@hotmail.co.uk

Thursday 14th to Saturday 16th May 'Celebrating 20 years of the Pocahontas Players' featuring Song, Dance & Comedy 7.30pm (Thurs&Fri) 2pm & 7.30pm (Sat) at Heacham Public Hall Station Rd Tickets £8 (Adults) & £6 (under 12's) from Janice Tel: 570402 or Jim Tel: 571267

Friday 29th May Deadline for entries for the 'West Norfolk Village Games 2015' to be held on Sunday 28th June at Alive Lynnsport Kings Lynn

Please turn to the next page for 'Other Events'



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email: mobilityassist@yahoo.co.uk

OTHER EVENTS

Friday 3rd & Saturday 4th April Hunstanton & District Festival of Arts 'Craft Fair' 10am-4pm at Hunstanton Town Hall Admission Free Refreshments available

Friday 3rd to Monday 6th April 'Art at the Hall' display of works by Bryan Harford, Alan Witley & Brian Woodford at Ringstead Village Hall 10am to 5pm Free Entry & Parking

Sunday 5th & Monday 6th April 'Car Boot Sale' at Glebe House School Hunstanton

** RAF Bircham Newton Heritage Centre 'Open Day' 11am-5pm Free admission & parking

Tuesday 14th April Brancaster Camera Club 'Industrial Landscape' 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Friday 17th April 2015 Anmer Village Social Club Film Night 'The Imitation Game' 8pm Tickets £3 For more info Tel 579465 or email films@anmerclub.co.uk

Saturday 18th April Cinema in Syderstone presents 'The 100 foot Journey' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel 578588 or 578171 or email cinema@syderstone.com

Monday 20th April Brancaster Camera Club 'Print Discussion at King's Lynn' For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Thursday 23rd April Norfolk Wildlife Trust a talk 'Holkham National Nature Reserve' 7.30pm at Hunstanton Methodist Church Hall Austin Street Cost £2 (members) £2.50 (visitors)

Saturday 25th April Hunstanton Community Choir 'Annual Concert' for details For info Tel: 532392

Tuesday 28th April Brancaster Camera Club 'Battle with North Norfolk Photographic Society' 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Wednesday 29th April Astro Brain Tumour Fund 'Bridge Day' at The Lifeboat Inn Thornham Cost £20 For Tickets or info Tel: Audrey King 518121 or Christine Forecast 572767

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 Rehearsals 7-9pm at Hunstanton Town Hall £3 per session Inc. refreshments For info Tel: 532392

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

LINE DANCING 10.30am - 12 noon at Hunstanton Community Centre £3 Tel: Diane 571166

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

Sundays

CAR BOOT SALE at Glebe House School Hunstanton

around and about...

CAR BOOTS 2015 GLEBE HOUSE SCHOOL

APRIL

5th Lions
6th (Mon) Glebe
12th Glebe
19th Lions
26th Glebe

MAY

3rd Lions
4th (Mon) Glebe
10th Triathlon
17th Lions (Dog Show)
24th Caravans
31st Glebe

JUNE

7th Lions
14th Glebe
21st School Event
28th Lions

JULY

5th Glebe
12th Lions
19th Caravans
26th Caravans

AUGUST

2nd Caravans
9th Glebe
16th Caravans
23rd Caravans
30th Caravans

SEPTEMBER

6th Lions
13th Glebe
20th Lifestyles Event
27th Glebe

OCTOBER

4th Glebe
11th Lions
18th Glebe
25th Lions
25th Lions



YOU ARE INVITED TO A BRIDGE DAY

On Wednesday 29th April 2015

at The Lifeboat Inn, Thornham

to raise funds for the Astro Brain Tumour Fund who, based in Norfolk, are the only UK charity purely funding research into low-grade (slow growing) brain tumours, the most common type of tumour found in children, and offering support to patients, carers and families through their online support groups.

Brain tumours now account for more deaths among children and those under 40 than any other type of cancer

Entry fee is £20 per head to include coffee, served from 10.30 am, bridge to start at 11.00 am, lunch from 12.45 am, play to start again at 2.00 pm with tea and biscuits at 4.00pm before the journey home.

We will limit the tables to 20 and the closing date for entry is Wednesday 22nd April 2015 .

There will be a raffle and all profits will go towards research and support for those suffering this devastating type of cancer.

This event is kindly sponsored again by The Lifeboat Inn

Please phone for tickets

Audrey King: 01485 518121

Christine Forecast: 01485 572767

Astro Brain Tumour Fund registered charity number: 1133561

Astro Brain Tumour Fund website: www.astrofund.org.uk



The West Norfolk Members Group invites you to an illustrated talk by Sue Penlington on the management and wildlife of

Holkham National Nature Reserve

on

Thursday 23rd April - 7.30pm

Venue: Hunstanton Methodist Church Hall, Austin Street

Cost: £2.00 members / £2.50 visitors

Anmer Village Social Club Film Night

Friday 17th April 2015 at 8.00pm

‘The Imitation Game’

starring Benedict Cumberbatch in the real life story of Alan Turing and his brilliant team of code breakers at Bletchley Park during World War II

Venue – Anmer Village Social Club

Admission by ticket - £3 at the door

Doors and bar opens 7.30pm

Email: films@anmerclub.co.uk or telephone 01485 579465.

For details of this and other forthcoming events, including trailers of future films, visit our website at:

www.anmerclub.co.uk

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Hunstanton & District Festival of Arts

PHOTOGRAPHIC COMPETITION 2015

THEME:

Flights of Fancy

OPEN TO ALL AGE GROUPS, SCHOOLS,
INDIVIDUALS AND PHOTOGRAPHIC CLUBS

The photographs, in digital format only please, can be of birds, animals or humans, flying machines of any description or sporting images and of course much more abstract thoughts! Just use your imagination!

Entries must have been taken recently within the West Norfolk area. The winning photographs will be made into Hunstanton's Calendar for 2016 and entrants must agree to this. Seasonal ideas will be most welcome.

Full details and rules are available from: www.hdfa.org.uk
Or to collect from Hunstanton's Tourist Information Office and local shops who are members of the HDFFA (Paint me Ceramics; Horizon; Norfolk Homes and Gardens; The Hospice Shop).

Prizes:

£100.00 for the first prize which will appear on the cover of the calendar and £25.00 each for 11 runners up.

Entries must be submitted by September 7th 2015.

Further information available from info@hdfa.org



winners of the 2014 Photographic competition

Brancaster Camera Club

We are a small, friendly club and welcome photographers of all abilities. If you would like to come along and see what we do please join us in Brancaster Staithe Village Hall on the nights mentioned. We start at 7.30 pm. Admission is £3 to include coffee, although your first visit is free.

The following evenings have been arranged for April 2015:-

Tuesday 14th April 2015

Dr. John Law FRPS MFIAP

'Industrial Landscape'

Dr. Law is a commercial photographer and judging from the standard of work on his website, this should be an excellent evening.

Monday 20th April 2015

Print discussion at King's Lynn.

Tuesday 28th April 2015

Battle with North Norfolk Photographic Society

Judge Dave Jordan.

For more information, contact Jim Till (Chairman) 01485 210013 or Wendy Calow 01553 674725. We would be pleased to see you.

Community Cinema

Cinema in Syderstone

Presents:

Saturday 18th April

'The 100 foot Journey' (PG)

A charming comedy drama from the novel by Richard C Morais. Helen Mirren, the snooty owner of a Michelin-starred restaurant in rural France, is very unhappy to catch a waft of curry when Papa (Om Puri) and his brood open for business across the road. A game of one-upmanship ensues, as each tries to get punters through their door. But when the prodigious culinary talent of Papa's son Hassan catches Madame's attention, a bridge starts to be built between the two. Elegant and highly enjoyable film.

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

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578588 or 578171

Email: cinema@syderstone.com

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Dates & Deadlines! A New Tax Year.
Supplied by Kathryn Gigg, Chartered Accountants,
Hunstanton

5 April 2015

LAST DAY OF THE 2014/2015 TAX YEAR and the deadline for various tax claims and elections some of which are listed below:-

- (1) Personal Tax: deadline for electing to transfer (part of) the married couple's allowance from husband to wife, or withdraw such an election, for 2015/2016.
- (2) CGT: last day to make disposals to use the 2014/2015 Capital Gains Tax exemption of £11,000.
- (3) IHT: deadline for utilising Inheritance Tax exemptions for 2014/2015 (and any excess from 2013/2014).
- (4) Pensions: deadline for making a contribution qualifying for tax relief in 2014/2015 and with an annual allowance of £40,000.

6 April 2015

THE FIRST DAY OF THE NEW TAX YEAR 2015/2016

- (1) PAYE: Introduction of penalties for all late payments of PAYE & NIC for the tax year 2015/2016.
- (2) Check you have made all necessary changes to your employees' tax codes for 2015/2016. If you are using commercial payroll software, make sure you have updated your payroll parameters.
- (3) For all employees with a Tax Code ending in an "L" who you have not received a Form P9, increase their code by 60 i.e. 1000L becomes 1060L.
- (4) The new Emergency Code is 1060L on a cumulative or non cumulative basis as appropriate.
- (5) Remove any Month 1/Week 1 codes carried forward from 2014/2015 tax year so that they are on a cumulative basis for the new tax year.
- (6) Savings – the ISA limit increases to £15,240. The Junior ISA subscriptions limit is £4,080.
- (7) You will be sent your 2014/2015 self assessment Tax Return (SA100) Form or Notice to Complete a Tax Return (SA316) by HM Revenue and Customs.

7 April 2015

Deadline for VAT Return online submission and related online VAT payment for quarter ended 28 February 2015.

19 April 2015

- (1) Postal payments for month/quarter ended 5 April should reach your Accounts Office by this date. If you pay late, you may have to pay a late payment penalty. This includes tax and NICs due under the IR35 rules.
- (2) Last date for any outstanding postal payments of PAYE and Class 1 NICs for 2014/2015 to reach your HMRC Accounts Office. Interest will be charged on any payments received after this date.
- (3) Due date for filing of monthly online CIS return to 5 April 2015.

22 April 2015

- (1) Electronic payments for month/quarter ended 5 April should reach HMRC's bank account by this date. If you pay late, you may have to pay a late payment penalty. This includes tax and NICs due under the IR35 rules.
- (2) Last date for any outstanding electronic payments of PAYE and Class 1 NICs for 2014/2015 to reach HMRC's bank account. Interest will be charged on any payments received after this date.
- (3) PAYE: Last day for filing a final return for 2014/2015 if using an Employer Payment Summary.

30 April 2015

- (1) Private companies with 31 July 2014 year ends should file their accounts at Companies House.
- (2) Corporation Tax returns for accounting periods ended 30 April 2014 should reach HMRC.

(3) Personal Tax: automatic daily penalties (£10 per day up to a maximum of 90 days = £900) begin for 2013/2014 online Tax Returns not filed by this date.

5 May 2015

Tax Credits: Last day to make a Tax Credits Claim for 2015/2016 and have it back dated to the start of the tax year.

Mrs K H Gigg, FCA

Caution: The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information.
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Hunstanton & District Rotary Club

Rotary Matters



This is just a reminder of the **Poetry & Pot-pourri** event on Wednesday, April 29th, 7.00 for 7.30pm in St. Edmund's Church Hall, Hunstanton. Price £12. Order your tickets (before Fri, Apr 24th) from Phil Newell tel 01485 533864 email: phildory@talktalk.net or collect from Witleys Shop, High Street, Hunstanton. Bring along your favourite poem, (or two); limericks encouraged!

All will be welcome – you don't have to be a Rotary member. Meal: beef lasagne, selection of breads and home-made desserts, tea/coffee. Vegetarian option available if pre-ordered. Soft drinks will be provided. Bring your own wine (a few bottles will be available with a donation). There will be a raffle - all proceeds to Rotary's Foundation Charity.

Another interesting month at Rotary has passed by. Councillor Richard Bird spoke to us on the important subject of **Women in Distress**, pointing out that no funding for Women's Refuges comes from local authorities so it is left to the local population to give the help that is needed. Women who have been assaulted can stay at the refuge for from six to twelve weeks. Then, of course, their children must be catered for. Fortunately, the Salvation Army helps. They provide clothing, but the immediate need is for duvet covers and other bed linen. Richard thanked

the Rotary Club for past assistance, particularly with the Food Bank and the recent supply of weighing scales. The Club will be giving Richard some financial assistance to continue the good work.

Kate Dunbar (see photo) spoke to us about the developments at the **Hunstanton Community Orchard**, maintained by volunteers. She commented that fruit tree growth there was healthy. A hedge has been planted along one boundary and fencing is there for safety. The County Council gave a grant and a number of local people have given financial support. BBC local radio visited to report on the venture. There are 101 trees and 50 are heritage varieties. At present there is a waiting list of those wishing to sponsor a tree. The Campaign to Protect Rural England (CPRE) has given an award. The next Blossom Day is in May and is to be sponsored by the Rotary Club. All local community groups can have a stand for free. Redgate School and several other groups have planted wild flowers; Rotary, the Guides, Scouts, Brownies, RNLI and other groups have all had an input. Rotarian Maureen Hoverd thanked Kate on behalf of the Club members, saying how the Orchard is special to many people and how its concept has been an inspiration.



Kate Dunbar

Our two **Associate Members**, Mark and Sam Sexton, recently received their lapel badges from our President, Peter Atterbury, who welcomed them into

the Club (see photo). Associate Membership is proving an excellent way forward for the Club.



Sam & Mark Sexton being welcomed into Rotary Associate Membership.


The Inner Wheel Club President, Rosemary Bowett, was pleased to invite our Rotary members and their partners to a joint meeting held at the Le Strange Hotel on 4th March. Following a good meal, Rosemary introduced our speaker, Annette Guttridge, who gave a talk on **'How World War I changed Women'**.

Our speaker taught Political and Social History in Cambridge for over thirty years and was clearly knowledgeable in her subject. She said that the working classes usually left school at the age of 13 yrs, going to work in factories or going into Service. Those in the latter were frequently better off as their clothes were provided, but time off was very small. Factory work was often hard and dangerous. To begin with, men volunteered for military service, not realising what fate might befall them. The women had to step in to do the work. The wounded needed nursing and

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a lot of women had not done this type of work before. This was when Queen Alexandra's Nursing Corps began. Bus and train drivers were needed and most women did the job well; it was an 'adventure' for them. Many met people who they otherwise would not have met. Men smoked – so women took it up! The cigarette firm 'Carreras' produced a set of fifty cigarette cards with women in different roles.

Women could not work down the mines but they could work on the surface. They could and did gardening and agricultural work; the men were outraged at this! 'Women were not meant to do this type of work'! However, they did, and they did it well much to the men's amazement! More women went into the professions. It was accepted that teaching was a woman's job, but not law or medicine. There was much bias at women becoming doctors or engineers. (Even today, few women go into engineering). When women drove ambulances abroad they had to be able to repair the vehicle if it broke down. After the war the number of female drivers increased. Universities began to open up to women. Of course, the suffragette movement of the early twentieth century helped women a great deal and finally they got the right to vote for Members of Parliament. After the war, women said, "We now have peace, we want to do work; we want the vote". But when the men were demobbed, they expected to get their jobs back and some found that the work was not available, leading to some unpleasant scenes with women becoming unpopular.

Long dresses, so fashionable before the war, began to be replaced by shorter clothes – long dresses were impracticable and could get mixed up in machinery. Knee length dress became fashionable by 1920 and women were not willing to go back to long dresses! So now it was not necessary to have a maid to help the woman to dress or to assist with the shorter hair fashions. Riding side-saddle on a horse went out of fashion – wearing trousers meant that the woman was far more comfortable sitting astride the horse! There were fewer and fewer servants to do the work in the house so females had to do their own housework, which became easier with the invention of machinery such as the automatic washing machine and the dishwasher.

Annette was given a large bouquet of flowers (see the photo) in thanks for her talk; Rotary President Peter Atterbury give a vote of thanks on behalf of everyone there, saying how Annette had given a really interesting talk on a subject in which she was well versed.



The two Club Presidents with Annette Guttridge (centre)

Phil Newell & Rene Rooth

Rotary Club website: www.hunstanton-rotary.org.uk

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There will be three performances at the Princess Theatre, Hunstanton – Friday 22nd May 2015 at 7.30pm and Saturday 23rd May 2015 at 2.30pm and 7.30pm. Tickets £12.50 and £11.00 (concessions). NB: This includes handling fee.

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TIDE TABLES FOR APRIL & MAY 2015

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST									
April 2015					May 2015				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 W	04 29	6.1	16 33	6.5	1 F	04 33	6.3	16 37	6.5
2 TH	05 11	6.5	17 13	6.7	2 SA	05 08	6.6	17 14	6.6
3 F	05 44	6.7	17 49	6.8	3 SU	05 40	6.8	17 52	6.8
4 SA	06 14	6.8	18 22	6.9	4 M	06 13	6.9	18 28	6.9
5 SU	06 44	6.9	18 56	7.1	5 TU	06 48	7.1	19 07	6.9
6 M	07 15	6.9	19 29	7.1	6 W	07 23	7.1	19 43	6.9
7 TU	07 44	6.9	20 00	6.9	7 TH	07 55	7.1	20 18	6.8
8 W	08 13	6.9	20 30	6.8	8 F	08 29	6.9	20 56	6.7
9 TH	08 44	6.8	21 03	6.6	9 SA	09 07	6.7	21 41	6.3
10 F	09 20	6.5	21 45	6.3	10 SU	09 54	6.5	22 37	6.0
11 SA	10 04	6.2	22 39	5.9	11 M	10 52	6.1	23 53	5.9
12 SU	11 04	5.9	23 55	5.6	12 TU			12 07	6.0
13 M			12 26	5.7	13 W	01 24	5.9	13 30	6.2
14 TU	01 48	5.6	14 01	6.0	14 TH	02 38	6.2	14 41	6.6
15 W	03 06	6.1	15 10	6.5	15 F	03 40	6.6	15 43	6.9
16 TH	04 07	6.7	16 08	7.1	16 SA	04 34	6.9	16 38	7.2
17 F	04 58	7.1	17 00	7.4	17 SU	05 21	7.2	17 30	7.4
18 SA	05 44	7.4	17 50	7.8	18 M	06 05	7.4	18 20	7.5
19 SU	06 27	7.7	18 37	7.9	19 TU	06 47	7.4	19 09	7.5
20 M	07 09	7.7	19 24	7.9	20 W	07 27	7.4	19 52	7.3
21 TU	07 47	7.5	20 06	7.7	21 TH	08 03	7.3	20 34	7.1
22 W	08 23	7.3	20 48	7.3	22 F	08 41	6.9	21 16	6.7
23 TH	09 00	6.9	21 31	6.8	23 SA	09 17	6.7	21 59	6.2
24 F	09 38	6.5	22 19	6.1	24 SU	09 57	6.2	22 48	5.7
25 SA	10 25	6.0	23 21	5.6	25 M	10 47	5.9	23 49	5.5
26 SU	11 30	5.6			26 TU	11 55	5.6		
27 M	00 38	5.3	12 51	5.4	27 W	00 56	5.4	13 06	5.5
28 TU	01 51	5.4	14 03	5.5	28 TH	02 01	5.5	14 11	5.6
29 W	02 56	5.6	15 04	5.9	29 F	02 58	5.7	15 06	5.9
30 TH	03 49	6.0	15 54	6.1	30 SA	03 46	6.1	15 54	6.1
					31 SU	04 27	6.3	16 39	6.5

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

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

Solution to Newsletter SUDOKU No. 89

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



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SAT 18TH APRIL - SOUL STRIP
FRI 24TH APRIL - JAM WITH DNA
FRI 1ST MAY - 101 PROOF
SUN 3RD MAY - RECKLESS JIVIN'

FRI 10TH APRIL - JESSIE'S GHOST
TUE 14TH APRIL - NORFOLK BLUES SOCIETY
TUE 21ST APRIL - AFTER HOURS BLUES BAND
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'The Active Explorer'

Local award winning businesses and attractions link up to help provide 'The Active Explorer'. Sustrans, a leading UK charity, were commissioned by the Healthy Communities team at Norfolk County Council to bring the project together. Sustrans vision is a world in which people choose to travel in ways that benefit their health and the environment.

Sustrans have run this project in a number of locations before, including Newcastle, York, Bradford and Dunstable; each have responded positively to the project. Here is a comment from the Baltic in Newcastle: "Well done for a great project. Like I said, all families I met with were excited by it and so were our staff too".

'The Active Explorer' is an engagement activity to get families travelling by foot, bike and scooter to cultural and recreational spaces around Hunstanton. It is very simple, whereby families collect stamps on a scorecard from participating venues and once three stamps have been secured each child in the family receives a pin badge. On the reverse of the scorecard parents are encouraged to supply their personal information, which will enter their family into a prize draw.

David at Paint me Ceramics said "We all go on holiday and explore but sometimes we forget what is on our own doorstep. For example, when was the last time you visited the tourist information office to find out what's happening around here?"

Mark at The Norfolk Deli said he thought it was a great idea. He highlighted that his award winning business (as is Paint me Ceramics) is outside of the normal high street and tourist traffic flow; "This is a fantastic idea to help encourage people to discover the local area, it can also reduce the need for customers to travel for their shopping. Did you know I have a wet fish counter at weekends? Once discovered, I see so many repeat customers and I often source for customers' requirements."

Other venues involved are Hunstanton Sealife Centre, Princess Theatre, RNLI Hunstanton, Hunstanton Tourist Information Centre, Hunstanton Library, Hunstanton Heritage Centre, Bircham Windmill and The General Store in Ringstead.

'The Active Explorer' starts in April and completed forms must be returned by 7th August. For more information visit www.norfolklivingwell.org.uk/activeexplorer. So why not discover what Hunstanton and the surrounding area has to offer.



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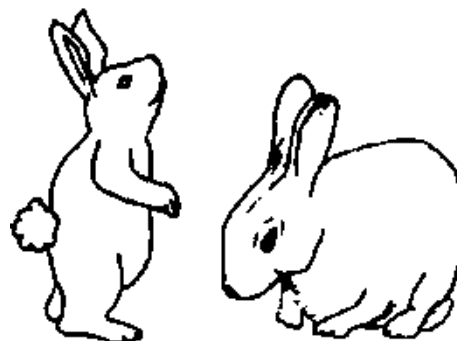
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We have displays already booked in Hunstanton, Heacham and Snettisham in the summer so my pupils are really busy.

EASTER HOLIDAY SCHOOL Wednesday 8th / Thursday 9th April, 10am 'til 2.30pm at St Mary's Church Hall, Heacham. It's £12 a day. The day includes musical theatre, drama, dance and also face painting and circus skills. Its great fun and the children really enjoy themselves. These days are open to anybody, pupils and non pupils. All you need is drinks and a packed lunch.

Places are limited so book by text on 07585 002124 or on the Rollason Stage School Facebook page.

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Michelle Rollason ABTDA

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THE LIFE AND TIMES OF A SCHOOLCHILD IN 1947

Referring to the 1947 Heacham School exam report, you may find the following interesting. (Sadly, some of my school mates have passed away, in some cases far too early).

Personally, I spent most of my schooldays playing marbles or football with Mr Timothy, which was far preferable to being in class with Miss Hulme. I hated it and she frightened me. I and the rest of the class lived in fear for 5 days every week. But having said that, she must have been a very good teacher as I still remember the poem 'If' by Rudyard Kipling, which we had to learn word for word.

There were a few disruptive pupils in my class and they were kept in order by Miss Hulme throwing missiles at them from the teacher's desk to the back of the class. Many a time an eraser or pencil or similar object came flying past a student's ear.

However, Miss Hulme had her favourites, but I was certainly not one of them. She used the top girls as role models – Sylvia Wiles, Marjorie White, Rosemarée Dix and Myrtle Garrod – and they could do no wrong.

I still have a great affection for Heacham and especially for dear old Granny Wright, Skippers Fish Shop and Reverend Potts schoolboys, etc. Good memories!

One day I was riding my bike and knocked a lady off her bike. She got up from the road and clipped me round the ear, but my father, the local AA man who knew everybody, soon found out what I had done and gave me another clip round the ear when I got home, only harder.

When we first had a telephone, the number was Heacham 293 and the Co-op was 1520 – numbers I will never forget.

It is incredible how much Heacham has changed in the intervening years. When I was young you knew most of the people in the village, but now you only know a small number.

**John Starling
Snettisham**



August 1947

Names we have in the photo are from left to right:
Top row: Hutson, Chilvers, Lee, Williamson, Maiden, Starling;
Middle row: Miss Hulme (Teacher), White, Wildes, Frayshorn, Callaby, Page, Leveret, Raines;
Front Row: Gibbins, Howling, Hooks, White, Ben, Fiefields, Fuller. Mr Quale (Headmaster).

(Editor's note – If any of our readers recognise themselves or any of the children in the photo, please get in touch with the Newsletter).

1 st Term Examination		Dec: 1947.				
Name	S	M	E	T	A	Total
1 Sylvia Wiles	44	17	42	77	43	316
2 Marjorie White	44	17	43	69	44	302
3 Myrtle Garrod	45	16	40	70	39	300
4 Rosemarée Dix	42	16	43	66	30	286
5 David Plumb	40	16	49	46	27	265
6 Betty Raines	43	17	50	64	40	259
7 Graham Page	28	16	41	62	30	258
8 Ruth Gashnell	40	14	53	64	40	249
9 Anne Willingham	29	15	32	62	37	246
10 John Starling	39	14	46	56	28	241
11 David Worrell	23	14	40	55	30	241
12 Eunice Fiefields	34	11	41	40	29	237
13 Philip Wright	27	16	47	61	29	212
14 Colleen Richardson	30	16	39	49	30	205
15 Albert Page	27	15	44	57	30	199
16 Laureen Fray	28	14	30	42	26	198
17 Christine Brown	29	17	28	40	20	193
18 Raymond Hook	20	12	43	53	26	192
19 John Howson	32	16	49	27	36	189
20 Michael Hook	19	12	28	48	38	173
21 June Wann	25	15	32	48	22	170
22 Paul Hoare	14	10	43	52	29	172
23 Tom Joyce	19	12	38	49	20	158
24 Ann Cunningham	30	15	30	53	29	156
25 Jean Fairclough	30	17	32	27	27	149
26 Yvonne Hultrop	10	14	31	42	19	135
27 Mr. Walden	10	12	56	49	12	139
28 Phil Burrell	18	10	54	40	17	139
29 Roy Jarby	28	12	40	27	28	135
30 Peter Kay	11	11	41	38	9	110
31 P. Lee	5	4	56	30	6	113

H.M.S.

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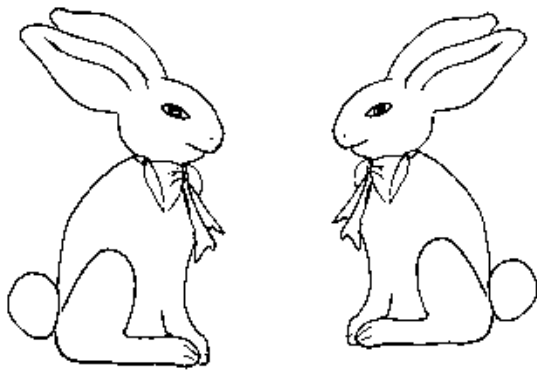
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**Norfolk Care Awards 2015
Winners!**



Extra Hands of Heacham are delighted to announce that for the second year running we have won an award at the prestigious 'Norfolk Care Awards'. The awards are held to demonstrate a wealth of dedication, inspiration and innovation in the care sector and this year were held at Sprowston Manor and hosted by Radio 4's Libby Purves. Among those who attended were North Norfolk MP Norman Lamb, care minister; David Prior, chairman of the Care Quality Commission; Martin Green, CEO of Care England; Dennis Bacon, chairman of Norfolk Independent Care; Harold Bodmer, director of community services at Norfolk County Council; Michael Scott, CEO of Norfolk and Suffolk NHS Foundation Trust and Andrea Sutcliffe, chief inspector of adult social care, Care Quality Commission.

We are incredibly proud to have won the award for 'Promoting Dignity and Respect in Everyday Life'. In addition to this we were highly commended in the 'Motivational Leader' category. Hazel and David Evans, owners and directors of Extra Hands said: "Dignity and Respect has always been a passion in our heart and in everything we do. We are very proud of all the staff that work at Extra Hands, especially the care staff who promote dignity and respect every day in the workplace. As a company we are always striving to raise the status of home care to show the world that social care is a wonderful profession to be in"

The requirement for the award was to show that all staff were aware of the importance of dignity and respect and actively engage in promoting these principles in every area of the work they do.

We are currently recruiting for new members to join our award winning team, if you are interested and wish to find out more about working in this very fulfilling role as a Social Carer with Extra Hands, then please either call us on 01485 570611 or visit our website at www.extrahandshomecarenorfolk.co.uk



Tracy Whitear, Director James Back, Natalie Lambe, Jo Tier, Managing Director Anita Walter, Director Hazel Evans

Established 1993

Extra Hands

Providers of Home Care in Norfolk

Norfolk Care Awards 2015 Winners

We are a local award winning independent Home Care Specialist, providing carers trained to the highest standards including Dementia Care. We offer a wide range of services within the home setting which are tailored to suit individual needs from personal care to shopping and companionship.



If you or anyone you know may be interested in our services please do not hesitate to contact us on the number below or call in to our office at Heacham for further advice and information.

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www.extrahandshomecarenorfolk.co.uk

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 West Norfolk Mind, Poplar Avenue, Heacham

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THE WILLOWS

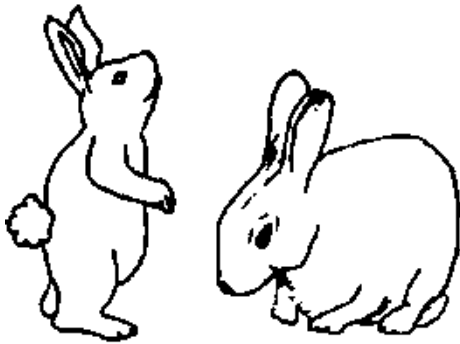
The wild geese overhead are calling,
Throbbing pulses in the dark;
While soft dew with the dusk is falling,
Trickling down the furrowed bark.

Then suddenly the darkness blanches;
As if from some fairy loom,
The mist spins magic through the branches
With the star-embroidered gloom.

Still for a while the moonlight lingers,
Palely, like a fading dream,
Where gnarled roots like inky fingers
Dip into the silver stream.

Now etched against the flush of dawning,
Patient sentinels of night
With upstretched arms salute the morning;
Joyous leaves acclaim the light.

Susan Torrey



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The Rubettes Juke Box Jive Sat 4th
Pinocchio Sun 5th 2.30pm
Jim Reeves starring Al Grant Sat 11th
Talon The Best Of Eagles Sun 12th
See more forthcoming April shows at
www.princesshunstanton.co.uk



HEACHAM LIBRARY

BOOKS • INFORMATION • TELEPHONE • NEWS • INTERNET

April brings a sprinkling of new James Patterson novels, probably the most popular and widely read of all the fiction here in the Library and indeed the world. So popular are Patterson's novels, he has teamed up with a number of other writers to meet demand for his nail biting thrillers. Research commissioned by Galaxy and published last month confirms that reading a book for just 30 minutes a week can be beneficial to your health and wellbeing. So give it a go and if you don't fancy a weighty book, then try our 'Quick Read' titles; these books can be read in around 30 minutes or so. Quick Reads are a great way to take up reading as a hobby or help you ease back into something you might not have had time for before now.

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

The Library will be closed over the Easter Weekend

Heacham Library Opening Hours
 Monday, Wednesday, Friday - 10am-4.00pm
 Saturday - 10am - Noon

Heacham In Bloom



Heacham In Bloom is very pleased to be working with Moulam and Horn for the 2015 Campaign to supply all our bedding plants. Launching this month ~ **The Best Blooming Caravan and Caravan Park Competition 2015**. This competition grows better every year and involves individual caravan owners, with a cup for the best Caravan Park. Posters and entry forms will be distributed to each park in the village over the next few weeks. Forms can also be sent to you if you email heachaminbloom@btinternet.com. Once again we thank the Fox and Hounds Pub for sponsoring this competition. **Heacham Pride of Place Campaign** will also be launched this month. This is the initiative where we encourage residents to take a fresh look at where they live, work or play and put into practise ideas which could improve it. Further details on how to register will be published next month. Ideas can be as simple as troughs or planting round your street name sign. Heacham in Bloom is all about our community and taking pride in making it lovely or should we say lovelier.

Heacham In Bloom Team
heachaminbloom@btinternet.com



www.suttonsestateagency.co.uk

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HEACHAM PARISH COUNCIL NOTICEBOARD

Parish Council Meetings in Brief

School Road Development: The developers had appealed against refusal of planning permission for this development. The appeal decision of 27 February was that the appeal be dismissed, so refusal of planning permission was upheld.

Cheney Hill Planning Application: Outline planning permission has been requested for the construction of up to 69 dwellings and associated infrastructure on land at Cheney Hill. The application can be viewed on the Borough Council's website. The planning reference is 15/00352/OM.

Proposed Chicken Farm at Sedgeford: Heacham Parish Council, together with other local councils, has made representation to the Borough Council planning department asking to be consulted on a proposal that could affect Heacham.

Cheney Hill: The Council is to liaise with the School to try and resolve parking issues on Cheney Hill. Parking on the brow of the hill causes visibility problems. The chickens are also a nuisance and health risk.

Recycling Centre: The County Council had decided not to impose charges for using the Heacham recycling centre, nor to reduce the opening hours.

Parking: The Parish Council regularly receives complaints about cars parking on pavements and verges. Please be aware that such parking inconveniences pedestrians, is an irritation to neighbours and may reduce visibility which could cause an accident.

Dog Fouling: The Council noted that incidents of dog fouling in the village are increasing. This problem is to be discussed at the next Council meeting.

Sean Sands

It was with great sadness that the Council learnt of the tragic death of Sean Sands in a kite surfing accident. Thoughts are with Sean's family at this time. Sean had been an active and valued member of the Parish Council as well as village sports co-ordinator. He was often to be found up to his knees in Bray's Pit, chainsaw in hand, helping to keep the trees and shrubs in good order. He will be greatly missed by all on the Council and everybody who knew him.

New Community Building

Message from the Community Building Committee

As you may be aware, Heacham Parish Council has recently purchased the old Dairy Crest site on Pound Lane with a view to creating an exciting new Community Building. In order to ensure that we service as many residents as we possibly can, we need your input.

Over the coming weeks and months, we will be asking exactly what you would like to see on the site. There are a few things which we need to incorporate such as the Parish Office, library, meeting rooms etc. but it's a large site and we're sure many of you belong to groups or organisations who are currently in 'not quite right' accommodation. Perhaps you'd always wanted to set up a group that would have specific needs, e.g. level access for people with disabilities or a child friendly environment where pre-schoolers can run free without the risk of injury. Whatever your 'wish list', we need to know so please start thinking about what you would like to see in the new building.



The Committee is keen to hear from anyone with experience in areas such as project management, accountancy, grant applications or building design. If you have the capacity to give us a helping hand and would like to volunteer your expertise to contribute to this community initiative, please get in touch with us on 01485 572142. This is a community building for the community and, hopefully, built with the help of the community.

Heacham 2015 Spring Art Show

The Heacham 2015 Spring Art Show will be held on 2-3 May at the Old Friends Hall. Many artists have already expressed an interest in exhibiting, but there is still space for more. If you are interested in showcasing your work, then please contact the Parish Office on 01485 572142.

Elections 2015

Do you want to be a Parish Councillor?

If you would like to have a say in how your village is run there is still time to stand as a Parish Councillor. Nomination papers need to be submitted to the Returning Officer by 4pm on Thursday, 9 April 2015.

Heacham has 17 Parish Councillors. If 17 nominations or fewer are received, all will automatically be elected. If there are more than 17 applications there, will be a poll and you will be voting for Parish Councillors as well as Borough Councillors and your MP on 7 May 2015.

PUBLIC NOTICE

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

The Parish Council's policy of humane management is not a quick fix, but with Parishioners' support of its no feeding request, current numbers can be controlled and the flock can be maintained at naturally sustainable balance.

The Parish Council continues to urge residents not to feed the ducks or geese. This is particularly important to prevent mother ducks bringing ducklings off the ponds and onto the roads.

Heacham Parish Council

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

HELP LINES

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

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

HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

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

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

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

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

PARISH LIBRARY 571928
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 From 13th April MON – FRI 08.30 To 17.30 SAT 09.00 To 13.00

EMERGENCY SERVICES
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 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

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 THUR and SAT 10.00 TO 13.00

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.

HEACHAM COMMUNITY WEBSITES
 www.heacham-on-line.co.uk
 E-mail admin@norfolk-on-line.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.
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 0654 first bus to Hunstanton then twice an hour.

Service 10 (Sunday)
 Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0908 first bus to Kings Lynn, then 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)
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 0943 first bus to Hunstanton, then two hourly from 10.48

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 1530 from Smithdon School

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XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

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

Jennings, Heacham Bakery, Heacham News, Post Office, Parish Council Office, 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

MOBILE LIBRARY

ROUTE WEL 124 (Mondays)	ROUTE WEL 123
13th/27th	20th
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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
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BANKSIDE 14.50	JENNINGS CLOSE 16.10
MARRAM Way/Norway CL 15.05	COLLEGE DR/Gonville 16.45
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MARRAM Way/Neville RD 15.35	



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