



THE HEACHAM NEWSLETTER

May 2015



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Deadline for the next edition is 12 noon, Thursday 21st May

HEACHAM & CRITEUIL-LA-MAGDELEINE
TWINNING ASSOCIATION
Mouse Racing Evening

SATURDAY 9th MAY 2015 7:00p.m.
PUBLIC HALL
HEACHAM

Admission £10 (children under 12yrs free)
Including Ploughman's supper
For tickets and further information
Telephone 01485 579465 or Email: twinclub@hotmail.co.uk
By Wednesday 7TH MAY

Heacham 2015
Spring Art Show
2-3 May 2015
10.00am to 4.00pm
Old Friends Hall, Heacham
Contact 01485 572142
There is no charge and all are welcome

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET
E-MAIL: theheachamnewsletter@yahoo.co.uk www.heachamnewsletter.org.uk

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letters...



Gidney Drive

Dear Newsletter

Despicable theft

I find it very difficult to walk, so I use a mobility buggy. On Saturday 4th April, I left my buggy outside my friend's house at Neville Road while I delivered the Heacham Newsletter. I was gone no more than two minutes and when I went back to my buggy I found that some unspeakable petty thief had stolen my basket from the front of my buggy.

I do use this quite frequently and I am very upset that someone would take advantage of a disabled person.

I have no idea what possible use it could be used for.

Stan Hatherly



High Street

Dear Newsletter

Feeding the Ducks

It may be a favourite family pastime, but going to your local park to feed stale bread to the ducks can cause damage to birds' health and pollute waterways. Ducklings that are fed on bread end up malnourished, while birds that get used to handouts can lose their natural fear of humans and may become aggressive.

Bread is essentially 'junk food' for ducks and the remnants left behind encourage rats, disease and algae.

The Canal and River Trust urges people to feed ducks with defrosted frozen peas and sweetcorn instead. Ducks are also reportedly partial to grapes, which should be cut into quarters to make them easier to eat. Oats, barley, rice, corn and vegetable trimmings are also acceptable replacements for leftover crusts.

Beth Winsor



Fenway

Dear Newsletter

Car Boot Season – QE Hospital

With the Car Boot season now with us, I am appealing for good clean clothes and, desperately, balls of wool (it doesn't matter how small or big) for the crochet blankets, all in aid of the Queen Elizabeth Hospital.

Can be collected if necessary.

Thanking you.

Phyllis Sanderson

(Tel: 01485 570643)



Heacham

Dear Newsletter

Litter

I am writing to the Newsletter as I am rather tired of seeing so much litter just discarded in our village, along with the dog mess that seems to be growing worse.

Do people have no pride in keeping Heacham an attractive place to live?

If it is a feasible option, I would be willing to Litter Pick if I could be provided with a pick-up stick and bags.

As a dog owner, I often clean up discarded bags but am absolutely disgusted by the owners who just let their dogs foul on the pavements with no regard to the health and safety of pedestrians.

Pam Swan



Woodside Avenue

Dear Newsletter

School Road Appeal

The School Road developers/landowners have taken the School Road Appeal decision, which support Heacham residents, to the High Court. The case will be heard in September or October.

Unbelievable, perhaps; immoral, certainly; permitted, unfortunately.

Terry Parish

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Heacham

Dear Newsletter

Norfolk Tales



When I began living in Heacham I was told two folk tales to keep me from wandering where I shouldn't. One was about Black Shuck, the devil dog. The other was about a secret society, the Heacham Mafia, whose dark intent, it is told, is to cover any open space with houses so that the cartel may grow in wealth and power.

I have found little evidence for Black Shuck. I would have thought that there would be fewer ducks around but, perhaps, it prefers other meat. However, the almost overwhelming spread of houses within Heacham over the years gives weight to the Mafia myth or, at least, why such a tale has evolved.

The worst effects of coming across Black Shuck can be avoided, so it is said, by closing your eyes before it is seen. Methods of defeating the mythical Mafia require the Sword of Democracy. When their intent becomes clear you say 'No'. Then you turn widdershins and repeat 'No' three more times. You may be lucky and gain the support of another semi-mythical figure, the PI. However, the secret society can then invoke the power of The High Court and use spells written by the Dark Lord, QC, to try and break the Sword of Democracy so that their dark intentions can then hold sway and the people are diminished.

Look out for dark mists arising from the end of School Road in September or October. Perhaps Black Shuck will use them to hide its appearance too.

The Watcher

(Name & Address supplied)

FRIDHEM BINGO

Monday 25th May 2015

Eyes down 7.00pm sharp!
Refreshments

Come and join us

Proceeds go into the Residents Entertainment Fund

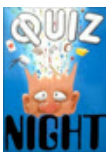
Fridhem Rest Home
79 Station Road, Heacham

Heacham Ex-Servicemen's Bowls Club

Local family-friendly Bowls Club needs players for the 2015 season. It is not a requirement to be an ex-serviceman/woman but of course we would be more than happy to have you join us if you are!

Please contact:-

Steve Rudd – 543859, Tim Jennings – 541379 or Nancy Robinson – 570172.



FUN QUIZ NIGHT

Tuesday 5th May 2015

7.00pm start

All welcome. £2.50 per person
Prize for the winning team!

To enter a team, please contact Marie –
01485 571455

Proceeds go into the Residents Entertainment Fund

Fridhem Rest Home
79 Station Road, Heacham



Proprietor: Nickie Bantoft FCCA

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News & Events in the Community...



HEACHAM CARNIVAL
PARADE AND FETE

SUNDAY 2 AUGUST 2015

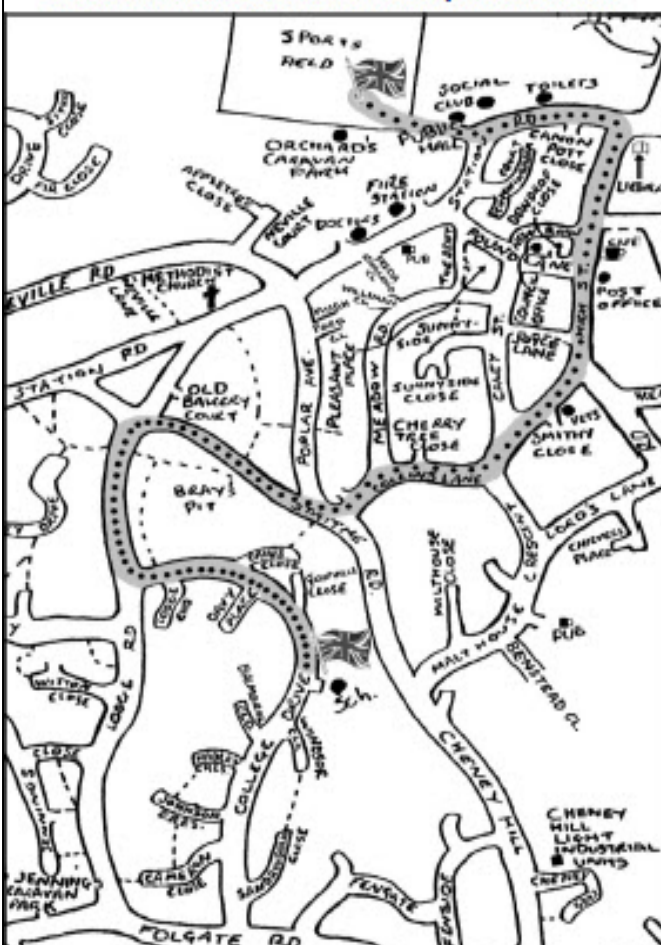
**Lavender Queen and Princesses
WILL LEAD THE PARADE**
Steel Band

PARADE DEPARTS FROM COLLEGE DRIVE AT
1.45PM
ENTER A FLOAT OR JUST DRESS UP & JOIN IN
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Parade- 01485 572142
Fete 01485 572120

Heacham Carnival Route
Please note that Road Closures will be in place on the route



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**QUALITY 2 DAY
ANTIQUES FAIR
KNIGHTS HILL HOTEL**

South Wootton PE30 3HQ
Junction A148/A149

SAT & SUN May 16th & 17th

OPEN 10.30 til 4pm both days
ADMISSION £3. Accom. u/16s free.

Around 35 exhibitors of quality antiques to include fine jewellery, silver, ceramics, glass, clocks, militaria, art deco, oriental art, portrait miniatures, maps, sea charts, kitchenalia, paintings and more.....
Ample free parking. Licensed restaurant.



**Militaria Fair
Sunday May 24th
Thetford Leisure Centre,
Croxtan RD, Thetford, Norfolk IP24 1JD**

Open 10am to 2.00pm
Admission £2.50 u/16s free
80 Tables of Quality Militaria

SUSAN WRIGHT 07596 436260
www.norfolkfairs.com

Dy'N'Mo Line Dancers

We are a small group of line dancers (Dy'N'Mo) who meet each week at Heacham and Hunstanton and through your paper I would like to thank them for their recent support.

We always have a Social each year in aid of a charity. This year, we decided to support a local charity, Scotties Little Soldiers, who are based in King's Lynn, and raised £200.00.

Also, thanks to all my dancers that came along to support Hunstanton Lions who held a Country & Western event in aid of charity.

Diane McColm



PALM BEACH HOLIDAY PARK

WELCOMES YOU BACK FOR 2015 AND HERES TO ANOTHER GLORIOUS SUMMER!!!

2014 AWARD WINNING HOLIDAY PARK.

Please feel free to come and take a look at our friendly, family run newly redeveloped holiday park.



All our holiday home owners have exclusive use of our fabulous outdoor heated swimming pool.
(May to September)

Wifi is available to individual caravans

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Please enquire at the Palm Beach office
or call **01485 570565**

**FARMERS MARKET
AND FOOD FAIR**

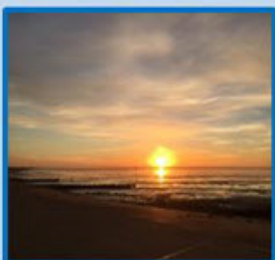
ON PALM BEACH HEACHAM

10.30 AM TO 1.00 PM

9th May 2015

All local produce and suppliers.

Donations in aid of Macmillan





CHURCHES TOGETHER IN HEACHAM

Just a thought.....

Yesterday evening I was working in the garden; nothing remarkable about that you might think, (mind you Jill would), but whilst I was cutting the grass and weeding and cutting down brambles, which were determined to get their own back, the thought came to me about what Jesus said concerning the wonders of creation and how we treat each day.

Why worry says Jesus:-

Look at the birds, they do not sow seeds, gather a harvest and put it into barns; yet your Father in heaven takes care of them. Aren't you worth more than birds? Can any of you live a bit longer by worrying about it?

Look how the wild flowers grow; they do not work or make clothes for themselves....it is God who clothes the wild grass – grass that is here today and gone tomorrow. Won't he be all the more sure to clothe you? How little faith you have!.....So do not worry about tomorrow; it will have enough worries of its own. There is no need to add to the troubles each day brings.

If only it was that easy, yet throughout the gospels Jesus tells us to have faith, that whatever may be troubling us should be put into the hands of God for his guidance. I wish I could tell you that that is what I do; don't get me wrong I truly believe that is the only way matters can be resolved, but like many of you I sometimes lie awake at night worrying about the what ifs, but in the morning is anything resolved? Not at all, and because I haven't slept the worries just get bigger.

Yet when I have exhausted myself and the solutions, I place it all with God, and sure enough and as long as my patience holds, an answer comes. He doesn't always give me the easy option but I know that when it comes it will be the right direction and path to take.

Through seeing God's creation at close quarters you begin to realise exactly what Jesus was saying. Though we may worry in the dark of night, we can be assured that God was with us in our yesterday, He is with us in our today, and He will be with us in those tomorrows where our faith will be strengthened and our troubles rested.

When Jesus left his disciples for the last time, they too were troubled about what would happen in their tomorrow. And what was their tomorrow – Pentecost!. So I need not say any more about what happens when Jesus says **“Do not worry about tomorrow”** as it will indeed look after itself.

Stephen Oliver
Minister, Heacham Methodist Church



HEACHAM METHODIST CHURCH

Sunday Services: 10.30am Morning Worship

3rd May Rev. Stephen Oliver – Holy Communion
10th May Jenny Sparks
17th May David Clarke
24th May Heather Brown
31st May Elizabeth MacLeod

Midweek Communion

The May midweek Communion will be on Wednesday 13th at 10.30am, conducted by Rev. Stephen Oliver. All who love the Lord are welcome to attend.

Social Evening

No Social Evening this month, as an outing to Sheringham Park has been arranged.

Midweek Activities

Monday - Indoor Bowls, 7pm weekly
Tuesday - Ladies' Fellowship, 2.45pm 12th and 26th May
Hands & Needles Club 7.30pm 12th and 26th May
Wednesday - Midweek Communion, 10.30am 13th May
Friday - Indoor Bowls 7pm weekly

THE PARISH CHURCH OF ST. MARY

Sunday Services in May 2015

8.00am	Holy Communion (BCP) 10th and 24th May
10.00am	3rd Holy Communion 10th Morning Prayer 17th Holy Communion 24th Morning Prayer 31st Holy Communion
6.00pm	3rd Evening Prayer 10th Evening Prayer 17th Evening Prayer 24th Holy Communion 31st Evening Prayer

May 2015 Services at Nursing/Residential Homes

Tues 5th 2.30pm at Rebecca Court
Mon 11th 11.00am Holy Communion at Millbridge
Wed 20th 2.30pm at Summerville
Fri 22nd 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

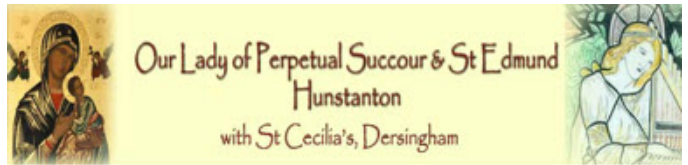
children, usually on the last Saturday of each month, there is *MESSY CHURCH* with crafts, games, singing, Bible stories and lunch.

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.



Hunstanton Catholic Parish

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 will be at 10am held in the Church, Sandringham Road, Hunstanton, for the summer, rather than the Convent, except on Wednesday when it is usually at 10.15am at St Cecilia’s, Dersingham. Please check for dates and times on Church notice boards, 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



WE ARE THE HEACHAM SONGSTERS

We are looking for some new members to join our happy group of singers. Ladies and, in particular, men who are in very short supply!!

If you have a couple of hours free on a Wednesday 10.00am – 12.00 noon, we meet at the Pine Residents’ Hall, Wilton Road, Heacham. £1 per meeting which includes tea or coffee.

We entertain, when requested, with a mixture of old and more modern songs. No fee is charged, just a donation if you enjoy our programme.

Please contact 01485 571153 / 01485 525500 or 01485 298592 for further information.

FRIDHEM COFFEE AFTERNOON

Friday 29th May 2015

2.00 – 4.00pm

All welcome.

Tea and cake for £1

Fridhem Rest Home
79 Station Road, Heacham

**Snettisham
 Christian
 Fellowship**

**Christ centred
 Bible teaching
 Gospel led**

10:45 every Sunday morning
 Memorial Hall Old Church Road Snettisham
www.scfonline.org.uk



HEACHAM RAINBOWS DESPERATE MEASURES!

Heacham Rainbows desperately need adult helpers to assist with their term time only weekly meetings. If they are not able to find this help there is a real danger they will have to close. For such a large village it would be a great pity if this was to happen.

The Rainbows are aged between 5 and 7 and feed into a successful Brownie unit, and eventually to an equally vibrant Guide unit.

If you are:

- Enthusiastic
- Keen to help the youngest section of Girlguiding UK
- Enjoy working with this age group

Then please contact either Eve – 01485 533328 or Kathryn (Unit Leader) 01485 572138 who will be pleased to give you more information.

Alternatively visit: www.girlguiding.org.uk/interested



School Road

SUMMER FETE

SATURDAY 11th JULY 2015

12.00 – 4.00pm

RAFFLE, BBQ, CRAFT STALLS,
BOUNCY CASTLE & SLIDE, TOMBOLA,

GAMES AND RIDES

FUN FOR ALL THE FAMILY!

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Heacham & Criteuil-la-Magdeleine Twinning Association

Join the Twinning Association? Oh no, not me...

When I heard about the Twinning Association my immediate thought was "Oh no, that's not for me". I could picture the situation, sitting around a table listening to other people I don't know talking in a language I don't understand, about a country I don't particularly care for, or indeed care about, with regard to a French town (actually it is two villages 'joined' together) I have never heard of or who's name I cannot even pronounce!! Well, how wrong could I be.

Since joining a few years ago I have met some wonderful people in Heacham who I would never have normally come into contact with, and some amazing French people from our Twinned village in the Cognac region.

Speaking French or not has never caused me a problem, in fact it has made conversation so funny sometimesbut that is surely for another story.

Basically the aim of the Association is one of a social nature and not at all 'hard work'. One year the French come to Heacham and the following year the Heachamites go to France. It is that simple. Obviously, the French need to be accommodated within the homes of our members, but if that doesn't suit or there is simply not enough space, then no one stays at your house. Similarly, when we go to France, we are accommodated

in the homes of the French members. When the French come over here, we organise various days out in and around the immediate area to include entertainment and meals. We try to keep things as 'British' or 'Norfolk' as possible. Last July we had a day out at Thursford with picnic lunch in their gardens, followed by local fish and chips and piano/sing song entertainment in the evening. A visit to The Fox beer festival finished off several of our members - both Nationalities!!!

After a 'free day' when hosts could take their house guests out 'wherever' for the day, we had an evening Hog Roast with wine in the garden of one of the members. A lovely relaxing evening of chat and a chance for the younger members to run around. Following church on Sunday morning, was traditional Sunday lunch followed (much later on) by traditional afternoon tea and an evening barn dance complete with 'caller' in two languages!!! Hysterical, I can assure you and so much fun.

So, please don't be like I was and assume that our Twinning Association is not for you....come along and find out for yourself.

Throughout the year there are numerous fundraising and social events. Typical fundraising events are quiz nights which are always hilarious and not too serious or difficult; a barn dance which is always very popular with children and adults and usually sold out before the night; day trips by coach to interesting towns or locations...a good excuse to get away for a day with someone else doing the driving.

Our next event is our second Mouse Racing Evening on Saturday 9th May, more details of which are in the poster elsewhere in this newsletter. If you've never been to one of these then you are seriously missing out on a fun evening. Think horse racing but with mice!!!

The committee meetings, to which all members and prospective members are welcome, are held once a month, usually on the third Wednesday, in the Parish Council Office, from 7.30pm.

For an annual membership fee of just £10 you really do get a lot for your money. When the French come over, a weekend of fun with enjoyable days out, good food and great company. Of course, when it is our turn to be hosted by the French - we can be assured of some excellent food and wine of course, as well as great days out and a little taste of what it is like to live in France. Not forgetting the most important part, a chance to make new friends here and great friends over there.....which I promise you I have. But that is for another story....

**Sue Colvin
Cheney Bottom, Heacham**

If you would like to become a member of the Heacham and Criteuil-la-Magdeleine Twinning Association, please either email: twinclub@hotmail.co.uk or telephone 01485 579465 for more information.

Searles Leisure Club
have a new management team waiting to welcome you to our fantastic leisure complex..

Within our leisure complex, we have a fully air-conditioned gym as well as a fantastic heated indoor pool, jacuzzi & sauna

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Fees

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£22.50 per
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Members may also enjoy the use of our outdoor swimming facilities from May to September

Call: 01485 536 029 www.searles.co.uk/local-memberships

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**TIDE TABLES FOR
MAY & JUNE 2015**

HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT) add 1hr for BST									
May 2015					June 2015				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 F	04 33	6.3	16 37	6.5	1 M	05 07	6.7	17 22	6.6
2 SA	05 08	6.6	17 14	6.6	2 TU	05 45	6.9	18 05	6.8
3 SU	05 40	6.8	17 52	6.8	3 W	06 24	7.1	18 48	6.9
4 M	06 13	6.9	18 28	6.9	4 TH	07 03	7.2	19 30	7.1
5 TU	06 48	7.1	19 07	6.9	5 F	07 41	7.2	20 10	6.9
6 W	07 23	7.1	19 43	6.9	6 SA	08 19	7.2	20 53	6.8
7 TH	07 55	7.1	20 18	6.8	7 SU	09 00	7.1	21 40	6.7
8 F	08 29	6.9	20 56	6.7	8 M	09 47	6.8	22 34	6.3
9 SA	09 07	6.7	21 41	6.3	9 TU	10 42	6.8	23 42	6.1
10 SU	09 54	6.5	22 37	6.0	10 W	11 48	6.3		
11 M	10 52	6.1	23 53	5.9	11 TH	00 55	6.1	13 02	6.3
12 TU			12 07	6.0	12 F	02 07	6.2	14 14	6.5
13 W	01 24	5.9	13 30	6.2	13 SA	03 10	6.3	15 19	6.7
14 TH	02 38	6.2	14 41	6.6	14 SU	04 08	6.7	16 20	6.8
15 F	03 40	6.6	15 43	6.9	15 M	04 59	6.9	17 16	7.1
16 SA	04 34	6.9	16 38	7.2	16 TU	05 44	7.1	18 08	7.1
17 SU	05 21	7.2	17 30	7.4	17 W	06 27	7.2	18 56	7.1
18 M	06 05	7.4	18 20	7.5	18 TH	07 09	7.3	19 40	7.1
19 TU	06 47	7.4	19 09	7.5	19 F	07 47	7.2	20 19	6.8
20 W	07 27	7.4	19 52	7.3	20 SA	08 22	7.1	20 57	6.6
21 TH	06 03	7.3	20 34	7.1	21 SU	06 56	6.8	21 32	6.3
22 F	06 41	6.9	21 16	6.7	22 M	09 31	6.6	22 10	6.0
23 SA	09 17	6.7	21 59	6.2	23 TU	10 11	6.2	22 54	5.7
24 SU	09 57	6.2	22 48	5.7	24 W	11 00	5.9	23 48	5.5
25 M	10 47	5.9	23 49	5.5	25 TH			12 02	5.6
26 TU	11 55	5.6			26 F	00 51	5.5	13 08	5.6
27 W	00 56	5.4	13 06	5.5	27 SA	01 55	5.6	14 13	5.7
28 TH	02 01	5.5	14 11	5.6	28 SU	02 55	5.9	15 12	5.9
29 F	02 58	5.7	15 06	5.9	29 M	03 48	6.2	16 07	6.2
30 SA	03 46	6.1	15 54	6.1	30 TU	04 36	6.6	16 57	6.6
31 SU	04 27	6.3	16 39	6.5					

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HEACHAM CUBS

Our term before Easter was just five weeks long but we still managed to get a lot done, especially towards their Silver Awards. On our first evening back, after we do the Grand Howl, we re-affirm our Law and Promise just to keep it fresh in our minds and to remind us what it is to be a Cub Scout. Then we play games.

Next, was back to doing some work on their Silver Awards. We did an evening on Water Recycling and what happens to our waste water and how we can save water by some simple steps. To help us we watched a short video from Anglia Water. This was part of the Global Challenge.

Then it was time for something completely different and over to our leader Chil. Chil is at college and this year finishes his course in Uniformed Services; so on his evening he put the Cubs and the Young Leaders through their paces doing a toned down version of his fitness session from college. Starting with warm up exercises, the Cubs then ran up and down in relays, doing squats, lunges and some other exercises that I was just really glad I was not doing! Then at the end they did some cool down exercises before lying on the floor refusing to move. The Cubs seemed to enjoy it even if they could not work out why? If you were wondering what us 'older' leaders were doing, we were tent wrestling, trying to get one big tent and three small tents back into their bags. Why oh Why don't the tent manufacturers make the bags just a little bit bigger to get them back in?

The following week the Cubs were making catapults which is part of their Creative Badge. The younger Cubs had an easier catapult to make with guidance from Hathi and Mang then the older Cubs had one which was a bit more complicated with guidance from Chil and Rikki.

Our last evening, we played some games run by the young leaders. They had to find a new game the Cubs had not played before, explain how to play it and then run the game with them. Also on that evening we had to say Goodbye to Aaron G. who had reached the age he had to leave us and go onto Scouts. The group gave all the Cubs an Easter egg and Rama also brought them an egg as well. I even got one (!!!).

The Cubs are looking forward to getting out in the evenings to play games in the car park and, hopefully, the people who park in the hut car park do not mind having their cars being hit by the odd ball or Frisbee! Would also be good if they did not come flying into the car park without any regard to whether there may be someone in there. We usually put cones up but they have been hit before now.

Lastly, we would like to say a BIG THANK YOU to The Heacham and North-West Norfolk Wildfowlers Association who very kindly gave us a cheque from monies raised at their Christmas meal and raffle. The donation was very much appreciated and we were able to buy a garden Connect Four game, a Parachute and a Demo Compass to help the Cubs be able to read a smaller compass.

Happy Scouting to all our Cubs. To all the Cubs who are so close to completing their Silver Awards - Well Done, we are nearly there!

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

Young Leaders Hathi (Jemma), Rikki (Tommy), Mang (Jack)



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A CAREER IN PATHOLOGY

Part 4

Another little story. A number of the nurses and technical staff - and the occasional junior doctor - used to gather in the boiler room at slack times, generally at weekends, and talk and drink coffee or tea. The milk, tea/coffee and sugar for these gatherings were 'filched' by Jack Bodger, the boiler man, from the kitchen. Mr Caddy, the catering manager was not too happy about sugar disappearing from his domain so he mixed it with coloured hundreds and thousands so he could identify the thefts. I well remember a group of us thieves sitting at the table in the boiler room, armed with forceps, diligently picking the coloured balls from the sugar!

In due course Marguerite was appointed full time at Lynn. We obtained, thanks to her efforts, a fully automated Coulter Blood analyser and the workload continued to grow rapidly. The laboratory was by this time switching to disposables, especially syringes and hypodermic needles and also petri dishes. I'm sure the patients appreciated the new needles as those that had been resharpened several times did get somewhat less effective (in my new 'exalted' position, this task had been, as usual, handed down to the most junior person in the lab!). Washing up became almost a thing of the past as petri dishes, syringes and needles and bottles, increasingly were made of plastic. We then switched to a new vacuum tube system for collecting blood which was very efficient and, in fact, is still in use some 40 years later. Around this time it was also decided to split on-call duties between the Biochemistry and Haematology departments as the work load was getting too much for one person to handle. Incidentally, my Jill had by this time presented me with our second child, Catherine.

The Institute of medical laboratory technology at around this time, decided to introduce a special examination in Haematology. I didn't know it at the time but now I realise that there was a move to make medical laboratory sciences a degree course. The pathway to qualification was already via ordinary and higher national diploma (which again would have left me out in the cold) and all new staff had to progress via OND and HND pathways. So I decided that I had better have a crack at the new special Haematology exam even though I was already a fellow of the institute. And now a Chief MLSO.

I enrolled in a 'Special' course at the London Hospital. I had to go once a week to classes and the rail fare was a bit steep. Jill had now given me three children, all girls and wanted to give me a boy. This, incidentally, was the girl who before we were married, visited a gynaecologist and was told that she was sub fertile! We weren't exactly rolling in money. Marguerite called

me into her office one afternoon and handed me £50 towards my rail fares. This was part of her autopsy fees and rocked me on my heels as it was very unexpected. But I didn't refuse it!

I failed my first try at the 'special' because I didn't work hard enough and the travel after a day's work was tiring. However, the course was also being run at Addenbrookes Hospital in Cambridge so I switched to that. The Principal chief there was a David Finch. He was a very good lecturer and also had access to some very clever people working in the medical research unit at the university. We had talks by Prof Herman Lehman one of the top men in the field of haemoglobinopathies and also Prof Max Perutz, who won a Nobel prize for working out the structure of the haemoglobin molecule.

David drove us all hard. We had to give talks to the class about a subject we had studied and we had to produce weekly essays. One of my staff, Gillian Gardener who had come from Devon and like me had failed her first attempt at the special, came to the classes with me. I remember clearly, David handing back our essays on one occasion and saying to Gillian what a well constructed essay she had done. He then turned to me and said, "Yours Mike, on the other hand, was rubbish!"

Anyway, we both passed the examination even though, on the train back from the Viva interviews, we were convinced we had both failed. Gillian moved back to Devon a few months later which was a shame as she was a very bright girl and good fun as well. On one occasion, I developed a ganglion on my left wrist, a very painful lump. We were discussing this and recalled that the old treatment for this condition was to hit the lump with the family bible. Gillian got me to put my wrist on the side of my chair and then smacked it - hard - with a copy of Haematology by Beutler et al, a quite weighty tome. I was convinced at first, that my wrist was broken but, in fact the squashed ganglion never recurred.

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Whilst studying for my 'special', I was reading an assortment of very high powered journals. One of these, Clinical Hematology (American), dealt with the assay of glucose 6 phosphate dehydrogenase. This substance is an essential enzyme in the pathway which maintains haemoglobin in its reduced state. If haemoglobin is transformed to methaemoglobin, G6PD helps return it to reduced haemoglobin. Re-reading this stuff reminds me of how much I have forgotten in the last 20 years and when I first read it some 40 years ago it was akin to magic for me.

Anyway, a local farmer was admitted one night when I was on call. He had severe haematuria and was very anaemic. Luckily for him, Geoffrey Bolt was also on call. I crossmatched six units of blood for the chap, several units of which were transfused before the cross match was completed. Then Geoffrey arrived in the lab. "This chap", he said, "is an ashkenazim jew. I am wondering if he might have favism as he is apparently rather fond of broad beans. Can we find out." So, I dug out this erudite article which gave details of the diagnostic technique. I persuaded the A&E staff to take some of my blood as a control and set to. The method took about 2½ hours to do and the result was positive for G6PD deficiency. Now, this was very new stuff. I told Geoffrey my result but being not too sure, I repeated it. After some 6 hours in total, I had convinced myself and when Marguerite arrived for work I informed her. She spoke to Prof Lehman at Cambridge who was dubious. By the end of the day, they had confirmed my results, which was quite a feather in our caps. Luckily the gentleman concerned recovered completely and learned not to stroll through his fields scoffing broad beans. He was also warned not to inhale the pollen. As for the tedious method, I guess it can probably be done in ten minutes now!

Then came a new adventure. It was decided that the hospital had outgrown it's premises and a new District General Hospital was built. This was called a "Best Buy mark 2" and was supposed to be the last word in small DGH's. Before it was started however, a new maternity unit was built on the new site and baby no.4 was produced there. This was a boy which pleased Jill and pleased me even more as four children was a considerable expense. In addition, my lovely wife flatly refused to go back to work until all the children had started school.

The new hospital was an exciting and frustrating project as although we had a reasonable say in the new laboratory design, the architect decided to put the laboratories at the back of the hospital, about as far as one could get from the outpatient clinics where the patients were seen. This meant that patients, many of them elderly and infirm, had to trudge approx a quarter mile to have their blood taken. Marguerite and I tried to get a taking room installed near the outpatient dept. but without success - they still don't have this facility. I was by this time about as high up the ladder (Senior chief MLSO) as I could get without moving hospital which I had no wish to do. Much had happened in the

professional body which started as the FIMLT and changed to the FIMLS (sciences instead of technology) an affectation which in fact meant little. It's now the IBMS or institute of biomedical sciences and many of those working in the system now need degrees which would almost certainly have left me out. I am not convinced that degrees are necessary for everyone but it seems to be the norm these days. The situation is the same in the nursing profession and, personally, I think it shuts a door on many able and ambitious people who are not academically gifted or cannot afford to go to university. I have talked to many nurses who trained in the old way, many of whom have subsequently become graduates in their profession. Almost without exception they feel as I do that being able to train as a nurse - or as a biomedical scientist - could take two pathways either by 'apprenticeship' i.e. training on the job as I did, or by degree. As the shortage of nurses becomes more acute, perhaps our leaders will remove their blinkers and consider this course of action. In addition, laboratories are now so automated that perhaps a degree, or at least a Diploma, in Biomedical Engineering would be useful!

(To be continued)

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The Kitchen Gardener

May - late spring. Allotments, the lemon tree one year on, and a nice rhubarb flan.

It is about this time of the year that I look back on my many seasons as an allotmenteer with affection. I miss the friendship, teasing, vast amounts of wisdom and advice, sharing and generosity, the 'he said she said' of an allotment soap opera and the inevitable battles with local councils when they tried the occasional land grab.

It's not rose tinted spectacles though - I don't miss the constant battle to water - shared troughs and queues, theft, and not being able to see the early onset of the inevitable garden pest that's best dealt with as soon as possible.

During the dig for victory campaign the National Allotment Society fought to obtain assurances for security of tenure on wartime allotments that had been set up on a wide variety of unconventional sites. The issue was sidestepped by politicians who knew that when peace came wartime allotments would be built over.

They would only go so far as to agree compensation if plots were taken away in the cropping season. A big problem for allotmentees was theft and damage - malicious or otherwise. Along with the more traditional sites vacant building plots were turned into allotments, but due to the shortage of wire or fencing the gardens were open to all. The Ministry of Agriculture eventually declared that an allotment was a piece of land being cultivated, and that it belonged to the person working it and his family. Allotment Societies had plot watchers - some paid, some volunteers - to protect produce at night.

The authorities took pilfering very seriously. In September 1941 a man was sentenced to two months hard labour for stealing onions and potatoes from a railway allotment. Dog owners were

fined £5 (the lowest relative value I can find is roughly £200 in today's prices) if their animals were found loose on an allotment site. A man in Bath with an allotment of his own was given a month in prison for the theft of 1 shilling's worth of vegetables from his neighbour's plot.

In the summer of 1943 a new Defence Regulation (Trespass on Growing Crops) announced, by way of warning signs erected on allotment sites, that trespassers would be given on the spot fines of £50. In court, when summing up, judges made it plain that their attitudes were hardening against theft from allotments with statements like 'this is no better than looting' and 'a form of petty treason in wartime'.

Probably the earliest allotments were like those found in the West Country where small fields marked by stone walls on Dartmoor and Bodmin Moor date from Iron Age BCE. The Romans introduced a scheme to rent small plots to needy retired army veterans from 123 BCE. This included Norfolk and Norwich after the invasion in 43 CE

First mention I can find of allotments in Heacham is from a report in 1804 by Arthur Young who toured Eastern England observing the agriculture of the region. He had a particular interest in land enclosed by parliamentary act and the effects of enclosure on the poor. At Heacham, enclosed in 1780, there were 'from 12 to 15 little and comfortable proprietors and renters of small plots of 2 to 10 acres; who have cows and some corn and what they like to cultivate. A remarkable instance and I cordially wish it was universal'.

Wherever I'm gardening I always have a sense of urgency at the start of the growing year, everything seems to need doing at once and I have to stop and remind myself that gardens are kindly patient beings who won't mind if there's a bit of slippage on the time front. The herbs sown in April will be planted out; I put the basil directly into a spare patch of soil in the polytunnel last year and they were very happy there so I'll do the same this year. Any tomatoes not forward enough for planting in April will also go into the polytunnel at the beginning of May and later in the month, when all danger of frost is past, the unused spare tomatoes for the polytunnel will be planted outside.

I'll be sowing sweetcorn, cauliflowers for next April and May, leeks and continuing successional sowings of French and runner beans, mangetout peas and tall big hearted sweet cos lettuces along with smaller faster maturing little gem type lettuces.

The lemon tree that arrived last May had a couple of broken twiglets so I trimmed the bottoms, put them into some potting compost in a pot set on gravel and covered them with a homemade cloche of a plastic drink bottle which I cut down to two thirds of its original size and turned upside down. The mini propagating units were left on a sunny warm window sill for roughly six weeks. Both cuttings took and once they started to grow away I removed the cloche and a few weeks later potted the new trees on and moved them into the sunroom. The original

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tree had plenty of flower some of which set and slowly fruit began to develop. Lemons have a long flowering and fruit maturing period and I've learned that it's usual to have flowers and fruit at all stages of development. It all looks very interesting and pretty, but the big problem is that the tree is a standard – not mentioned in the description when I bought it, and it became top heavy as the fruit grew. I hope the babies will grow on well and I will shape them into bushes so they can bear their fruit without falling over.

The rhubarb is at its lovely young stage now, perfect for pies and tarts. I wait until it's older and a bit coarser for jam making. With delicate pink stems in the garden and a ripe lemon awaiting the picking here's a recipe for seasonal produce.

Rhubarb Flan: Make your favourite flan pastry based on 6oz/175g plain flour and 3oz/75g fat and anything else you may like to add - egg yolk, delicate spices and/or a hint of sugar. Roll out the pastry and line a 10 inch/25cm flan tin. Cover and leave to rest in a cool place.

Put into a saucepan one egg, 6oz/175g caster sugar, 1oz/25g cornflour, 1oz/25g butter, the grated rind of one lemon and the juice of one lemon made up to 1/4pint/150ml with water. Bring the mixture to the boil stirring all the time. Cool.

Arrange roughly 1lb/450g rhubarb cut into 1inch/2.5cm lengths in circles onto the pastry. Spread the cooked mixture over the rhubarb and put into a preheated oven 180C/Gas 4 for 30 mins then turn the oven up to 200C/Gas 5 and continue to cook for 15 minutes. Serve warm or at room temperature. An orange can be used instead of a lemon – in which case the quantity of sugar may need to be reduced.

All fruit flans love a bit of dairy of some sort to go with – delicacies like fromage frais or plain yoghurt lightly sweetened and with a hint of vanilla right through to the big hitters like clotted cream.

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

When dinosaurs ruled the earth

The Seventies was a funny old time, for a music-addicted teenager. The Swinging Sixties had most definitely come and gone. The Summer Of Love had crashed and burned. Almost within a moment, we'd lost Jimi Hendrix, Janis Joplin and Jim Morrison – bizarrely, each one at the stupidly young age of 27. What a start to the new decade.

Suddenly things were getting serious. But music was really taking off. It was the time of prog rock, heavy metal – the age of the rock star. Decadence, excess ... and fabulous music. It was head-spinning stuff for the young rock fan.

Yet at the same time, the fledgling headbanger was acutely aware of what a stark contrast the pop charts could be. There you were, grooving away to the new Led Zeppelin album, or something deep and meaningful from the latest West Coast singer-songwriter, and what was assailing your ears on the radio? Donny Osmond! David Cassidy! The Bay City Rollers, for heaven's sake!

And then, out of nowhere, punk rock swept in on a tidal wave of would-be anarchy, killing everything in its path like the Black Plague. Suddenly all the bands you loved were dinosaurs! They deserved to be extinct! What happened there?

Hey, at least it put paid to the Rollers. And flares. And kipper ties. And loon pants. And platform shoes. Well, until the first Seventies revival, that is. Revival! It was bad enough at the time! Whoever thought it would one day be considered "retro," and come back?!

One thing never dies, though, and that's good music.

- **BLACK NIGHT** Deep Purple (Harvest, HAR 5020, 1970, No 2)

"Maybe I'll find on the way down the line / That I'm free, free to be me / Black night is a long way from home"

What a riff! What crashing drums! What rumbling, funky bass! What rocking vocals! What amazing guitar runs, tossed off with seemingly effortless ease! What a wild organ solo! What a thunderous mini drum solo! And what killer guitar at the end!



The classic Deep Purple line-up: Jon Lord (keyboards), Ian Paice (drums), Ian Gillan (vocals), Ritchie Blackmore (guitar), and Roger Glover (bass).

In 1970, there was the overwhelming feeling that this track – hard rock we would have called it then – was simply too good to be a single. And I don't remember it getting an awful lot of airplay on fun-time Radio 1. But the kids spoke, and astonishingly, Black Night got to No 2 in the charts.

This had all the elements of what led Deep Purple to go on and storm the world. In a couple of years' time, The Riff That Ate The West – Smoke On The Water – would be unleashed onto unsuspecting rock fans. And Saturday mornings in guitar shops would never be the same again.

Listening to Black Night again now – in my case, probably for about the 900th time – you really are taken aback by how good it is. But we just seemed to take it for granted then. This was how great music should be. And there was a lot of it about, too. No shang-a-langs involved.

- **PARANOID** Black Sabbath (Vertigo, 6059 010, 1970, No 4)

"Make a joke and I will sigh / And you will laugh and I will cry / Happiness I cannot feel / And love to me is so unreal"

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Don't they seem like nice boys? Bill Ward (drums), Tony Iommi (guitar), Ozzy Osbourne (vocals), Geezer Butler (bass).

There were riffs, and then there were riffs – but Tony Iommi’s guitar was something else. The original weapon of mass destruction, it was like the onset of Armageddon via the graveyard. And it gave birth to a whole new genre of music – heavy metal.

But it nearly didn’t happen. As a teenager, Iommi lost the tips of two fingers in an industrial accident on his last day at work in a sheet-metal factory. For a budding musician it was a catastrophe, and he nearly gave up playing guitar.

He couldn’t even listen to music, but his foreman made him hear an album by jazz guitarist Django Reinhart. Iommi was impressed – and amazed to hear that he, too, had suffered an

accident, and was playing with only two fingers on one hand. It opened his eyes to what was possible.

Iommi fashioned himself home-made thimbles for his injured fingers, and the techniques he developed to help him play more easily also helped fashion a whole new sound in rock music. And his band conquered the world.

Paranoid, their breakthrough hit, also introduced rock fans to the “in-sane” vocals of one John “Ozzy” Osbourne. It wasn’t exactly part of a master plan. It was thrown together at the last minute in the studio, when the band were told their album wasn’t long enough and they needed another song!

• ANARCHY IN THE UK Sex Pistols (EMI, EMI 2566, 1976, No 38)

“Don’t know what I want but I know how to get it / I wanna destroy / Passerby, ‘cause I / Wanna be anarchy / No dogsbody!”

And then ... life was never the same again.



Is it me, or does Glen Matlock (bass, second left), look a little out of place? Not exactly Sid Vicious, is he? With him are Paul Cook (drums), Johnny Rotten (vocals), and Steve Jones (guitar)

I have a confession to make. Punk music passed me by at the time. Suddenly all these upstarts arrived, declaring that the music I loved was rubbish, and deserved to be despised. I wasn’t having it! Johnny Rotten famously loathed Pink Floyd. I loved them. So I stuck my head in the sand until the punks went away!

On taking it out again, I realised there was much to like about punk, too. Not all of it – the excess of enthusiasm and arrogance over ability was a bit grating at times, but then you could say that about a lot of things. And the shake-up it provided to the music scene was certainly healthy.

The Sex Pistols’ image – the filth and the fury, as The Daily Mirror would have it – tended to overshadow their music for a lot of people. Fact is, the Pistols’ debut album was a brilliant, brilliant record. Steve Jones was a truly great guitarist, and their rebel template, although a bit extreme, wasn’t so far removed from that of a lot of rock and roll bands.

Anarchy In The UK is as startling now as it was then. If I was born ten years later, I probably would have been obsessive about the Pistols and The Clash instead of Led Zeppelin and Deep Purple. Plus ça change, as Plastic Bertrand probably would have said.

• 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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Heacham at Night

Saturn is the planet to have a look at this month because it will be at opposition on 23rd May – at the end of a line drawn from it, through the Earth to the Sun. Consequently, it is at the closest to Earth it will be this year.

Unfortunately, it is rather low in the sky this time around, about 18 degrees above the horizon, so you have to look at it through atmospheric murk. However, if you want to get a glimpse of Saturn's rings again, or see them for the first time, now is the time to do it.



Saturn compared to Earth

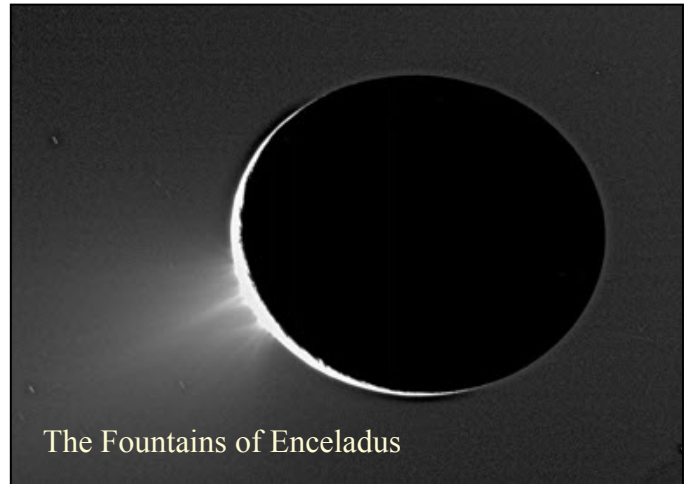
Saturn is best viewed as late in the evening as you can manage as it gets higher in the sky the longer you wait. 10pm until midnight should be fine, though early morning is better. Look for a very small blob of light which does not look like a star; it may have a pale yellow hue. It rises from the east and moves south during the month and is due south at the end. In the middle of May it is SSE, 18 degrees above the horizon at midnight and shares the sky with the star Antares (below Saturn and a little further east) and the star Spica (above and well to the west). On 1st June it is very close to the (almost) full moon. Look for it just to the right from about 10am.

You will likely need access to at least a small telescope to see the rings. If there are clear nights forecast and I am available I will post a Saturn viewing notice at the Parish Council Office and, perhaps, in one or two shops on the High Street. This will say when and where to turn up. Otherwise try very good binoculars or a bird spotting 'scope.

With the NASA Cassini spacecraft now in its 11th year of orbiting Saturn, you might think all that can be discovered about it has been. However, the wealth of data generated has just raised more questions and this year close flybys of some of Saturn's moons will happen again. On May 7th the fourth Titan close

approach will occur and further studies made of its atmosphere and structure. Other moons will follow and very close approaches will be made to Enceladus in October. I mention this because Enceladus has icy plumes of water ejected from beneath a frozen ocean and vies with Jupiter's moon Europa as the prime target to search for extra-terrestrial life.

If you see a spark of light close to Saturn it is likely Titan, a moon half as big again as Earth's Moon but smaller than Jupiter's Ganymede. This and the other Galilean moons of Jupiter can still be glimpsed as Jupiter remains in the western sky, considerably higher than Saturn. Jupiter is also much brighter, being just over half the distance away from us than Saturn; around 550 million miles as opposed to 900 million miles.



The Fountains of Enceladus

Saturn has the most extensive and brightest ring system within the solar system; its overall diameter is 270,000 km but it is only 1km thick. The system consists of reflective water ice which orbits the planet as small chunks and dust. The rings are shepherded by larger, bodies, moonlets, and there is evidence that such bodies form and dissociate over long periods of time. Uranus and Neptune also have smaller, darker ring systems and other bodies may have too. So Saturn's rings are not unique but they are spectacular and visible from Earth.

Cassini has a nuclear power source; radioactive decay produces heat which is converted into electricity using thermocouples. Consequently it has been able to utilise about 800 watts of power for many years. The European Space Agency, ESA, will not use radioactive sources in its missions and all electrical energy has to come from solar cell arrays and related NiCad re-chargeable batteries. This generally rules out very deep space missions as the energy from the sun reduces rapidly as the distance from it increases.



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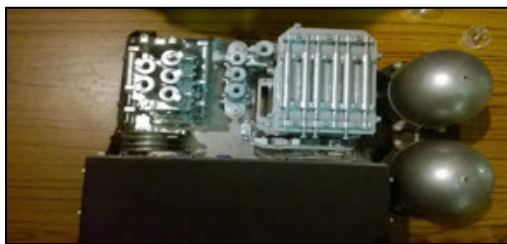
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To gather enough energy solar panels have to get bigger too and are folded ever more intricately into the spacecraft before launch. Unfolding them again can be a problem and led to the Beagle failure – the British Mars lander. The ESA Rosetta/Philae mission to a comet was the first to utilise solar panels so far from the sun. They are an innovative design which may yet influence solar cell manufacture on Earth. Philae’s batteries discharged when it landed in a shadowed area of the comet. I mention this now because it is likely Philae is about to get re-charged as the comet gets closer to the sun.

The most successful instrument on Philae, called Ptolemy, was designed to run on 40 watts. It is the smallest, least energy dependent mass spectrometer ever conceived and is now being developed for use by the armed forces and by customs and excise – it can sniff out very small amounts of toxic and noxious substances. It was designed and built in Milton Keynes by the Open University. An image of it follows. This is the ‘spare’ kept on Earth to enable fault finding.



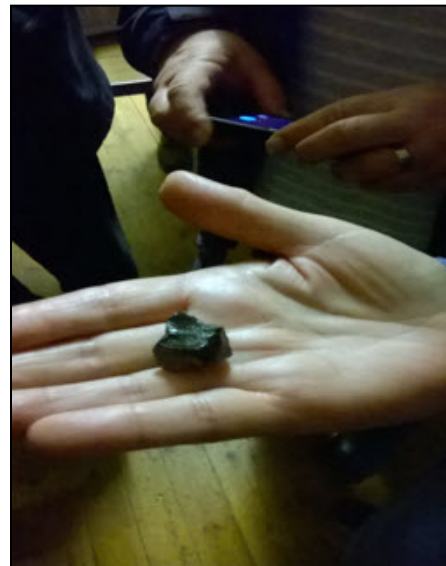
Other things to look for: Venus still burns brightly high in the western sky. Keep looking at it with

binoculars to see if you can discern its phase. Between the 7th and 11th May, Venus passes close to Messier 35. This is an open cluster of stars which is best viewed in binoculars rather than a telescope. On the 9th, the cluster is immediately below Venus. Messier 35 is visible to the naked eye as a smudge of light and was one of the objects Messier classified to remove it from false

sightings of comets which can be similar in appearance. It extends over an area of sky about as big as the full Moon. Light from the stars in this cluster has taken about 2,800 years to reach your eyes.

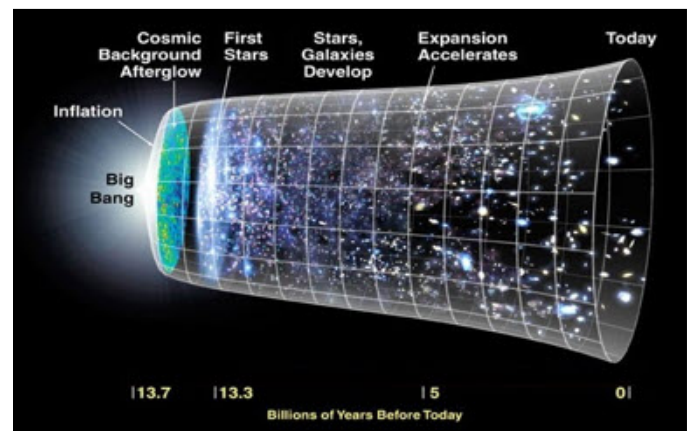
I mentioned the star Spica earlier. If you cannot find it then look for the moon on the 29th and, at around 10.30, Spica will be the star just below it. It is only 250 light years away and is a binary system – two stars very close together and orbiting each other. The primary star is a blue giant around 10 times as massive as the Sun whilst the secondary is seven times bigger. The primary has the potential to go supernovae. We would see this event 250 years after it had happened. Don’t worry about it, it will be too far off to destroy Earth’s biosphere.

Mars is still around but right on the other side of the Sun and hard to spot very low down in the glare of sunset. Through the month, visible from around 9pm, Venus, Mercury and Mars form a straight line. The line is at around 45 degrees and connects Venus to the setting Sun. By 10pm Mars will be below the horizon, Mercury just above it. This is a challenge to view from the beaches. Do take care not to stare at the Sun. The rock in my wife’s hand is a piece of Mars. It is part a Martian meteorite which landed in Egypt in the early 20th Century.



This year is the 50th anniversary of the discovery of the cosmic microwave background. This was determined to be the remnant heat of a big bang. The Big Bang, which had been proffered as a theory of creation from the 1940’s, became the preferred model from this point. The Steady State Theory, long supported by Cambridge’s own Fred Hoyle, has been

cast into the virtual bin. I remain unconvinced.



A letter in last month’s newsletter provided some astronomical data I have been remiss in providing. Thank you for that. And now a reminder: 21st May, 7.30pm, Binham Village hall, a talk by Louise Prockter – Europa, and Peter Bedini – New Horizons Pluto Mission. Excellent speakers from NASA.

Terry Parish



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The Ruskin School, Heacham & High House

Part 3

Such conditions of overcrowding and filth were abhorrent to him but what he really found it hard to stomach was the character of the education that he was employed to deliver.

He protested against the teaching of religion,(1) but although he would always maintain that it was impossible to teach children to be rational and simultaneously expect them to believe Hebrew mythology, even this curriculum did not offend him as much as the methodology of cram by which it was delivered. This was founded on the examination system and driven by corporal punishment. Assistant teachers were not legally empowered to beat children but "as a colleague put it to me, while discussing the question of corporal punishment; 'it is this way Harry; if you do cane, the Board may find you out and sack you; but if you do not cane, the Board will find you out after the examination and will sack you.'"(2). As all teachers knew, and Lowerison admitted that he was not an exception to this rule, under the existing physical conditions of chronic understaffing in vile surroundings, the only way to get upwards of 60 children to jump through the hoops of the exam, and thus to keep a job, was by flogging them. For Lowerison this was not education, this was prostitution. But it was the fault of the system "the teachers must not be blamed for it."(3).

It was to these ends that he helped to set up and became Secretary of the London School Swimming Association and tried to form a London Schools Rambling Association. Lowerison was very keen on physical exercise for children and a particularly strong advocate of swimming. Swimming was not only good, possibly the best, exercise, it provided him with just about his only chance to get to be with his pupils in a natural setting. He saw the Schools Rambling Club as having the dual advantages of increasing children's understanding, but also, "among teachers it could act as a medium of exchange of botanical and natural history specimens, fossils etc. and facilitate what is more important-the exchange of ideas about Nature education and methods and appliances."(4).

By the end of the 1890s Lowerison was running up against the system, and in particular the Headmaster, at Wenlock Road. In July 1898 his letters to The Clarion, notes he circulated to his colleagues and a letter sent to the Headmaster got him noticed by the School Board and in November of the following year friction between him and the Head, or more particularly Lowerison's lack of respect for the Head, got him dismissed without a reference. There is no direct record of the nature of this dispute. However, one of the stories in Lowerison's book of tales for children, Palaeolith to Motor Car, is clearly a thinly disguised autobiography. In this tale, 'Wattie's Christmas', a young malnourished boy dies after catching pneumonia brought on as the result of being forced, by rules devised by the Headmaster, to go outside at playtime despite the fact that it was raining and there was no shelter. His teacher, Lowerison under a pseudonym, damns the meanness and petty tyranny of the Head. Aware that his own tenure of office was very shaky, however, and that the "narrow clerics and ignorant tradesmen" of the local school management committee would have loved to have seen the back of him (and for the sake of his own family) he bit his lip.(1) This may not have been the straw that broke

the camel's back, the story may even be apocryphal, but if it gives anything of the true flavour of Wenlock Road School then it is not surprising that Lowerison could not bite his lip forever.

The letters that drew him to the attention of the School Board were entitled 'My Ideal School' wherein Lowerison set out the principles on which he would found Ruskin School Home.(5). He planned firstly, to teach the laws of health and exercise, secondly, to teach, by example, habits of justice and gentleness and thirdly, to discover, draw out and develop the natural capabilities of each child. These articles attracted a large postbag and the scheme was realised at a meeting at Cartmel Robinson's vicarage in Hoxton on 16 December 1899.(6). Some money had been spontaneously donated or pledged to Lowerison but the bulk of the finance for the project was raised by a loan from Clarion readers (in 'shares' of 10s - it would be paid off by 1904) guaranteed by The Clarion, overseen by an elected committee and secured against a life insurance policy on Lowerison.(7).

Ros Marsden

(To be continued).

5. The Clarion 15 July, 7 Oct. and 18 Nov. 1899. These were the same principles that he had listed in an under the pseudonym of 'The Dominie' in The Clarion 27 13 April 1895. The similarity is so strikingly obvious (right down to the use of the quote from Ruskin - "Justice and Gentleness"- which would become Ruskin School Home's motto) that there can be little doubt that Lowerison was this author.

6. Cartmel Robinson was a Christian Socialist

7 The loan, committee etc. are detailed in The Clarion, 18 Nov. 1899, 13 Jan. 1900, 18 March 1904



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1. G.L.R.O. - SBL 659-662 Hackney Division of London School Board - Entries for Wenlock Road School dated 27 July 1894

2. The Clarion, 4 Feb. 1893

3. The Clarion, 1 July 1899

4. Lowerison, Fields and Folklore, 49



Would you like to learn Bridge?

We spent last month playing a hand and this month I intend to return to the bidding process touched on in the March article and I suggest you refer to that unless you have confined it to the ultimate filing cabinet (the bin!).

An important consideration in the bidding process is the shape of the hand – i.e. how the suits are split. There are 4 suits and 13 cards and the good news is that you can only have two kinds of hand; a balanced hand and an unbalanced hand. There is a simple test to carry out on your hand to ascertain whether it is balanced or unbalanced; Your hand is balanced if you have no more than 8 cards in your two longest suit (e.g; 4♠ 4♥ 3♦, 2♣, or 4333, or 5332) otherwise your hand is unbalanced. With a balanced hand you are more likely to play in a no trump contract

To open the bidding you normally need a minimum of 12 points (there are exceptions to this which will be explained in a future article). If you have between 12 and 14 points and a balanced hand, you will always open 1NT, otherwise you will bid your best suit which must be at least 4 cards in length. Length is important and you tend to start with the longer rather than the stronger suit.

The purpose of the bidding process is for each side to establish how many tricks they are going to make and whether they will play in a trump suit or play without a trump suit (called no trumps). The dealer starts the bidding process which then proceeds in a clockwise direction. By bidding, each side will endeavour to determine:

- How many points they have between the 2 hands
- Do they have 8 cards in a suit between them which they will elect to be trumps.
- Do they wish to play in No Trumps.

Let us look at an example: You sit EW and your opponents say nothing.

W	E	W	E
♠ A,7,4,3,2	♠ K,Q,8	1♠	2♦
♥ A,K,8,5	♥ Q,3	2♥	2♣
♦ A,7	♦ K,6,4,3,2	3♠	?
♣ 7,3	♣ J,6,4		

W has 15 points (3 aces and 1 king), easily enough to open (he needs a minimum of 12). He opens his best suit 1♠ (which promises at least 12 points and 4 spades). E has 11 points (check it) and therefore is confident that his side has the majority of the points. He therefore bids his best suit 2♦. Now what can W tell his partner that he does not know – I have 4 hearts and therefore he bids 2♥. This bid shows that W had 5 spades and 4 hearts. The reason for this is that if W had had 4 cards in both suits, he would probably have had a balanced hand and would have made a no trump bid. Anyway, now E knows that



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he and his partner have 8 cards in spades and therefore he should choose that as the trump suit. Now, how many does he bid. He has 11 points and he knows his partner has at least 12 points making a total of 23. Should he bid 2♠ or 3♠. Is he man or mouse? Although the correct bid is probably 3♠, I would recommend that you be a bit mouse like while you are learning and bid 2♠. W may bid 3♠ after E's bid as he has 15 points rather than the 12 he promised. Again, E has a man/mouse decision to make – whether to bid 4♠ or not. In fact if you look at the winners which EW have – 5 spade tricks (if the opponents spades split 3-2), 3 heart tricks and 2 diamond tricks – making 10 tricks in all and therefore E could have bid 4♠.

Now let me finish with a quiz. What would your opening bid be on each of the following hands:

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

See how you get on.

I am thinking of starting a free introductory class to bridge. If anyone is interested, please do not hesitate to phone me on 01485 572708 or email me on brb.carrick@gmail.com

Bob Carrick

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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
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Coffee Morning 10.30am Tel : 570492
FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey
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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: Kathryn 572138 (MC)
JUNIOR TENNIS 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
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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 &
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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 7am to 12noon Gate opens 6.30am
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WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar
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SCALLYWAGS PLAYGROUPTerm 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
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07923612187 Janice Campbell (HSC)
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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)
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(MC)
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5
welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older
people dementia friendly) 9.30–3pm For info see Wednesday
TABLE TENNIS CLUB 10am (PH Top Room)
ACTIVE FOR LIFE see entry on Tuesday
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)
MOTHERS' UNION 4th Thursday monthly 2pm (SM)
TREFOIL GUILD 1st Thursday monthly 2 - 4pm
Tel: 07813014477 Mary Harpley (PRH)
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for
over 60's) Tel: 570492
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC)
5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)
1st HEACHAM CUBS ages 8 – 10yrs
Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)
FLOWER CLUB 4th Thursday monthly 7.30pm Flower
arranging & demonstrations Tel:Alayne Seymour570560 (SM)
RAO BUFFALOS 8pm (HSC Top Room)
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

FRIDAYS

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

SATURDAYS

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

HEACHAM DIARY

Saturday 2nd & Sunday 3rd May 'Spring Art Show 2015' at the Old Friends Hall Sunnyside

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

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

Tuesday 5th May GIG 'Against the Grain' 8.30pm at the Fox & Hounds Station Road

Tuesday 5th May 'Fun Quiz Night' at Fridhem Rest Home Station Rd 7pm start £2.50pp Prize for the winning team All welcome To enter at team contact Marie Tel: 571455

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

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

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

** GIG 'Mark Wilkinson's Jazz Quartet' 8.30pm at Fox & Hounds Station Road

Tuesday 12th may GIG 'Big Part Time Blues Band' 8.30pm at the Fox & Hounds Station Road

Thursday 14th May 'Green Team' Meeting 12noon at the Parish Council Office Pound Lane

** 'Heacham History Group' meeting including 'A talk by John Maiden' 7.30pm at the Old Friends Hall All welcome

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 15th May GIG 'Edd & Laura' 8.30pm at the Fox Hounds Station Road

Tuesday 19th May GIG 'John's Blues Crew' 8.30pm at the Fox & Hounds Station Road

Friday 22nd May GIG 'Where's the Dog' 8.30pm at the Fox & Hounds Station Road

** GIG 'Jessies Ghost' 8.30pm at Heacham Sports & Social Club

Monday 25th May 'Bingo' at Fridhem Rest Home Station Rd Eyes down 7pm sharp Refreshments Come & join us

Tuesday 26th May GIG 'Keno Kings' 8.30pm at the Fox & Hounds Station Road

Wednesday 27th May Blood Donation Session at Heacham Public Hall 1.15 – 3.30pm & 5 – 7pm To book an appointment Tel: 0300 1232323 or go online at blood.co.uk

Friday 29th May 'Coffee Afternoon' at Fridhem Rest Home Station Rd 2-4pm Tea & cake for £1 All Welcome

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

** GIG 'Jam with DNA' 8.30pm at the Fox & Hounds Station Road

Saturday 30th May 'Messy Church' at St Mary's Heacham 10am-12 noon

Tuesday 2nd June GIG 'T.B.C.' 8.30pm at the Fox & Hounds Station Road

Friday 5th June GIG 'Hush' 8.30pm at the Fox & Hounds Station Road

** GIG 'Jimmy Rockit' at Heacham Sports & Social Club

Saturday 6th June Heacham in Bloom 'Coffee Morning' 10am – 12.30pm at the Church Hall Teas & Coffees Raffle Tombola Various stalls.

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

Saturday 11th July Heacham Infant & Nursery School 'Summer Fete' 12-4pm Raffle BBQ Craft Stalls Bouncy Castle & Slide Games Fun for all the family

Sunday 2nd August 'Heacham Carnival Parade and Fete' Registration Forms obtainable from the Parish Council Office For more information Tel: 572142 (Parade) 572120 (Fete)

Please turn to the next page for 'Other Events'



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OTHER EVENTS

Saturday 2nd May Hunstanton & District Festival of Arts 'Craft Fair' 10am-4pm at Hunstanton Town Hall

** 'West Norfolk Singers' 7.30pm at St Nicholas Church Dersingham Admission £5 at the door

Monday 4th May Car Boot Sale at Glebe House School

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

Saturday 9th May 'Snettisham Beach Open Day' 10am-3pm Free 'have a go' taster sessions All day barbecue

Sunday 10th May 'Car Boot Sale' at Smithdon High School Hunstanton 8am to 1pm £5 (cars) £10 (large vans/cars with trailers) For details email cpike79rw@nsix.org.uk

** 'Open Day' at Hunstanton Bowls Club Recreation Ground Cromer Rd Hunstanton 1-5pm All welcome – just turn up

Wednesday 20th May Princess Players 'Poetry Morning' 10.30am-12pm at Hunstanton Town Hall Basement Entry £2

Friday 22nd & Saturday 23rd May The Princess Players 'A Fish out of Water' 7.30pm (Fri) 2.30pm & 7.30pm (Sat) Tickets £12.50 or £11 from the Princess Theatre box office

Saturday 23rd May Hunstanton & District Festival of Arts 'Craft Fair' 10am-4pm at Hunstanton Town Hall

Sunday 24th & Monday 25th May RAF Bircham Newton Heritage Centre 'Open Day' 11am-5pm Free entry & parking

Thursday 28th May Norfolk Wildlife Trust a talk by Tony Leech 'New Zealand, The Ecology of a Young Country' 7.30pm at Hunstanton Methodist Church Hall £2(members) £2.50(visitors)

Saturday 30th May Cinema in Syderstone presents 'The Theory of Everything' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel 578588 or 578171 or email cinema@syderstone.com

Friday 26th to Monday 29th June Ringstead Village Art Exhibition 2.30-5pm (Fri) 10am-5pm (Sat,Sun&Mon)

Sunday 28th June Ringstead Open Gardens 11am-5pm £3 admits to all locations Lunches at Hillside 12-2pm (to book Tel:525494) Teas raffle etc 11am-5pm at East End Farm

Sunday 28th & Monday 29th June 'A display of Flowers & Vestments' 10am to 5pm at St Andrew's Church Ringstead With music on the Sunday

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

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

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

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

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

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 579074

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...



The West Norfolk Members Group invites you to
an illustrated talk by Tony Leech

**New Zealand,
The Ecology of a Young Country**
on
Thursday 28th May - 7.30pm

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

WEST NORFOLK SINGERS

We are a local choir (Heacham) and will be singing a selection of music by English composers, including John Rutter, Ralph Vaughan-Williams, and Edward Elgar at:-

St Nicholas Church, Dersingham
on
Saturday, 2nd May at 7.30pm

Admission is £5.00 at the door to include light refreshments.

Proceeds will be shared equally between the Choir and
the Church.

Further information can be found on our website:
www.westnorfolksingers.org.uk

Community Cinema

Cinema in Syderstone

Presents:

On Saturday 30th May 2015

"The Theory of Everything" (12A)

Eddie Redmayne won the Best Actor Oscar for his portrayal of Stephen Hawking. A moving, compelling film which everyone will want to see. Beautifully made, truly inspiring.

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



SNETTISHAM BEACH OPEN DAY Saturday 9th May 10:00 – 15:00hrs

Snettisham Beach Sailing Club is now entering its 76th season of sailing on the Wash.

The Open Day, part of the national RYA Push the Boat Out activities, is an ideal opportunity for anyone, irrespective of age and experience, interested in sailing, to come and sample the facilities and opportunities offered by the club.

There will be free 'have a go' taster sessions at sailing on the lake and sea for both adults and juniors, supervised and supported by the staff from the training centre and club members, together with an all day barbecue. You need to bring spare shoes and clothes to wear, all other specialist clothing and equipment will be provided. Come along and prepare to eat, drink and get wet!

We are unique amongst coastal clubs in having a non-tidal gravel pit on which to sail in addition to the open sea of the Wash. This means that beginners can start to sail in the calm and safe environment of the lake, developing their confidence and skills, before moving to sailing and racing on the sea.

The Training Centre offers a full range of RYA sailing and related courses for complete beginners through to experienced sailors. If you are thinking of returning to sailing then the new season has regular sailing on the sea, a programme of open meetings as well as junior and beginner sailing on the lake. We have a comprehensive social programme and excellent bar and catering facilities in the clubhouse.

This club is run by its members for its members and the support given to the club activities by volunteers is exceptional.

Please look at our website: www.snetbeach.co.uk which should be your first point of call for all club information.

We look forward to meeting you at Snettisham Beach Sailing Club on 9th May.

Adrian Tebbutt
Snettisham Beach Sailing Club Commodore



‘FESTIVAL THREE BY THE SEA’

So much is going on this summer in Hunstanton - it's hard to know where to start. All under the banner of 'Festival 3 by the Sea'. Things will kick off on:-

2nd May - with a brand new Ceramic Tile project at The Town's Blossom Day. The HDFA will have a stall there with information and templates ready for you to design your very own WORK OF ART for permanent display on the Town's Sea Front. The HDFA are working in conjunction with Paint Me Ceramics and this year's theme will be 'Seaside Memories.' These large tiles will cost just £10.00 (instead of the usual £15.00) to include paints, firing and studio time at shop. They will eventually join the existing two panels already on the sea wall.

10th May - will see a Dance Festival at the Town Hall with lots of local dancing schools taking part. This will be followed by a Poetry Morning with the Princess Players on 20th May entitled 'The Joys of Spring'. Everyone is invited along to read or listen to their favourite poems, old and new, in the Town Hall Basement from 10.30am-12noon. Entry £2.00 to include refreshments.

22nd / 23rd May - will see The Princess Players perform their play 'A Fish out of Water', a comedy by Derek Benfield at the Princess Theatre. Evenings at 7.30pm or the matinee on the 23rd at 2.30pm. Tickets cost £12.50, or £11.00 from the theatre box office.

There are lots more events planned throughout the summer, including a Folk Music Festival with lots of artists already lined up and a Day of Art with local artist Kate Dunbar.... more details next month.

There will be a full 'Festival 3 by the Sea' leaflet available from the Tourist Information Office very soon or contact the HDFA website www.hdfa.org.uk for further details.

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**Applications open for
CPRE Norfolk Awards
2015**

Countryside charity CPRE Norfolk is inviting applications for its new CPRE Norfolk Awards, which return this year in a new format and with three specific categories which focus on the charity's key aims and objectives.

The new Awards will also, for the first time, incorporate CPRE Norfolk's popular photographic competition for Norfolk schoolchildren. In addition to The Corbin Award for Engaging Young People with the Countryside, CPRE Norfolk will also be giving The Askham Award for Creative Use of Existing Land or Buildings (sponsored by Cozens Hardy LLP) and The Boldero Award for Access to and Interpretation of the Countryside (sponsored by Gallyons Country Clothing).

Further information, judging criteria and application forms are available from the CPRE Norfolk website www.cprenorfolk.org.uk or by calling 01603 761660. Deadline for applications is Friday 29th May 2015.

Katy Jones
Director, CPRE Norfolk

PLAY BOWLS FOR FUN – OPEN DAY

Hunstanton Bowls Club
Recreation Ground, Cromer Road
Hunstanton

Sunday 10th May 2015
1:00pm – 5:00pm

All Welcome – Just Turn Up

Contact Ian: -
Tel : 01485 532458
Email: parkeim@hotmail.com

Brancaster Camera Club

Our meetings take place in Brancaster Staithe Village Hall at 7.30pm on the relevant evenings. Entrance is £3 to include coffee, etc. Visitors are always welcome

Tuesday, 12th May 2015

Print Competition 1 plus 2

'Humour' plus 'Open'. Judge Doug Mounter

Tuesday, 19th May 2015

Presentation by Malcolm English LRPS on Aviation Photography

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



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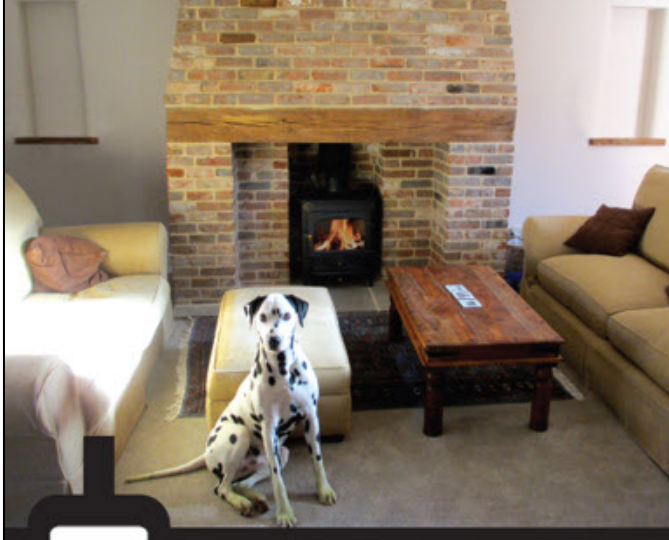
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Ward Gethin Archer

We are pleased to announce that Sarah Lunn, Family Solicitor here at Ward Gethin Archer, has recently been appointed as a Trustee to the Board of Norfolk and Suffolk RELATE. RELATE Norfolk and Suffolk is a local charity providing counselling, support and information for all relationships. Their services include relationship counselling for individuals and couples, family counselling, children and young people's counselling and sex therapy. They also provide friendly and informal workshops for people at important stages in their relationships.

One of Sarah's key roles as a Trustee is to try to reduce the charity's dependency on grant funding and develop other sources of income streams. RELATE Norfolk and Suffolk currently has 5 charity shops which help to support the work that the charity does. The charity currently uses its bursaries to subsidise the cost of counselling for people who are in financial difficulties. The demand on this bursary has increased dramatically in recent years, at the same time that core funding from local Councils has reduced, putting a real squeeze on its budgets. The charity is currently facing a budget deficit this year as a result of the on-going cuts and would be grateful for any support that you can provide. Ways in which you or your business may be able to help include:

- Making RELATE your charity of the year.
- Setting up a collection point for good quality items such as clothes, shoes, books, bric-a-brac, jewellery, etc., to sell in the shops, as well as textiles and shoes for recycling. RELATE can arrange to collect donations from you or to have a donations bin left with you for a few days for your staff and customers to use.
- Dress down Friday, where staff give a donation to come to work in casual dress.

Every penny that the charity raises goes towards supporting their bursary fund, helping couples and families who are unable to afford the counselling and support they need. The charity would be grateful for any support that you can give to them.

Sarah Lunn specialises in all aspects of family work including divorce, civil partnership dissolution, children matters, Separation Agreements, Pre-Nuptial Agreements and Change of Name Deeds. Sarah can be contacted on 01553 667250 or 01485 571366. Alternatively please email: sarah.lunn@wardgethinarcher.co.uk.

Disclaimer: This article aims to supply general information, but it is not intended to constitute advice. Every effort is made to ensure that the law referred to is correct at the date of publication and to avoid any statement which may mislead. However, no duty of care is assumed to any person and no liability is accepted for any omission or inaccuracy. Always seek our specific advice.

Ward Gethin Archer has seven offices including their Heacham office located on the High Street. They also have a second office in King's Lynn at Bergen Way, North Lynn Industrial Estate as well as their Head office situated in the town centre at Tuesday Market Place.

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PAINT ME CERAMICS

Norfolk's Best Tourist Attraction joins the West Norfolk Time Credits Scheme

Paint Me Ceramics are working alongside the community engagement project to support volunteers and local development. They have joined the Time Credits Network, offering the opportunity to access their amazing attraction to those volunteering in their community.



Paint Me Ceramics is a family run attraction in Hunstanton, offering the chance for people to design, paint or patch

beautiful pieces of pottery against the backdrop of the stunning Norfolk coastline. Voted as Norfolk's Best Tourist Attraction by the EDP in 2014, Paint Me Ceramics have a phenomenal reputation as a wonderful activity for every occasion throughout the year. They welcome people of any age and ability and encourage those who think they are not artistic to have a go. Most are generally surprised at the outcome and how relaxing it is! The studio is friendly and accessible, with a variety of special events like adults only nights, birthday parties and much more.

Two Time Credits can be used for a session fee. This covers the cost for you to decorate your masterpiece; you simply need to purchase an item to decorate. Paint Me Ceramics is West Norfolk's Largest Pottery Painting Studio and have 100s of items to choose from, starting from just £5.

Dave Mason, owner of Paint Me Ceramics said: "The Time Credit project run by Spice Innovations is a great way to recognize those individuals that put their own time into the community. Having heard first hand from someone who uses Time Credits, I had to find out more and get involved".

Time Credits were developed by Spice as a tool for building stronger, more resilient, communities and is supported in West Norfolk by the West Norfolk Partnership. They believe that everyone has something to offer their local community and that those hours they put in should be equal and valued. Anyone can offer their skills to local community and charity groups who are part of the Spice network and they earn one Time Credit for one hour making a difference in that organization and to their community.



Time Credits can be spent in the same ratio of one Time Credit to one hour, to access services and activities where they earned their credits, at other groups in the community and also within the wider Spice Network, encompassing a range of cultural venues, events and entertainment activities right across all their projects in England and Wales including St Paul's Cathedral, premiership football clubs and local cinemas as well as SME businesses and council run activities.

Kate Price, Senior Project Manager for Partnerships at Spice, said "Family activities are always really popular in our network, and having such a fun one at the seaside is a huge plus! Our volunteers are very excited at Paint Me Ceramics joining our Time Credits family and we we're always open to other local businesses who decide to follow their community spirited lead."

For more information or additional quotes:

Paint Me Ceramics – Dave Mason, 01485 534340, www.paintmeceramics.co.uk
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Rotary Matters



DIYA / DHARA – Projects in Sri Lanka

Atie Praagman visited our Club on March 18th to present to us the wonderful work of the Charitable Foundation she set up 10 years ago.

On the 26th December 2004, under the Indian Ocean, the third largest recorded earthquake triggered a series of devastating tsunamis along the coasts of most landmasses bordering the Indian Ocean, killing 230,000 people in 14 countries, and inundating coastal communities with waves up to 100 ft. high. It was one of the deadliest natural disasters in recorded history. Indonesia was the hardest-hit country, followed by Sri Lanka, India, and Thailand.

Atie visited Sri Lanka shortly after and saw first-hand the results of the devastation and that help was urgently needed. After 7 weeks out there Atie returned home to Holland and started raising money. A year later she returned and decided to initiate a Charitable Foundation named Diya Dhara. There are now a total of 9 co-ordinators within Diya Dhara in Sri Lanka.

What the Foundation does:



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Aid is given in many forms other than just material help e.g. training youngsters for work and study to gain diplomas to enable better jobs in various industries. These people are then able to support their families, often several generations from grandparents to their own children; some who all live together in just one room. Those benefiting also help promote the project themselves to extend the impact of the organisation. The aim being to help build their future and encourage energy and input from the local people.

Schooling - Most of the children are from poorly paid parents like farmers and fishermen. Usually pre-school is private and only for the rich. They have set up and funded 2 pre-schools, also providing student aid from grade 1 to university level and provide vocational training. When the pre-school children leave their school, they are each given a pair of shoes and a school bag ready for their next school. The staff at the schools are paid for by the project. 16 children are supported each month in the slum area of Kirulapana, close to Colombo, as some need extra classes at a cost of approximately 20 euros a month. The parents are also encouraged to help support their children as well. If a child doesn't attend school, the funding stops. Good students can be funded to A level. One such student, Deepachandra, went on to do civil engineering and now supports a child in education in the same way he was supported by the project. Others go on to be pre-school teachers, or obtain a certificate to enable them to get jobs in a factory. As factory jobs are poorly paid, one boy now makes light bulbs in his spare time to sell for extra income. Computer courses and motor mechanic courses are also available, funded by the project.

Other Projects - The Foundation supports Elderly People. Food parcels are provided, monthly, for the needy, e.g. for an elderly lady living with her young granddaughter. There is also an elderly ladies home funded, which is run by a helper. Another example of worthwhile financial help is that of a lady with 3 children, whose husband deserted her. She was provided with a sewing machine from Diya Dhara, so she is now able to make and sell clothes to the wholesale trade, thus providing for herself and children. Projects also include connecting water and electricity to homes, medical care, and repairs to housing. A remote home has had water connected and a sink and shower installed. Total cost of this is in the region of 200-225 euros.

How the Foundation Works:

Checks are made to see if projects are feasible and would solve the problem. The proposals all come from the Sri Lankan people themselves. The main coordinator in Sri Lanka is a lady named Beena. She controls where the cash is used each month and

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allocates it where needed. No cash is handed out for anything as the coordinator buys the equipment required for projects, and all courses are also paid directly via Beena. Atie goes back to Sri Lanka every winter for 2-3 months to see how things are working, and checks all the administration processes are correct, and the money is going where it should be. Accounts are audited by the Foundation, with funds being raised by family, friends and fund raising events.

There is a website with lots of photographs and information (in Dutch only): www.diyadhara.nl

Good news is that the new government in Sri Lanka is trying to improve the situation for its people, e.g. irrigation, better roads, drainage, and tourism which encourages growth.



Left to Right : Brian Devlin, James Johnson, Peter Atterbury, Atie Praagman

Debbie Peel / Adrian Evans



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PRESS RELEASE

Searles Leisure Resort is a finalist in the 2015 VisitEngland Awards for Excellence

VisitEngland
Awards for
Excellence
—2015—

Searles Leisure Resort has been named as a finalist in the Holiday Park/ Holiday Village of the year category of the prestigious VisitEngland Awards for Excellence 2015.

As a finalist Searles Leisure Resort now goes forward to the glittering Awards Ceremony which is being held on Monday 11 May 2015 at the Sage Centre Gateshead. The Awards will take place in the North East for the first time, coinciding with an exciting year that also sees Rugby World Cup 2015 coming to Newcastle.

The VisitEngland Awards attracted a total of 345 applications. Searles will have to wait until the Awards Ceremony to find out which award they will receive. All finalists are guaranteed to receive either a Gold, Silver, Bronze or Highly Commended Award.

James Berresford, Chief Executive of VisitEngland said: "It's been another successful year for our Excellence Awards as we've received hundreds of applications of an extremely high standard. That's why all the finalists should be incredibly proud that they've been short-listed against such tough competition. I'd like to congratulate all the finalists who now represent the top five in their category in England and wish them all the very best of luck on Awards night at the Sage Centre in Gateshead - a spectacular venue to celebrate the industry's best."

Check out the June issue for news on their progress.



Mark Stokes (Rayleigh Golf Range) and nine-handicap partner Dom Adams surged to a comfortable success in the 16th annual Searles PGA Spring Classic.



The duo (pictured above, Stokes left) recorded a tally of 80 Stableford points – three more than Andrew George (Ely City) and his club captain Mick Munnely, who put up a stout defence of the title they landed a year ago.

The opening round, staged on the superb Hunstanton links, saw Stokes and Adams play some fine foursomes golf to notch up 38 points.

That was good enough to bag a slender lead going into the second day at King's Lynn where their excellent form continued.

Stokes and his partner from Burnham-on-Crouch Golf Club kept their foot on the gas pedal, recording 42 points under better-ball rules.

George and Munnely, a point behind at the halfway stage, could never quite get on terms despite some good play of their own.

And not even a gross birdie from 14-handicapper Munnely at the last was able to make any difference to the final outcome.

Stokes said: "We've had a great time. Every event I enter I want to win, so this is brilliant – it's why I play golf."

He pinpointed a red-hot scoring spree midway between the 11th and 15th holes at Hunstanton as the telling phase of the two days.

Stokes added: "We were going backwards and then had three gross birdies and a net birdie. It made a big difference and changed it all around. It was teamwork."

James Taverner (Hendon) and Oliver Searle finished third on countback with 75 points. On day two they compiled 44 points, the best betterball tally.

Also on 75 points were Neil Mitchell (Bury Golf Range) and Alex Bridges, along with Murray White (Penfold Park) and Justin Saunders.

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NEWSLETTER SUDOKU No. 91

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

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

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

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POCAHONTAS PLAYERS
20 Year Celebration Show

We can't believe that we have only 10 days left to our 20 year celebration production! What dedication we have had, every Tuesday, rehearsing.



Lionesses dancing with dance choreographer Jaime Tooley.

Although it has been hard work for the cast, dancers, skaters and all the preparing of props, backdrops, costumes, the lighting and sound plans etc, it has been good times for us all.

We needed to choose parts of shows gone by, but with two productions a year it was quite difficult to choose 2 hours of 'the best' from 20 years of Heacham Pocahontas Players! Extracts from Lion King, Grease and Starlight Express were certainly top of our list with many more fun acts.

DATES for Show - Thurs May 14th 7.30pm - Fri May 15th 7.30pm - with two performances on Saturday 16th May - Matinee 2pm and Evening 7.30 pm. Showing at Heacham Public Hall, Station Road.

Thank you to Heacham Newsletter for allowing us to advertise. Also thank you to The Lynn News and Radio Norfolk plus the many businesses in Heacham and surrounding villages who have pinned up our Posters - all of this makes for a successful production - THANK YOU!

If you haven't got your ticket, it's not too late. Please phone Janice 01485 570402, Jim 01485 571267 or Hunstanton Tourist Information 01485 532610. Adults £8.00, Children 12 and under £6.00.

As our director always says in his little speech to the cast five minutes before the curtain goes up "You have done all the hard work, now go out there and enjoy!"

See you very soon.

Janice Curtis
On behalf of the very excited Pocahontas Players

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Pocahontas Players
THE PUBLIC HALL STAGE

On the weekend of April 11th/12th a 'team' of several members of The Pocahontas Players, with friends, made a superb job of re-lining the stage of The Public Hall (see photo of 'work in progress').

Being very interested, we ask, was this the original stage of when this magnificent building was built? Does Mr Mick Jennings know? (Not that you were there at the time Mick!!) but wondered if he knew through his father, Mr Ted Jennings', Heacham records?

How many people have trod these boards? How many have danced this stage? What famous speeches were delivered from this stage? It certainly could tell some stories if it could talk!

We have left our forthcoming Advertising poster attached to the old stage, so that IF or WHEN this building is bulldozed down, in perhaps 100 years time, to build a tower block of polystyrene flats or a car park for wind turbine cars, that they will remember



The Pocahontas Players!! Work in progress.

Janice Curtis on behalf of 'The Team'

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Scallywags Parent, Baby & Toddler group

How did May get here so quickly?! Was Easter chocolate really a month ago?

Thanks again to Brenda Dean of Tesco's Heacham who donated chocolate chicks for all of our little Scallywags; we hid them throughout the Scallywags garden in Easter Bunny baskets made by Louise! And every last one was found!:-

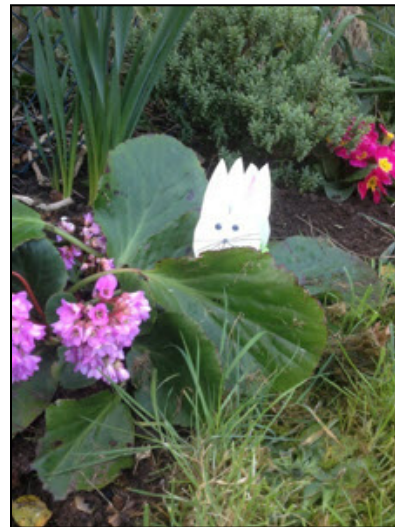
A nice burst of sunshine has meant we've all been able to enjoy being out in the garden and have fun on the slides and swings provided by Hunstanton Lions last year.



The garden has been colourful all spring as the bulbs the children planted with Louise, have come through. 'Mrs Bloom' has also recently been helping the children grow cress from seeds, and there'll be more up her gardening apron sleeve to come!

Thanks to Heacham Nursery & Infant School for inviting all pre-schoolers and their parents/carers to use their Early Years outdoor space on a Wednesday afternoon. It really is a great play area with lots of exciting elements in it; sand, water, music, a wooden fort, to name but a few! There is definitely something for everyone! We enjoyed Wednesday afternoon visits there with our children, they loved it and it gave us all a chance to

familiarise with the school and some of the staff too before they started lovely Heacham Nursery.



We must say an overdue thanks to Hunstanton's own super hero Kathryn, who stacks tables in the blink of an eye at the end of each session, to Vicky for stepping in as songstress in Tracey's absence and to Louise and Cristiana for stepping in as Hot Beverage provider and wiper-upper in Tea Lady's absence! Thanks also this month to Cissy and Tommy for a cradle and jigsaws, and to Angie Raines for donating lots of children's books to

Scallywags. Thanks for thinking of us Angie and adding to the Scallywags bookcase! We also recently welcomed Alison from Hunstanton Library who found some new young members at Scallywags! Alison came with Sarah from Action for Children who provides a free monthly messy play service and baby weigh for us too. Much appreciated visits thank you both!

Our friendly and lively Parent, Baby & Toddler Group meets every term time Wednesday at the Scout Hut in Sunnyside from 9.30-11.00am and costs £2 per family.

If you would like any further information please contact

Jo on 07521 447284 or Clare on 07816 913657.

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Hunstanton Lions Club

Lions Easter Egg Hunt - a child's perspective

On Easter Saturday morning I walked with my Mum and Dad into Hunstanton. It was ever so cold so I was glad I was wearing my warm coat. Walking down past Sainsbury's I saw this magic place with lots of flags and signs about Hunstanton Lions. I couldn't see any Lions but I think it was too cold for them. We got to the entrance and a kind lady gave me a plastic bag that had something to colour, a pencil, an Easter Egg quiz and sweets and all for a pound.



There was a stall there with a raffle which included a huge Easter Egg. I then followed the Easter Egg trail, which had places where there were little people and animals and things like Peter Rabbit and Harry

Potter. You had to answer questions all along the trail and write them on the sheet. I saw lots of other children doing the same (some from my school) all following the trail. I saw some men putting up a Gazebo and my dad wondered how many Lions it took to put up a gazebo which I thought was funny. There was also a man scrubbing the benches around the area so we did not sit on pigeon poo.

When I had done the quiz we took it to the Easter Bunny who gave me a plastic egg. There was a table which had hundreds of different Easter eggs and I swapped my plastic egg for one of these. I



panicked a bit as there were so many different types but I went for a Cadbury's Flake egg in the end. There was a little clown cycling around on a little bike and mum and dad took me to see the Punch and Judy show which was great.



I really wanted to win the huge Easter Egg that the Lions had on their raffle table. It had mini marshmallows inside and I love them. I was really upset and felt like crying but soon stopped when Mum said that a local lady, who was Mrs Williams from Hunstanton, had won and decided to donate it to the Rudham Ward at the Queen Elizabeth Hospital in Lynn. Thank you Mrs Williams.

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It was really exciting and my mum and dad told me that Hunstanton Lions do lots of stuff to help the needy in the area such as buying bicycles for handicapped children, motorbikes for donor services, sorting out gardens for the elderly, putting in kitchens for the scouts and sponsoring handicapped children to play for the county in table tennis to name but a few. In fact anything to help local people.

I'm going to tell all my friends so they don't miss next year's Easter Egg hunt and when I grow up I want to become a Lion and do my bit to care for the community.

From the Lions:

We would like to thank all the children who visited us on Easter Saturday morning. We hope they enjoyed themselves. We would also like to take this opportunity to thank the following people whose help was invaluable in making our first Easter Egg Hunt such a huge success:-

- Carol Bowers - Hunstanton Mayor
- Dave Morton - Hunstanton Resort Manager
- Kevan Fleming and staff - Cafe Legge in Hunstanton.
- Sean Rollason & Son - Rollo the Clown and Punch and Judy Shows
- Cherry Tree Chocolates in Hunstanton - Raffle Prize of a huge Chocolate Easter Egg
- MARS – King's Lynn
- Sainsbury's - Hunstanton
- Tesco - Hunstanton
- Barclay Card - Hunstanton
- Kinnertons - Fakenham

Hunstanton Lions Country Night:

Hunstanton Lions hosted a night of country music with popular singer M T Allen. The evening was well attended and there was room on the floor for everyone to get up and dance.

Thanks to all who supported us, especially Diane and her Line Dancers for showing us the dance moves and enabling everyone who wanted to, to join in.

We raised £406 from raffle and ticket sales which will support local needy causes so thanks to everyone who helped and attended.

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- June 7th and 28th
- July 12th
- September 6th and 27th, October 11th and 25th.

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Heacham Judo Club

The last two months have been busy for Heacham Judo Club. First, we travelled to Birmingham on 22nd March for the National Championships. We took 6 players and came back with 5 medals, with some amazing techniques being shown. A great result for a very long and tiring day Unfortunately, Shannon Tucker missed out this time after spraining her wrist.

Winners were:-

Astrid Hubbard and Josh Chilvers - Gold

Harry Sands - Silver

Joseph Tucker and Kristina Wilkes - Bronze



At the end of March the club gained four new Junior Instructors:-

Awards went to: Shannon Tucker, James Wicklen and Jake Lammas achieving Assistant Junior Judo Instructor.

Courtney Cobb achieving Junior Judo Instructor.

Lastly, we attended the Islands Tournament in Middelharnis, Holland on the weekend of 10th-12th April. After a very early start at 5am, we arrived in Middelharnis at 6pm. Eeveryone was then off with the Dutch families for the evening. Saturday morning came round all too quickly. The tournament started at

12.00pm with everyone finally finishing on the mat at 5pm. The standard of Judo was brilliant and everyone fought fantastically



well. The day was finished off with a well needed swim and relax.

Sunday morning was short and, after saying our goodbyes to our Dutch friends, we travelled

back to England arriving home around 11pm. Everyone had a great weekend and are now looking forward to the return trip by Middelharnis in November.

Results from the tournament:-

Astrid Hubbard, Shannon Tucker, Courtney Cobb and Harry Sands - Gold

Joseph Tucker, Bethany Gedge, Josh Chilvers and Alison Kellythorn - Silver

Georgia Rudd and Kristina Wilkes - Bronze.

Shirley Tucker



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*Every vehicle marketed by Subaru (UK) Ltd, excluding WRX STI, is covered by a 5 Year/100,000 mile (whichever comes sooner) Limited Warranty which comprises of a standard 3 Year / 60,000 mile (whichever is sooner) Manufacturer's Warranty (bumper to bumper, excluding clutch driven plate) and an Extended Warranty (applies to powertrain only) provided by the importer. Price shown is for the All-New Subaru Outback 2.0D SE, OTR price £27,995.00. On the road price includes VAT, delivery, number plates, 12 months road fund licence and first registration fee. Model shown All-New Subaru Outback 2.0D SE Premium Lineartronic. EyeSight® and X-Mode is only available on Lineartronic models. www.subaru.co.uk.

Heacham History Group

Thank you to everyone who attended the first full meeting of the newly formed Heacham History Group. It was great to see so many people. Andrew England gave a very interesting talk entitled 'Old Heacham through Photos'. Everyone enjoyed the entertaining talk with its mixture of photos of local buildings and people and some of the audience were able to identify themselves and others in the pictures.

At the next meeting John Maiden will be giving an illustrated talk about 'Hunstanton - Past and Present' looking at lost buildings and amenities and including a few of Heacham. As well as being an enjoyable evening we hope it will also give us some ideas on starting a Heacham photographic archive. All are welcome on Thursday 14th May at 7.30pm at the Old Friends Hall.

Linda Nudds

West Norfolk Mind 'GEAR-ing' up for another great race team

6 year old Archie King from Hunstanton is the youngest and cutest member so far to join West Norfolk Minds race team training for this years Grand East Anglia Runs Mini GEAR on Sunday May 3rd in King's Lynn and is already raising sponsorship for the local adult mental health charity.

Zena Penty, Volunteer Co-ordinator at West Norfolk Mind said "It is vital to eradicate stigma and discrimination around mental illness and for young people to grow up feeling comfortable to talk about their mental health. The fact that Archie is entering the race and raising money to support 'sad and worried people to feel happier' is inspirational. We already have a number of runners from last year's team signed up and would welcome new runners who wish to support the amazing work that we do throughout West Norfolk".

To find out more about the race see www.grandeastangliarun.co.uk and to join West Norfolk Minds team contact Zena Penty 01485 572707 or email zena.penty@westnorfolkmind.org.uk



Anyone wishing to find out more about West Norfolk Mind's Support Services should contact their Head Office 01553 776966 or website www.westnorfolkmind.org.uk.

Contact Zena Penty 07919235143 for more information.

For further information about West Norfolk Mind please call our Head Office on 01553 776966.

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HEACHAM REMEMBERS

HEACHAM REMEMBERS WWI

Collingwood Close

My guess is that not many people in Heacham know the story of how Collingwood Close got its name and even fewer will be aware of how its naming is a direct consequence of the tragic events of the First World War.

The estate of bungalows was built over part of the site of the old Heacham Brickyard. Prior to the commencement of the First World War in 1914, the brickyard was owned by Holcolmbe Ingleby, formerly of Heacham Hall and who was then resident at Sedgford Hall. When Ingleby moved to Sedgford he took with him his Head Gamekeeper Henry (Harry) Hurrell.

(Henry) Hurrell, one time gamekeeper at Heacham Hall and in this photo, Head Keeper at Sedgford Hall just before he joined up in 1915. Annie Needham's father.



Whilst working on the Sedgford estate, Harry met and married his wife who was then in service at the Hall. The Hurrells (Harry and Rose) lived at Park Cottage at Sedgford. They had three children, Walter, Annie (my mother) and Douglas.

Harry was 36 years old at the outbreak of the war, somewhat older than most of the volunteers joining Kitchener's army. Possibly, with encouragement from his employer, he and others working on the Sedgford estate, enlisted in November 1915, and in June 1916 he was finally called up. Private 385698 Henry Hurrell, of 185 Labour Company Norfolk Regiment, served in Egypt and Palestine and in 1918 was posted to the western front in France. There are no records of his activities with the Labour Corps but it is likely that Harry worked with horses and field transport. Like many others, Harry did not talk about or record his wartime experiences. He was demobilised in 1919.

1919 was a bad time for estate farms in England. There was little work or money in the countryside for the returning soldiers. It is known that Harry, Rose and their three children were well thought of by the Ingleby family and, in the absence of a suitable post at Sedgford, Holcolmbe Ingleby offered some land and the derelict Heacham brickyard and Lyncroft, the adjoining house, to Harry for his use as a smallholding. Harry farmed the fields and managed an informal caravan site on the old brickworks until his death in 1956 aged 79.

In Hayes in Middlesex in early 1914, the then unemployed journeyman carpenter Harry Needham, volunteered to join the navy.



Harry Needham in 1914, he served in Royal Naval Division during the Great War. He named his fourth son (who was born in 1915) John Collingwood Needham, in commemoration of his fallen comrades in the ill fated Collingwood Brigade RND.

At the outbreak of the Great War there was a surplus of men in the reserves of the Royal Navy who could not be found postings on HM warships. Prompted by Winston Churchill, the admiralty determined that the numbers were sufficient to form two naval brigades and one of marines to supplement the British



Harry Hurrell with his Norfolk Regiment comrades somewhere in the Middle East in 1917.

Expeditionary Force in Belgium. This was designated the 63rd (Royal Naval) Division (RND). There were initially three brigades, each of four battalions, - 1st Naval Brigade (Drake, Hawke, Benbow and Collingwood – with Nelson at Trafalgar), 2nd Royal Naval Brigade (Nelson, Howe, Hood and Anson) and the royal Marine Brigade (Chatham, Deal, Portsmouth and Plymouth). Initially they wore naval uniforms and adhered to naval regulations and traditions. The white ensign flew over their camps. Their NCOs were leading seamen or petty officers and they were permitted to grow beards.

Once mobilised and trained, the RND was sent to Belgium and they were deployed in the defence of Antwerp. This disastrous engagement prior to the fall of Belgium resulted in huge casualties for the RND. The Collingwood battalion suffered more than the others. Of 700 men, only 22 managed to retreat and return to England. The remainder were killed, taken prisoner or escaped to Holland where they were interned for the rest of the war. The brigade was regrouped and reassigned to the ill fated Gallipoli campaign between June and August 1915 where the RND served with distinction. The losses of men and officers were such that the Collingwood and Benson brigades

HEACHAM REMEMBERS

were decimated and were disbanded. Those surviving were reassigned to Royal Marine battalions.

RND service records were destroyed in 1940 and it is not known what part Harry Needham played in these events. It is known that Harry was hospitalised in Egypt and whilst in hospital he met Rupert Brooke the war poet.



Harry Hurrell in later life circa 1955 on his smallholding at Heacham brickyard

On 31st October 1915, his fourth son, John Collingwood Needham, was born and his middle name commemorates Harry's fallen comrades and the ill-fated Collingwood brigade.

Harry saw service in Egypt with the RND and subsequently with the Royal Engineers at the battle of the Somme commencing in July 1916. Harry survived this and subsequent campaigns and was demobilised in 1919. He never revealed to his family the details of his life during that time.

Those that were left formed themselves into the Royal Naval Division Old Comrades Association, which met annually for a reunion at the Royal Naval College in Greenwich where they had a parade, a service in the chapel and a dinner. By 1981 only a few remained including Harry and it was finally disbanded. Harry died aged 99 in 1983.

Harry Hurrell's daughter Annie grew up at Lyncroft and went to the village school. She later worked for Dr and Mrs Marshal as a carer for their disabled daughter Barbara. Through this connection, Annie obtained a similar post with a master at Harrow School. Whilst in Harrow she met and married John Collingwood Needham. Annie and John moved to Heacham in 1938.

When Harry Hurrell died he left the brickyard to his daughter Annie. The brickyard and claypit was still recognisable as a derelict works. Planning permission was obtained for an estate of modest bungalows. The estate was designed and many of the bungalows were built by John Collingwood Needham. A name was required for the new private road and Collingwood Close was chosen to perpetuate the connection with the Needham family and the Collingwood brigade.

Colin Needham



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Dear Newsletter readers

Many of our Heacham residents and visitors will be aware we held a Macmillan Coffee event in September last year and with everyone's help raised over £3,000.

This year we want to do more and as a result we will be holding a Farmers' Market and Food Fair one Saturday a month through to October on Palm Beach Holiday Park at Heacham.

Our main Macmillan Coffee and Craft Event will take place in August (date to be advised). We hope to contact all last year's exhibitors and already have more stalls for this year.

If you would be interested in having a stall at the Farmers Market or the Big Coffee and Craft event please contact the office on 01485 4570565 or email palmbeachpark@btconnect.com As with 2014 we are not charging for stalls but ask exhibitors to donate to Macmillan Cancer Support.

Thank you once again to all that helped and all those who came and supported last year and lets hope we can surpass last years total.

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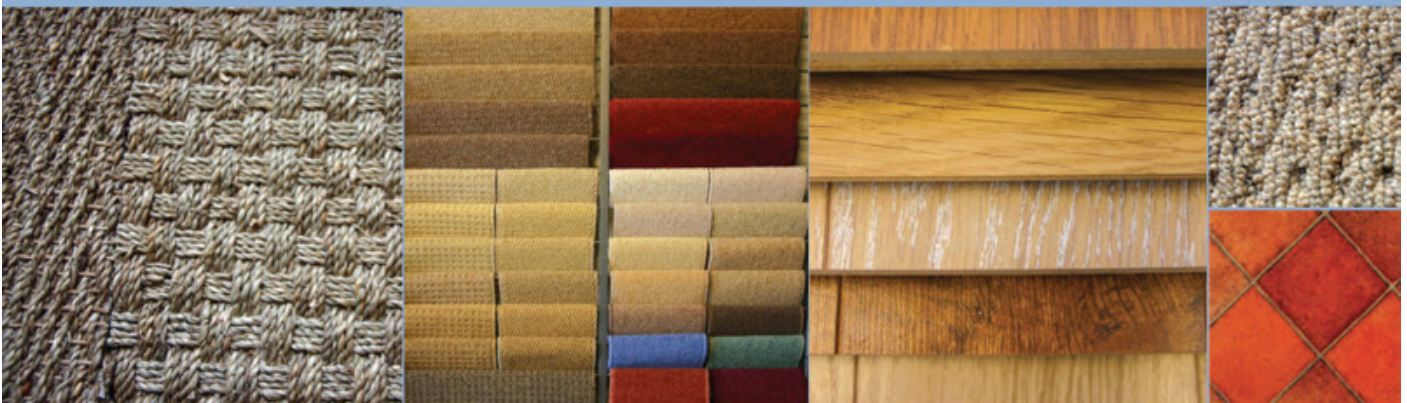
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HOW TO FIND US



HEACHAM PARISH COUNCIL NOTICEBOARD

Parish Council Meetings in Brief

Parish Council Election: Sixteen members have been elected unopposed, leaving one vacancy. The Council is seeking to fill this vacancy by co-option.

School Road Development: The Council noted that the appeal had now been referred to the High Court.

Cheney Hill: The Council is working with the Junior School to address parking issues and the increased numbers in chickens.

Dog Fouling: The Council discussed the increase in incidents of dog fouling in the village. They are looking at enforcement options, educating offenders and highlighting problem areas. Will parishioners, who have a serious dog fouling problem in their vicinity, please report this to the Parish Council Office.

Saltings: A second scrape has been excavated to provide an enhanced environment for wildlife.

The Annual Full Council meeting will be held on Tuesday 19 May at 7.30pm at the Parish Council Office.



Heacham Carnival Parade and Fete 2015

This year's Carnival Parade and Fete will be held on Sunday 2 August and the Parade will be led by an 8 piece Steel Band. The street collection will be taken by Heacham Minors FC. Invitations to enter the Lavender Queen and Princesses draw are being sent out this month through the Schools.

Hopefully everyone has started to think about their float entry for this year. Forms to register your float, which include parade timings and route, will be available from 1 June.

New Community Building

Message from the Community Building Committee



Heacham Parish Council is very pleased to announce that it is working alongside the Heacham Youth and Community Trust to ensure that we maximize the potential for this exciting project. The Trust has agreed to purchase the property at 23-25 High Street with the intention of handing the site over to the Parish Council once the building project is ready to commence. This will ensure that the maximum space is available for the community building.

Let us know what you would like to see there!

Heacham Community Building Project



Heacham 2015 Spring Art Show

The Heacham 2015 Spring Art Show will be held on 2-3 May at the Old Friends Hall from 10am until 4pm.



Heacham Beach Party

SUNDAY 5 JULY
5.00pm - 7.00pm
HEACHAM SOUTH BEACH

BBQ, KITE COMPETITION, MUSIC, GAMES AND ACTIVITIES

Elections 2015

The 16 members of the Parish Council standing for re-election have all been elected unopposed. This means that there will be no need for a poll on 7 May. It also means that there is a vacancy on the Council which will need to be filled by co-option. The Council is keen to hear from people within the village who would be interested in standing as a Councillor, particularly those who would wish to contribute to the new Community Building project, and anyone representing the younger element of the village.

If you are interested in becoming a Heacham Parish Councillor, please call in at the Parish Council Office, or ring the Clerk on 01485 572142 for more information.

TO ALL ELECTORS OF HEACHAM You are invited to take part in the **ANNUAL PARISH MEETING**

which will take place at:-

**The Old Friends Hall, Sunnyside
on Wednesday 27 May 7.30pm**

The Parish Meeting may by law discuss all parish affairs and pass resolutions about them.

Refreshments will be provided following the meeting

L. Butters (Mrs)
Parish Clerk

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-12.00noon

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First Saturday each month except January.

Jennings, Heacham Bakery, Heacham News, Post Office, Parish Council Office, Church, Co-op, Tesco's, Fish Bar, Wine Cellar.

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Pine Residents Hall, Wilton Road Mrs Crisp	579440
Methodist Church Hall, Station Road Mike Careless	570363
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