



THE HEACHAM NEWSLETTER

June 2015



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Deadline for the next edition is 12 noon, Thursday 18th June



Heacham in Bloom Coffee Morning



**Saturday 6th June
9.30am to 12.30pm
Church Hall High Street**

Tea/Coffee and biscuits

also

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Monday 22nd June 2015
Eyes down 7.00pm sharp!
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letters...

Bracebridge, Ontario

Canada



Paola, Malta

Dear Newsletter

'Litter is Bad'

I would like to refer to the letter entitled 'Litter' by Pam Swan which was published in the May 2015 Newsletter.

From time to time I visit Heacham, not only as a remembrance of the time that I worked at The High House, which was then a Guest House, but to see the wonderful village that I once stayed in for some months.

Every time I have visited the village I really had a wonderful time going around. Although I did not notice that there was too much litter and dog mess, I could not but agree with the letter that I mentioned above, as litter and more and more dog foul on the pavements are a great danger to the health and safety of pedestrians.

As a tourist I don't want to visit a place where litter and dog mess may be on the increase. It is in the interests of the people living in Heacham that the village is kept clean as much as possible. Not only for the people who live in Heacham, but also for people from other places who come and stay during the summer time.

We have that problem in Malta as well, and my view is that there are people who absolutely don't learn through good reasoning, but through harsh laws and high fines.

Vincent Williams



Princes Way
King's Lynn

Dear Newsletter

School Road Planning Application

I am very surprised that the editor of this Newsletter allows the vendetta of a few Heacham villagers over the School Road Planning application. I am of course referring to Mr Parish and 'The Watcher' – Newsletter May 2015.

The owners of this land have come to the end of their working life and retiring, so no longer require the building or land that made up their business. Like all businesses, when they come to an end all assets are sold to recoup the outlay paid out over the years. The problem is some villagers not wanting housing being built on green land. Mr Parish, who is not a Heacham man and has only lived in Heacham for a very short time, lives in a house that was built on a green grass field. When built there were no objections. Why?

Maybe caravans are the answer as no objections were made to the vast amount that have been allowed to blight Heacham.

Don Bruce

(Team note: Contributors are free to express their views on any matters relevant to village affairs. The Newsletter's policy on contributions to the newsletter are as set out on the front page of all newsletters).



Dear Newsletter

Millennium Wood

Late last year I copied the Heacham Newsletter on correspondence I had sent to the Chair of Heacham Parish Council. At that time I was bemoaning the neglect and lack of upkeep on the Millennium Wood.

I've been informed by the Chair of the Natural Environment Committee, Ms Jillian Carr, that work has already begun and will continue as the Committee and the Heacham Wildfowlers restore the Wood.

My thanks to those who give their time to restore and maintain the Wood. I hope to have the opportunity to visit again in the not too distant future and would encourage residents and visitors to do likewise.

Caroline Sokoloski



Marram Way

Dear Newsletter

Birthday Thanks

My thanks to everyone for my 90th Birthday Party. Best I've had all my years.

Thanks also for my gifts and flowers. Also, thanks for all the hard workers who arranged food, drinks and decorations.

Mary Anniss



High Street


Dear Newsletter

House Martins

What a pleasure it is to see the house martins returning to their nesting site on the old dairy buildings after their long journey.

I do hope that provision will be made for their future accommodation on the site when the area is redeveloped for the "Community Building".

Nicola Vail




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Woodside Avenue

Dear Newsletter

Cheney Hill Chickens

It is rumoured that the Cheney Hill Chickens are a threatened species.

In the April Newsletter the Parish Council Noticeboard states, 'The chickens are also a nuisance and health risk'. While the chickens are on the green near the Juniors' gate they are on common land. Generations of people have asked, 'Why did the chicken cross the road?' So we all know that's what they do.

These are beautiful, shiny birds in peak condition and a delight to see and hear in a village situation. Most traffic slows down when drivers spot the birds, a good result for road safety. The odd one does get run over but it won't dent your car like a deer. Even then it is part of 'the circle of life'. I watched a hedgehog scraping up chicken remains from the edge of the road and eating it with evident enjoyment.

Large flocks of unhealthy loose chickens could be a problem but not these. Numbers may need monitoring but, please, no extinction event.

Thank you.

June Parish



School Road

Dear Newsletter

Thank you Heacham

Ten years ago, on June 14th, we moved into Heacham. Our memories and the optimism of that beautiful summer day have stayed with us. We soon discovered that most things we needed were within walking distance - basic shops, the library, a great post office, a helpful doctors' surgery and inspiring and welcoming churches. Now we are very thankful that we live in this friendly, public-spirited, caring village.

Again - Thank you Heacham.

Colin and Janet Abbiss

**HUNSTANTON COMMUNITY CHOIR
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St Edmund's Church, Hunstanton

**Saturday 6th June 2015
at 7.00pm**

Ticket Price £5.00

Profits go towards purchase of a defibrillator for Hunstanton.

FRIENDS OF HEACHAM BEACHES

Next Meeting – Wednesday 1st July 2015
7.30 pm

at: 7 Lynn Road, Heacham
(next to Tesco, through the black gates and upstairs)

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**Graham Edwards
Secretary**

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News & Events in the Community...



SUMMER FETE

SATURDAY 11th JULY 2015
12.00 – 4.00pm

RAFFLE, BBQ, CRAFT STALLS,
BOUNCY CASTLE & SLIDE, TOMBOLA,
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Scallywags Parent, Baby & Toddler group

In May, we made paper plate umbrellas one week and bright butterflies the next, reflecting the rather changeable weather! Nonetheless, we've made the most of the Scallywags garden with lots of sliding, bouncing and swinging going on! Louise has been digging for victory and busy planting kind donations of plants so the garden continues to bloom! Hopefully, June will bring us some sunshiny Wednesday mornings for us all to enjoy being outside some more! Some of our little visitors have also recently had a play at Heacham Infant & Nursery's Early Years outside area (which is open to all pre-school age children on a Wednesday afternoon) and we've heard good reports from them, with the large sandpit and water feature getting the thumbs up!

Back inside and we shall be selling raffle tickets throughout June for our fun Yellow raffle at the end of the month! As part of our Yellow day supporting the very good work of the Children's Liver Disease Foundation (CLDF), we are hoping local businesses will support us with some yellow raffle donations and that, amongst tins of sweetcorn, bananas and rubber gloves, we will raise some funds and awareness. A regular little visitor to Scallywags is a chirpy chap called Blake. Blake has a rare liver disease called Biliary Atresia. Blake's lovely family have valued the support that the CLDF provides. CLDF offers much needed information, emotional support and a voice for families, and we'd very much like to support them.

We look forward to seeing you and your little ones. We're open every term time Wednesday at the Scout Hut from 9.30am - 11am for playing, making, snacking and singing! Come along when you can! £2 per family. If you would like any more information please telephone Clare on 07816 913657 or Jo on 07521 447284.



SUNDAY 2 AUGUST 2015

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Steel Band

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HEACHAM LIBRARY

BOOKS • INFORMATION • TELEPHONE • NEWS • INTERNET

The June feature is Barbara Erskine, the successful British novelist. Erskine has a passion for history with a flair for the supernatural. Her latest novel, the Darkest Hour, is inspired by her own father, a WW2 Spitfire pilot. We also bring you the latest novel in the 'Ruth Galloway' series from Elly Griffiths, about the forensic anthropologist who is Norfolk's answer to Bones and is one of the most popular series at Heacham Library. Maps of Heacham are available for purchase. There is also free access to computers and the internet.

Heacham Library Opening Hours
 Monday, Wednesday, Friday – 10.00am-4.00pm
 Saturday – 10.00am – Noon

Heacham Group Practice Dispensary

As a result of our 2014 survey and your feedback, we will be trialling the following opening times.

As from 1st June 2015, our dispensing hours will be:

Monday to Friday

Mornings 9.00am – 1.00 pm
 Afternoons 2.00 pm – 5.00 pm



A note of thanks from your ward members.

Peter Colvin, elected for the first time and Colin Manning for a second term, are immensely proud to be able to represent Heacham on the Borough Council of King's Lynn and West Norfolk. We would like to thank all those who took the time to cast their votes. Whichever candidate you voted for, it was extremely pleasing to see the democratic process alive and well in Heacham. To our small band of volunteers, thank you for pounding the pavement on our behalf. We look forward to serving the community to the best of our ability.

Once again, thank you for placing your faith in us.

**Cllr Peter Colvin &
 Cllr Colin Manning**



CHURCHES TOGETHER IN HEACHAM

Three in One

That's a term which has been used to describe all manner of items from lubricating oil and multi-purpose gadgets to Almighty God. Why is this relevant this month? – because 31st May was Trinity Sunday and so until 25th October, which is also the end of British Summer Time, we are in the Church's Season of Trinity. The word 'Trinity' is not found in the Bible and indeed it was not used in theology until the fourth century. Man needed a convenient expression of what God had made known about himself, so a group of theologians drew from Scripture all the elements needed to assemble the Doctrine of the Trinity. This is the distinctive and all comprehensive doctrine of the Christian faith.

It says three things:-

1. There is only ONE God – That is agreed by Christians, Jews and Moslems.
2. Father, Son and Holy Spirit are each God. – Neither Jews nor Moslems accept the Son as God
3. Father, Son and Holy Spirit is each a distinct person.

As God is within himself a fellowship, then human beings made in his image also need fellowship to live a full life. We see this all around us as we live in families and join clubs and societies within the community of our village and beyond. As a seaside Parish many of us are aware of Trinity House – The organisation responsible for navigation lights and deep sea pilotage. This was founded 500 years ago and I wondered why Trinity? In 1514 Henry VIII granted a charter to a group of mariners calling themselves 'The Fellowship of the Holy Trinity' for the purpose of setting up lighthouses for the safety of mariners in British waters.

This month the season of summer begins with the longest day on 21st and our summer visitors arrive in larger numbers. Our community joins in fellowship with new groups as we facilitate tourism with everything from buckets and spades to accommodation. We enable the sports of sailing, wind surfing and sail boarding, all made safer by those from our community who serve with the Lifeboat and Coastguard. None of these activities is achieved by one person in isolation; we function as a community in fellowship.

To borrow a phrase from the Scottish referendum, we are Better Together – because that is the way God made us to be.

Penny Sutton – St. Mary's Ministry Team

HEACHAM METHODIST CHURCH

Sunday Services: 10.30am Morning Worship

7th June	Rev. Stephen Oliver
14th June	Sheila Johnson
21st June	Rev. David Blacklock – Holy Communion
28th June	Roland Hamon
5th July	Cathy Fielding

Midweek Communion

The June midweek Communion will be on Wednesday 10th at 10.30am, conducted by Rev. Stephen Oliver. All who love the Lord are welcome to attend.

Social Evening

The monthly Social Evening will be on Thursday 11th June at 7.15pm. This month it's table games and darts.

Midweek Activities

Monday - Indoor Bowls, 7pm weekly

Tuesday - Ladies' Fellowship, 2.45pm 9th and 23rd June
Hands & Needles Club 7.30pm 9th and 23rd June
'Open Door' 10.30am-12 noon weekly
from 23rd June.

Wednesday - Midweek Communion, 10.30am 10th June

Thursday – Social Evening (2nd Thursday of each month)
- 11th June at 7.15pm.

Bible Study, 20th June at 10.30am

Friday - Indoor Bowls 7pm weekly

BIBLE STUDY: Our Minister has started a new monthly Bible Study on the 4th Thursday of each month at 10.30am. The June study will be on Thursday 25th and we shall be studying Luke's Gospel. All welcome.

"OPEN DOOR" – From Tuesday 23rd June the church will be open from 10am-12 midday – **Just for You!** Yes, there's no meeting or service arranged, just an open door. Our Minister, Rev. Stephen Oliver, will be there and also someone to make you tea or coffee if you want one. A steward or church member will be on hand should you wish to talk. You may pray, sit in silence, talk to the Minister or steward. The church is open just for you, should you feel you would like to be there. Every Tuesday 10am-12 midday from 23rd June.

RADICAL HOSPITALITY

Saturday 25th July, 2.30pm

An invitation to be uplifted and fed with inspiring and joyful music for heart and soul, featuring "REVELATION" and "TWO YANKS AND A BRIT", whilst enjoying free afternoon tea and cakes at Heacham Methodist Church, starting at 2.30pm. All welcome – entrance free.

THE PARISH CHURCH OF ST. MARY

Sunday Services in June 2015

8.00am	Holy Communion (BCP)
	14th and 28th June
10.00am	7th All Age Worship
	14th Morning Prayer
	21st Holy Communion
	28th Morning Prayer
6.00pm	7th Evening Prayer
	14th Evening Prayer
	21st Evening Prayer
	28th Holy Communion

June 2015 Services at Nursing/Residential Homes

Mon 8th 11.00am Holy Communion at Millbridge

Wed 17th 2.30pm at Summerville

Fri 26th 10.30am at Fridhem

(Service at Rebecca Court was held on 2nd June)

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.

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Hunstanton Catholic Parish

The shared ladies' lunch in April was, as usual, a very successful and enjoyable occasion. The next social occasion will be on Saturday 4th July when we will have our very popular Strawberry Fair at St Cecilia's, Dersingham, with stalls, starting at 12.00. As well as the delicious strawberries and scones, there will be various stalls including a bric-a-brac stall, tombola, raffle and refreshments. Please come along and support this lovely social occasion.

Our parish barbecue will be held at lunchtime on Saturday 15th August at the parish centre in Hunstanton. Tickets will be available soon.

A revised, extended parish history booklet has been produced and is available at both churches for the price of £2.50 per copy. All proceeds go to the Development fund.

We will be celebrating the Feast of Our Lady of Perpetual Succour on 27th June with a Mass at 11am followed by an informal lunch in the parish centre.



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

The next Messy Church will be on

Saturday 27th June

At St Mary's church, Heacham



Last Saturday of each month 10.00-12.00 St Mary's church

The Stroke Association
Join us for the Hunstanton Beach Run
28th June 2015

Take part in this fabulous 10k run or 5k Family fun run along Hunstanton's glorious beach on Sunday 28th June 2015 at 12.00 noon.

This event is a chance for both serious and novice runners and will take place along the firm sand of Hunstanton Beach, starting at the Oasis Sports and Leisure Centre. We will have music and a warm up provided by the Oasis team.

Please help raise sponsorship for the Stroke Association and the Friends of the Stroke Unit at the Queen Elizabeth Hospital in Kings Lynn by registering for this fantastic and unique event!

Your entry fee only covers the cost of running the event, it's your sponsorship which will mean we can be there to support more people living with stroke.

The entry fee for this event is £20.00 for 16 years and over and £5.00 for under 16's, which covers the cost of the event only.

The entry cost is unfortunately non-refundable and non-transferable.

Register now to confirm your place by visiting [the event page on our website](#). By registering online you are agreeing to our [terms and conditions](#).

For further information email:

eastenglandfundraising@stroke.org.uk

or telephone 01284 749650.

George, Tam, Bez and Lou
East of England Fundraising Team



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SUMMER FAIR

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HEACHAM MANOR HOTEL

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HN

Heacham Spring Art Show

The Spring Art Show was held at the Old Friends Hall (OFH) over the early May Bank Holiday. Our thanks go to all the talented artists and art groups who displayed their work. Many comments were received on the very high standard and variety of works on display. Unlike previous years we did not ask people to vote for their favourite piece but sort their observations; all those who commented were most enthusiastic. A sample of such was:

"Some lovely pieces of work, well displayed. Well done."

"Fab-u-luss once again"

"A wealth of talent – lovely exhibition"

"A varied and eclectic collection of local talents. Thank you to the organisers for bringing such a wonder to fruition."

Already, people are looking forward to next year's Art Show that, provisionally, will be held over the May Bank Holiday 2016 - what a scary thought! We hope that we can widen the scope of the exhibition and include not only pictures and sculptures but also some ceramics; I am sure within our community we must have some ceramicists or potters.

During the exhibition, people also commented on how well the OFH looked, with the newly laid floor covering that had been installed by Gary Rushmore's team and the toilets that had been refurbished with the help of the 'Jubilee Clinic Charity', who paid for the work to be completed.



Our next Exhibition at the OFH will be the Photographic Exhibition on September 12th-13th. For all those enthusiastic lens artists it could be time to think about this year's entry. Further details will be forthcoming but if anyone is interested please let me know so that I can register your contact details.

As mentioned above, the OFH is looking splendid due to the work organised by the committee and is seeing a growth in the regular groups using the facilities. We now have the Slimming Club on Tuesday evenings, an Art Group (FAGS) also on Tuesdays and a Keep Fit class on Thursday evenings. However, there is still space for more regular events and also one-off bookings for private functions, kids' parties and the like.

So, finally, thanks to all who visited the Art Exhibition, especially those who did not know where the OFH was but persevered in their endeavours to find our little treasure. The committee really appreciate everyone's efforts in making the OFH a friendly place to exhibit and visit.

Roger Drinkwater

On behalf of the Old Friends Hall Management Committee

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A CAREER IN PATHOLOGY

Part 5

The new DGH called the Queen Elizabeth Hospital was duly completed. We moved in 1979 and I had the first 'on-call' night in the new premises. We had our own night duty room with adjacent shower and toilet and it was all very swanky. However, if called out during the night, one often had to walk a good quarter mile each way to fetch samples from the A&E dept, again at the front of the hospital. If we were very lucky, a porter would bring them for us but these guys were very busy ferrying patients around so we often had to fetch our own. It did however, help us to keep in touch with the medical and nursing staff. Sadly, once we moved, the gap between the laboratory staff and the medical and nursing staff widened considerably. In the old hospital we all seemed to know each other and mixed happily together, but once we moved this tended to fizzle out. I suppose we were all getting too busy to maintain friendly contact and I still think this was a bad thing that we should have tried to correct. Part of this was due to the isolation of the laboratories. Some of the medical and nursing staff who had worked at London Road would pop in from time to time. Dr Geoffrey Bolt the consultant physician and Rosemary Mulligan, the chest physician, would visit regularly but we seldom saw any surgeons unless they had a complaint or wanted something. Everyone seemed far too busy. I am firmly of the view that all hospital staff from porters to consultants should have regular contact and interact. No matter how important your job, it is difficult to do it properly without the cooperation of your fellow workers whoever they are. My recent experiences indicate to me that things are improving.

Despite this, I was still enjoying myself immensely. The science of Haematology was still expanding at a ferocious rate. Initially,

I was of the opinion that I should be able to do all the investigations myself but as my administrative duties increased, this became more difficult. I had taken on the responsibility for blood cell marker studies which was fairly new to us. This basically involved treating the blood cells with antibodies, then attaching another antibody, coupled to a dye. The white cells could then be examined under a microscope which enabled us to identify them. Immature white blood cells which occur in acute leukaemia cases, are not easy to recognise by their morphology alone and marking them made it easier. Nowadays, the marker antibodies are attached to fluorescent labels and are evaluated by machine which is quicker but nowhere like as much fun.

The administration of the hospital had changed beyond recognition. Ben Curtiss had long retired followed in 1983 by Vernon Price-Jones. He and I had not always got on well but I shall always be grateful to him for his help and guidance. Marguerite King retired in 1989. She was glad to go but it was, in my opinion a great loss for the hospital. Marguerite was one of the old style laboratory haematologists but increasingly she got involved with patient care. I well remember, whilst we were at the old General hospital, a young girl was diagnosed with acute lymphoblastic leukaemia. It was routine in those days to transfer these patients to Addenbrookes Hospital, but this plucky girl refused to go as her parents would not be able to get to see her. So Marguerite undertook to treat her at Lynn. She spent long hours reading up on the latest treatments and I reckon that the girl concerned probably got the best treatment of any similar patient in the country. Her life was saved but Marguerite swore she would not get that involved again. However, she did get more involved with patient care and frequently went on ward rounds with Dr Mulligan.

Around this time we purchased our latest fully automated blood count analyser. This was made by an American firm called Technicon and was the second of their products we had purchased. The blood count samples were loaded onto a continuous belt and the results transferred to the new laboratory computer system which had also recently been acquired. This system had been designed by us and one of my colleagues, David Emsley, was instrumental in designing the format of the computer output. David taught himself the computer language 'Basic' on a Sinclair ZX computer (which I believe had 1 Kilobyte of memory). He was invaluable to us all and designed many little programmes that made our life easier. There were four servers, one for each department. They had a memory of 350 Megabytes each and had to be backed up onto tape drives every week, a job that took approximately an hour. We had four slave terminals in the laboratory which doubled as desk top machines. Information could be downloaded onto 5.5" floppy discs. It was all quite sluggish compared to the capacity of, say,



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an iPad these days but at the time was state of the art and worked for us. I made a decision early on that we would maintain a paper back up system and this was used at least three times a year when the computer threw a 'wobbly'.

Marguerite King MD FRCPATH retired in 1989 She was replaced by Dr Peter Coates. I was a little nervous about having a new 'Boss' and it turned out that he was just as nervous, having been warned by the chief at his previous hospital not to upset the chief where he was going as his life could be made miserable. In fact before he started, Peter said that he would like us to switch to doing our warfarin control assays from Thrombotests (using whole blood taken by finger prick) to prothrombins (needing citrated plasma and taken by venepuncture). I wasn't very happy about this as it would mean more work and increased expense. So we did a hundred thrombotests and prothrombins on a range of patients who were on warfarin. Steve Thompson, one of the senior staff and a bit of a whizz at maths, undertook to do a statistical analysis on the results and in short the results correlated almost exactly. I sent the results to Peter and thankfully he accepted our findings and agreed to stick with thrombotests much to our relief. Peter duly arrived, settled in and we all got on well with him. He did load me with more work as we started blood taking ward rounds - I was in charge of the team- and I also got lumbered with managing the laboratory office (I'm still not too sure how that happened!) Peter was one of the new breed of clinical haematologists and spent much of his time running clinics and doing ward rounds. The pace was hotting up - a lot. It meant more work but made life much more interesting. We were then joined by Dr Jane Keidan who initially split her time between Norwich and Lynn but increasingly spent more time with us. Jane was another very clever woman but was also easy to work with. I am absolutely convinced that, by this time, the QEH laboratory was one of the best, if not the best, in the region with the possible exception of Addenbrookes. I Had a very talented scientific team, some much cleverer than me, several of whom also took the 'special haematology' exam and passed first time, and our consultants left us to our own devices as long as they got their results when they wanted them.

(To be continued)

Michael Drew

'Open Door'

It's not a coffee morning, it's not a prayer meeting, it's not a bible study, just an open door. From Tuesday 23rd June, Heacham Methodist Church will open its front doors from 10.00am to 12.00 noon every Tuesday and you are welcome to come in if you feel you would like to pray, sit in silence or talk to either the Minister, Reverend Stephen Oliver, or a Church Steward, who will also be there. That's 'Open Door' every Tuesday 10.00am – 12.00 noon from 23rd June.



The Kitchen Gardener

June – early summer. The evolution and sometimes the death of regional food customs and recipes and a surprisingly speedy trick for a few extra tomato plants.

This month gardening will begin to be combined with harvesting and the first of this season's preserving to make the most of the whole crop of whatever the garden has offered up.

Once the strawberries have set their fruit and they begin to swell, I'll straw them down to both mulch the bed and to give the fruit a duvet to keep it off the soil and to allow the rain to drain away quickly to protect it from spoiling. Over the years I've tried newspaper, black plastic and black woven permeable fabric as mulches. Of them all I like straw best; it's fast and easy to situate around the plants, drains rapidly and recycles into the compost bin at the end of the season.

I'll make a second direct sowing of dill, basil, runner and French beans to extend the crop, and lettuce. The main crop carrots for winter and early spring eating will be sown towards the end of the month. The comfrey will be ready for a second cut and it will go either into the compost or into my big black dustbin to make a brew for feeding hungry fruit producing plants and trees.

Last year I had a moment when I took my eye off the ball in the polytunnel and some of the side shoots on the tomatoes grew to roughly 1 ½ inches. I decided to have a go at growing the shoots on – this is an idea I've heard about, considered and dismissed several times in the past as I didn't see how it could work in time to produce a worthwhile crop.

I prepared two 3 inch pots with compost which I watered. On 7th June I pinched out the side shoots and put 3 shoots in each pot; the pots were put – uncovered – into the greenhouse and watered from below. By 18th June all six pinchings out had

produced roots that emerged from the bottom of the pots. They were potted on individually and were big and strong enough to be planted out in an outdoor bed by 30th June.

The plants looked slightly different because the first set of leaves remained at ground level for most of the season whereas the lower leaves on the seed sown plants tend to yellow and die away early in the season. Once they got going they grew away strongly and produced a generous, clean and healthy crop which kept well into winter, the green ones ripening slowly in storage. The first were ready to eat off the vine on 3rd September and the last at the end of December.

If I have a tomato shortage at some stage in the future I'll definitely do this again; it was a pleasant surprise that my experiment worked so well. It has given me room to relax once the seed sown plants have been put out - I still have options for more plants should anything go wrong.

Gooseberries begin to move into the spotlight this month. Medium sized green fruit will be picked and used for jams and pickles, thinning the crop as I go to let the others grow to a ripe fatness for eating straight off the bush and for cooking into compotes, some of which I'll freeze to boost and vary my winter fruit store. Gooseberries and raspberries are good friends, raspberries gently heated to the point of giving juice then sieved, sweetened and served with the cooked gooseberries is a lovely combination.

There used to be a gooseberry pie produced in Nottinghamshire, made with a pork pie like raised crust filled with green gooseberries and, with a method similar to making a pork pie, after baking, the pie was filled with apple jelly poured through the lid and left to set. The pie was then sliced and served cold.

Searching farther for interesting old recipes for gooseberries, I came across a gooseberry tansy. This had me a bit confused. I knew the tansy is a plant that was oft used as a medicinal herb. Sometime during the fifteenth century it began to be served with meals during Lent as a nod to the bitter herbs eaten by the Israelites. It was also thought to be good for digestion during a period of heavy consumption of pulses, and for preventing intestinal worms believed to be caused by eating fish during Lent.

I wonder if the connection of tansy to Lent was a natural progression of the earlier habit of eating tansy to counteract the ill effects of a moist and cold winter. This brings to mind the still observed custom in some countries of nettle soup in spring for much the same reason, the young nutrient rich nettles giving a welcome boost after a long winter.

Young tansy leaves were added to cakes and puddings; the juice was extracted from leaves and added to eggs and cream then baked. Eventually, a tansy became a pudding in name without the addition of the bitter herb, and this explains a 1700's recipe for Gooseberry Tansy.

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A quart of gooseberries are cooked, covered, with a knob of butter until soft. 4 eggs are beaten and mixed with 2 handfuls of breadcrumbs and a cup of sugar. This is mixed into the gooseberry pulp over a low heat (or else the eggs will scramble) until the mixture is firm – rather like a firm omelette. It is turned out onto a hot dish, sprinkled with crushed sugar and served with hot cider or melted apple jelly.

This dish was also made with raspberries, mulberries, or apples when it was served with blackberry syrup.

I try always to make sure there are enough gooseberries for the following recipe -

Pickled Gooseberries: Cook 2 lb/900g gooseberries with 8 oz/225g brown sugar, 10 fl oz/300ml of your preferred vinegar, 8 cloves, 1 tsp crushed cardamom seeds and salt and black pepper to taste. Simmer gently until the fruit is cooked. Lift the fruit out with a slotted spoon and pack into sterilised jars. Reduce the remaining liquid in the pan by roughly half and pour over the fruit while hot, the fruit must be completely covered. Seal and store.

This pickle is delicious served with curries or salty meats like ham.

Plums can replace the gooseberries to make an equally lovely but completely different pickle. I like the plum version served with fatty hot or cold roast meats like pork or duck, or some of the starchy salads made with pulses like chick peas or broad beans

I was about to head the pickle recipe with “and here's a more up to date recipe for gooseberries”, but of course pickling has been used to preserve food for millennia – so again, a bit like work in the garden or with our handcraft pursuits, often when we think we've found something new our ancestors got there first.

Hilary Dellar-Lane

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POCAHONTAS PLAYERS

Well, what can we say?? The Pocahontas Players were overwhelmed with your support over their four performances of . . . 'And now for the Best Bits'. (20 year celebration show).

Although this production has been three months of hard work, it has also been really good fun. As compere Mr Dave Curtis introduced each act, it was great standing backstage and hearing the roaring laughter from the audience, whether it being the surprise of the dancing Can-Can men or The famous Job-Song, with feather dusters, snooker cues, taxi horns or the 'lovely pair' going into all the wrong places.

Enjoying hearing the audience singing along to songs from Grease, Oklahoma and Oliver. Hearing the audience gasp as 5 trains roller skated past them, searching for that light at the end of the tunnel. Watching Willy Wonka, The Candy Man and the

Candy Kids trying to eat all the brightly wrapped sweets, plus many other superb acts. Finishing off with 'Lion King' - and what a spectacle it was too. To see so many wild animals running through the audience and finishing, on the very moving, Circle of Life sung by the whole cast, was an emotional sight and sound indeed. What a terrific atmosphere. ending with a packed audience standing ovation. Thank you to everyone who helped make this such a success.

We are on our 'summer' break now but will be back on Tuesday 8th Sept, 7.30pm in the Public Hall, where readings and auditions will be taking place for The January 2016 Pantomime.

If you fancy 'treading the boards' - helping backstage crew - Dance Choreographer - or to take on the costumes, please contact us. We welcome new members but you must be age 13 upwards . . .

See you in September and a very BIG THANK YOU again!

**From The Pocahontas Players
(Heacham's number one Drama Group!)**





Woodside Avenue

Dear Newsletter

Pocahontas Perfection

My wife, son, daughter-in-law and myself went to the recent Pocahontas Players' production of their 20th Anniversary Show. Thank you for such an excellent and inspiring performance. My son and his wife travelled up from Essex just to see you again and they were not disappointed.

We all look forward to the next show.

Terry Parish



Finedon, Northamptonshire

Dear Newsletter

Pocahontas Players - 'Best Bits' Show

On Saturday 16th May, I had the pleasure of seeing another fantastic performance by the Pocahontas Players, with their variety show of all the 'best bits' from their past 20 years as a theatre group.

I come from a small town in Northamptonshire 75 miles away and travelled down to Heacham specifically to see the Pocahontas Players' show. It was back in 2012 when my family went to see a Players' show for the first time called 'Another Night at the Theatre', expecting an ordinary amateur show in a small village hall that we would enjoy but think no more of. We came away from this particular show absolutely astounded, having seen a show in two halves; the first half being songs from Mary Poppins and the second half being songs from The Lion King. We were talking about this show for days, amazed at how professional and impressive a show that a small village like Heacham can put on.

It has just gone from there and, when possible, my family has attended as many of the Pocahontas Players' shows as possible, being fortunate enough to see four out of five of the shows since that first show we saw in 2012. Never before have I seen a supposedly 'amateur' theatre group so professional. In every show bright handmade costumes are a treat to the eye, and a stunning cast of local people who are clearly so enthusiastic and passionate about the shows they perform. The shows just get better and better, and with the spectacular costumes, precise choreography, beautiful singing, original scripts, fantastic sound system and genius ideas as each show goes on, the Pocahontas Players never fail to impress and their ticket prices reflect very reasonably for what I personally perceive to be truly PROFESSIONAL shows. A particular favourite moment of mine came in this most recent show and the Heacham-born show 'Evolution Express' when members of the cast actually learned to roller skate in order to skate at some speed along a ramp to the stage and not only dance in unison, but sing without the slightest quiver.

I will continue to follow the Pocahontas Players through all the work that they do, as in my eyes they produce the best shows around, and make the 75 mile trip to Heacham truly worthwhile. I have made some true friends from an incredible theatrical group that are an absolute credit to Heacham and the local area, and who have the potential to do some really big things for the Heacham theatre scene. All I can say to any person reading this who is yet to experience the delights of the Pocahontas Players: Treat yourself to a ticket to one of their future shows and sit back and enjoy a true theatre show by a cast of real professionals who can only go on and become a huge success in what they do. The Pocahontas Players are a credit to Heacham, and a credit to Norfolk.

Jamie Smith



Heacham

Dear Newsletter

Pocahontas Players

Once again, what can one say about the latest Pocahontas Performance. Absolutely wonderful – it covered so much for everyone's taste. The only sad thing is the ones who are leaving and this was their last performance. We wish to say THANK YOU to them and ALL the others who do so much for our village's entertainment.

A BIG THANK YOU FROM

Barbara Preston and Margaret Jeacock



Heacham & Criteuil-la-Magdeleine
Twinning Association



The sun shines through the windscreen, hot on our faces, even though it's October. Cruising at 55 mph, I look at the Sat Nav - only another 30 km till we get to Barbezieux, but we know the roads quite well from our previous visits, so we turn off at Viville to go across country, saving about 15 km on the last leg to Criteuil.

We've been on the road since our overnight stop near Poitiers, picnicking at one of the many useful pull-ins on the motorway. Driving in France is less stressful than the UK, with much less traffic and so much more space! Sitting high up in the motorhome we see the road ahead and the countryside around and our planned itinerary goes out of the window when we see something interesting! We stop and explore, especially ancient walled or fortified villages, full of history, but hey ho we're retired and every day's a Sunday.

Turning off the main road to Viville, it's all rural Charente roads, sometimes only just wide enough. Beautiful countryside, unusual for us to see mile after mile of rolling hillside, covered in grape vines, and the occasional winery with the blackened buildings of old Cognac distilleries.

We slow to a crawl through La Magdeleine, the second village with which Heacham is twinned, not many houses and few streets. We pass a chateau where we had a pleasant garden party on our last visit, then see Francis working in his garden so we stop to say "Allo, Bonsoir, ca va?" Having exchanged simple pleasantries we're on the road again passing Sally's and Francoise's houses, leaving the village and downhill to the crossroads and right to Criteuil, only a few minutes drive, arriving in the early afternoon.



The church dominates the little village, the road winds around it and the war memorial and the restaurant, with all other roads coming off it like the hub of a wheel - you couldn't get lost. Francis (yes, another one) and his wife Yolande wave to us as we pass the church between the Mairie and the School. Turning right behind the village hall we draw into the Aire de Campingcar and park in our usual spot overlooking the vine fields and tennis courts. Ideal spot, quiet, free water, electricity and toilets, (well, French toilets, you know, rather basic!) Jenny puts the kettle on and after a cuppa I took the dog for a walk, meeting the mayor, who kindly invited us for supper the following evening. I knocked on Patricia's door, an English lady renovating a very old house, doing the work herself where possible; a big project. I plumbed in her new washing machine while she made tea and phoned our friend Wendy asking her to come over. We had a pleasant evening sitting in the motorhome

with local wine and nibbles, catching up on what had been happening since we were last here.

The following morning after breakfast we walked across the fields to Wendy's. (I had brought my tool box with me). Wendy's house had moved slightly in an earthquake a few years ago, and many of the internal doors needed adjusting. Visitors using the loo and having to attract someone's attention by banging on the door to be rescued was a little embarrassing! I took them off one by one and planed them to fit, after which I needed to shower. When I came down to the kitchen Wendy had prepared a delicious lunch; wine, salmon, potatoes and runner beans followed by pears in cream and the local Pineau.

We really enjoy these few days relaxing with friends and acquaintances who we have met since being involved in the Heacham Twinning Association and always spend a few days here when travelling in France.

Robert Pritchard

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Fire Station Fifty!

2015 marks 50 years since the opening of the present fire station in Heacham. It is believed that the building in Station Road started being used around November 1964 but the official opening was delayed until the arrival of a brand new fire appliance and actually took place on 20th July 1965.

The firemen serving at that time were: Sub Officer Harry Dade, Leading Firemen Jack England and Jimmy Thomas and firemen Beeken, Hart, Roythorne, Dix, Baker, Groom, Owen and Walduck. Of that crew, sadly only two members survive, those being Rodney Dix and Graham Owen.

The new building was one of many of a similar design built across the county in the 1950s and '60s and replaced the 1932 station in Pound Lane. That building had a long second life as part of Cunningham's Nursery – how I wish I'd asked to take some photographs inside before it closed. It was demolished in 2001 along with the old glasshouses and is now the site of Dewdrop Close.

Prior to being in Pound Lane, I believe the fire fighting equipment was kept at Mr Featherby's shop in the High Street, now the vets. Mr Featherby was Captain of the fire brigade before the Second World War and there was, and maybe still is, a photo of him and the brigade hanging in the waiting room at the vets.

Returning to the current station, its appearance to the passer-by has changed little over the last 50 years. The original wooden doors with their glass windows have long been replaced by modern versions and the original crittall windows have been replaced (much more recently) with double glazed units but the character of the building is much the same.

Inside however, there have been many more changes. Along with the new windows, new heating and lighting has been

installed to make the building more energy efficient. The original kitchen was brought into the 21st century and we now have toilet and shower facilities for ladies (there are two female crew members) and for people with disabilities, to reflect the fact that it isn't just firefighters who use the building.

There have also been changes to allow for the widespread use of computers in all aspects of what we do but, basically, anyone who was at the station 50 years ago would probably still recognise it today. When we're turned out, we still get the call information in the same room (except via a printer and not a person on the telephone), we put our fire kit on (far superior to that of 1965) in the same room and the fire appliance is parked in the same place although things have certainly moved on a bit there!

In essence, the station still works the way it was intended to 50 years ago, and we hope that it and its crew will continue to serve Heacham and its surroundings for many years to come.

It is also hoped that we will be able to mark this significant anniversary in some way during the summer but, in the meantime, if anyone has any photographs or information relating to the fire brigade in Heacham that we could copy, we'd love to hear from them. It may be from someone who served or from an open day, carnival or fete where various demonstrations were carried out.

If you do have anything, you can drop your details in the postbox on the side of the station and I'll get in touch or, alternatively, my telephone number is 07909 830349.

There are still lots of gaps in the history of the brigade in Heacham and you might just have a missing piece of the puzzle.

Chris Wood

Heacham Fire Station



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

Acceptable in the Eighties!

It always puzzles me that people of, ah, a certain age always seem to think that music is never as good now as it was when they were young. And yes, I guess I can be as guilty as anyone in that regard sometimes (no, I love rap music, really I do ...).

Obviously you'll fondly remember the music you grew up with, that you first became interested in. But that doesn't necessarily mean that nothing of worth ever followed it, does it? Even if at first glance that does seem to be the case!

If you're tempted to look back at the Eighties as being all spandex and ridiculously bad hairdos, as an excess of superficial glamour over real talent, well, think again. Good music is always about, whatever the era. You just have to look, that's all ...

• **BILLIE JEAN** Michael Jackson (Epic, EPC A 3084, 1983, No 1)



Billie Jean was Michael Jackson's second single from an album that was all Thriller, no filler

"Billie Jean is not my lover / She's just a girl who claims that I am the one / But the kid is not my son"

From the compulsive walking bassline to the infectious choppy rhythms and vocal hiccups, it's difficult not to be completely swept away by this song. I remember when I first heard it, thinking: "But I'm a rock fan! I shouldn't like this – it's dance music!" But it's just so compellingly brilliant, it sneaks up behind you, and you're sunk. Resistance is futile!

And world domination was always the game plan for Michael Jackson and his producer Quincy Jones, with this single and its parent album. They deliberately set out to make highly-polished and insanely catchy dance music that would have the greatest possible across-the-board appeal.

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And boy, did that ever work. Thriller became, and remains, the biggest-selling album of all time. And Billie Jean was the single that helped it really take off, shooting Jackson's star into the stratosphere, and turning him from a common-or-garden musical megastar into a global entertainer, one of the most iconic figures in the history of popular music, The King Of Pop.

It was while performing Billie Jean that Jackson introduced the world to the famous Moonwalk dance – not his own invention, but that of Shalamar dancer and singer Jeffrey Daniels, who worked with him on it. But when you're as good as Jackson, you make a dance your own by the sheer brilliance with which you perform it.

And was the song based on a real-life paternity suit? Some say yes, The Guinness Book Of Number One Hits says no. Really, if it were true, and you were Jacko, would draw attention to it by writing a hit song? The bit about him dancing on the floor in the round is probably true, though ...

• **I SHOULD BE SO LUCKY** Kylie Minogue (PWL, PWL 8, 1988, No 1)

"In my imagination / There is no complication / I dream about you all the time"

... Well yes indeed, that may be true – but moving swiftly on! OK, this isn't my absolute favourite song of all time, I have to confess ... but it was the kicking-off point for the musical phenomenon that was to become Kylie Minogue, Princess Of Pop.

And who would have thought it, back then? Our Kyles was "merely" one of the biggest soap stars on the planet, a cheery little (little being the operative word) Aussie actress with a wholesome image, bidding to have a crack at this pop palaver.

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Kylie: Just how sweet and innocent can you get? (don't answer that – the hotpants came later)

Who'd have guessed she'd go on to become a musical megastar? Who'd have guessed she'd cross over from "mere" bubblegum pop to become a dance diva, and even gain respectability in the oh-so-serious indie circles?

Or that she'd record one of the most hypnotically catchy singles of all time, the aptly-named

Can't Get You Out My Head? Or that via a pair of shiny hotpants in the Spinning Around video, her bottom would go on to rule the world?!

All this started here, with a record literally thrown together at the last minute. To launch her singing career, she travelled to England to meet the crack hit-making team of Stock, Aitken and Waterman, whose singles were ruling the charts. But they forgot she was coming, and didn't have anything prepared.

I Should Be So Lucky was written on the spot in 40 minutes. It was turned down by all the majors, before being released by Pete Waterman's own newly-formed label, PWL. It went to No 1 for five weeks, and before long, Charlene from Neighbours was a fading memory.

Kylie is an Aboriginal word, meaning boomerang, by the way. Just thought I'd mention that. Oh, and legend has it that

Waterman had a picture of Kylie on his wall, with "I should be so lucky" written underneath. But that's another story!

• ETERNAL FLAME Bangles (CBS, BANGS 5, 1989, No 1)
 "Close your eyes, give me your hand, darlin' / Do you feel my heart beating, do you understand / Do you feel the same / Am I only dreaming / Is this burning an eternal flame"

The Bangles were a Californian all-girl quartet, who had a string of catchy, breezy pop hits like Manic Monday and Walk Like An Egyptian ... until along came the power ballad Eternal Flame, and pop immortality was guaranteed.

Originally called The Bangs (but thankfully not for long), the band was usually fronted by singer/guitarist Susannah Hoffs – who became something of a pin-up for lads in the Eighties, not so much making hearts beat faster, but virtually causing cardiac arrest in some cases (cough!).

She was sassy and sexy, but with eyes so mesmerising they could stop you dead in your tracks. But it's the controlled passion of her vocal delivery that's so utterly bewitching here, coupled with a captivatingly memorable melody.

Co-written by Susannah, the song was inspired by an eternal flame burning on the grave of Elvis Presley in Memphis. The single went to No 1 for four weeks, making The Bangles the first



I'm saying nothing (I've said too much already): sultry Susannah Hoffs, of The Bangles

all-girl group to top the charts since ... St Winifred's School Choir earlier in the decade, with There's No One Quite Like Grandma!

• 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 Beach Clean

This year's Heacham Beach Clean was organised by Marks & Spencer with the Marine Conservation Society.



We had 44 Marks and Spencer colleagues from King's Lynn, Peterborough and Spalding stores, along with 55 customers registered to attend with a very good turnout on the day.

It was great to see the children from Heacham Junior School involved in keeping their environment safe and clean and developing an awareness of the ongoing issues that are prevalent on our beaches.

A total of 1281 items were collected and weighed in at 77.5 kg which included a USB lead, vinyl flooring, a sock and a sponge!



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With the final results of the elections held the previous day still to be announced, members of the Heacham Twinning Association and friends set off early on the morning of Friday 8th May to visit the historic market town of Stamford in Lincolnshire. The weather in the morning was fine and we were



able to meander around the town and visit the shops and market without the need for raincoats or umbrellas.

The Farmers' Market which is held fortnightly, is really worth seeing with its colourful range of vegetable

stalls and vendors selling everything from Spanish sausages and Greek olives to locally produced venison and wild boar burgers. There is also an excellent choice of shops in the town centre ranging from the usual M&S to local independent traders, so those with an urge to undertake some retail therapy were not disappointed.

Being the 70th Anniversary of VE Day it was decided that we would not return to the coach to return to Heacham until 3.30pm giving those who wished to observe the two minute silence at 3.00pm the opportunity to do so. Fortunately, the rain held off just long enough to allow us to cross the river to the coach park before the heavens opened.

Our next coach outing will be a return visit to the Christmas Market in Bury St. Edmunds in early December. Details of this will be advertised in the Newsletter nearer the time.

On the following evening – Saturday 9th May – we held our second Mouse Racing Event in the Public Hall. The event was organised in conjunction with Pickenham Pacers Mouse Racing who have run this type of event all over the country. And yes, they were real live mice.

The evening started at 7.00pm with the auction in which either individuals or syndicates were able to bid for each of the twelve runners. As with Horse Racing evenings, everyone was able to place bets on one or more of the runners using the state of the art computerised Tote system.

The racing took place over six heats with the winning mouse in each heat going forward to the Grand Final and the remainder taking part in the "Runners Up" race. The lucky owners of each of the winning mice received prizes which had been kindly donated by our sponsors. After a buffet Ploughman's supper and



a raffle, the evening finished with six mice being re-auctioned and competing in the "All Comers" race with the winning owner receiving 50% of the auction revenue.

Everyone who came said that they thoroughly enjoyed the evening and it is hoped to organise a similar event again in the future. The committee would like to thank everyone who helped and especially our race sponsors who were: Jennings's Stores; Suttons Estate Agents; Heacham Newsagents; Heacham Building Supplies; A E Wallis Electricals; Artisan Joinery; Moulam and Horn; John Francis and The Heacham Mafia.

Our next scheduled event is on Saturday 12th September when we are having a Barn Dance in the Public Hall. Tickets will be on sale for this from August so please keep an eye on the Newsletter for further information.

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

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The Ruskin School, Heacham & High House

Part 4

The Ruskin School Home was opened in Hunstanton in 1900. Elaine Auger describes it as being at the top of the cliff. The 1901 census shows it as being in Church Rd/St. Edmonds Rd. It had three storeys and was called "The Birdcage".

Called Ruskin School Home(1), one important feature was that it was to be structured and run like a family. This was a function of two of his beliefs and a compromise with the material conditions of the world as he found it. The first principle involved was that education should be de-institutionalised as part of the process of constructing a unified life that could be labelled fully social and thus that it should take place in the family or within a natural setting. Here he was a close follower of William Morris's beliefs.



Thanks to Brian Holmes & John Maiden(30)

Lowerison involved the fellowship in the search for the new buildings in Heacham. They found "The Wilderness", built in 1726, now called the High House. At that time Heacham lacked both electricity and gas. Outbuildings were converted into classroom and dormitories. There was also a large garden with fruit trees and a vegetable plot. Later, a paddock opposite the main house was purchased. (This now appears to be the area towards the fire station.) Here were two tennis courts, a croquet lawn, an observatory, (the equipment for which was also gathered after a public appeal in the village) and a well, where the school derived its water.

(He was appalled that there was no guaranteed clean drinking water supply to the village and that the main well in the village was located only 6 yards from the nearest cess pit and agitated for the erection of a water tower. The local ratepayers opposed this measure, and on one occasion during his campaign he was pelted with stones. He appealed over the heads of the local rural district council to the Local Government Board and in the end was victorious, the water mains being laid in the spring of 1912).(31).

He designed its curriculum to be as natural as possible. This meant that the school could not be too large. Lowerison originally thought that 20 would be the optimum number of

1. The word 'Home' would later be dropped as Mrs Lowerison thought that it made the school sound too much like an institution. (The Lynn Museum - notes on Ruskin School p1. I am grateful to Ms Gill Walker of the Lynn Museum, Kings Lynn, for access to this, and other sources referred to below.)

children, but in fact the school always exceeded this.(32). In 1901 there were 26, increasing to 36 in May 1902 and to 40 by Christmas 1906. The summer of 1907 saw 43, by spring 1909; this has risen to 50 where he now set the absolute ceiling. The school was still full at this level in the summer of 1910, but numbers were dropping by Christmas 1911. The school was so under subscribed at 38 pupils in July 1914 that Lowerison was worried it would go broke. However during the war the number of pupils increased, especially after London was bombed by Zeppelins and later Heacham.(33). By the last year of the war they were down to the 20 originally envisaged.(34). Much of the explanation for this larger-than-planned scale of the project probably lay in its finances. The fees were £12 a term.

Some parents complained about the costs of extra classes and some had to be chased before they would pay their bills. Lowerison tried to make the children responsible for their actions. When an exercise book was full the child had to take it to him for inspection. If it was not in good condition the child had to pay for the next one out of his pocket money. Subsidies from parents to cover shortfalls in pocket money had the effect of ruining the whole plan.

When he moved to Heacham he thought that he would probably be the first socialist that many of the locals had ever met.(35). One of the local gentry said that had he been forewarned of who was buying the old house - he would have bought it himself to keep Lowerison and the school out of the village.(36). Knowing this, when his good friend Robert Blatchford decided to move to Heacham, Lowerison bought a house in his own name and then transferred ownership to Blatchford.(37). (38)Blatchford taught cricket at the school. Other staff included Mr Roden Hilder, who taught singing and Miss Evelyn Pull, L.R.A.M. took over later.(39). Walter Crane was the consulting art teacher. Esperanto was taught. There were many visitors to the school including, A.S. Neill the founder of Summerhill school, Edith

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Nesbit poet and writer, W. T. Stead newspaper editor, spiritualist and esperantist and Basil Dean theatre producer.(40).

Lowerison never made any attempt to moderate his opinions and, predictably, fell out with the local vicar over religion.(41). The children occasionally upset local farmers when out fossil collecting, but these episodes were probably offset by the concerts that the children put on in the village hall that raised money for the village football team.(42). Indeed, relations between the school, its staff and the locals seemed to have been quite good.(43). In 1903, gifts included painting, books, three display cabinets for the school museum, natural history specimens, bees, chickens and a pony. As well as trying to spread the word by meetings in the village, Lowerison continued to try to be of service.(44). He organised a collection amongst the villagers to buy a pony and trap for a local boy who had been born with no arms. The boy used the trap to offer a taxi service from the local train station and in this way was able to earn a living. He also settled the grocer's and butcher's bills of those who could not meet them themselves.(45).

- 30 *Photograph thanks to Brian Holmes & John Maiden*
 31 *The Clarion, 17 Dec. 1909, 9 June 1911, 26 April 1912 and interview with Mrs Elaine Auger*
 32 *According to the 1901 census there were 36 people resident there including 4 Lowerisons, 6 other adults and Robert Blatchford, aged 13*
 33 *Notes by Elaine Auger in Lynn Museum*
 34 *The Clarion, 15 July 1899, 9 March 1901, 16 May 1902, Ruskin School Home Magazine, Easter 1903 (Durham Record Office-the College of St. Hild and St. Bede, University of Durham [subsequently D.R.O.] E/HB2/848) The Clarion, 9 Aug. 1907, 22 Jan. 1909, 29 July 1910, 22 Dec. 1911, 31 July 1914, 4 Jan. 1918*
 35 *The Clarion, 16 April 1909*
 36 *The Clarion, 30 Dec. 1910*
 37 *Interview by Kevin Manton with Mrs. Elaine Auger*
 38 *It is the house in Pound Lane west of the Parish Office and immediately opposite Caley Street.*
 39 *Miss Pull married Mr Lewton Brain who wrote much about Heacham history*
 40 *Elaine Auger's notes at the Lynn Musuem*
 4 *The Clarion, 17 March 1911*
 42 *For the problems see The Clarion, 28 April 1905, for the concerts see The Clarion, 27 Aug. 1909 & 29 July 1910*
 43 *The Lynn Advertiser 14 June 1935.*
 44 *DNB Blatchford, Robert Peel Glanville (1851-1943) by RCK Ensor*
 45 *Interview with Mrs Elaine Auger*

(To be continued).

Ros Marsden

TIDE TABLES FOR JUNE & JULY 2015

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST									
June 2015					July 2015				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 M	05 07	6.7	17 22	6.6	1 W	05 21	6.8	17 45	6.8
2 TU	05 45	6.9	18 05	6.8	2 TH	06 05	7.0	18 34	7.0
3 W	06 24	7.1	18 48	6.9	3 F	06 47	7.3	19 20	7.2
4 TH	07 03	7.2	19 30	7.1	4 SA	07 30	7.5	20 03	7.2
5 F	07 41	7.2	20 10	6.9	5 SU	08 09	7.5	20 47	7.2
6 SA	08 19	7.2	20 53	6.8	6 M	08 51	7.5	21 32	7.0
7 SU	09 00	7.1	21 40	6.7	7 TU	09 37	7.3	22 22	6.7
8 M	09 47	6.8	22 34	6.3	8 W	10 28	6.9	23 18	6.4
9 TU	10 42	6.6	23 42	6.1	9 TH	11 28	6.7		
10 W	11 48	6.3			10 F	00 24	6.1	12 36	6.3
11 TH	00 55	6.1	13 02	6.3	11 SA	01 32	6.1	13 49	6.2
12 F	02 07	6.2	14 14	6.5	12 SU	02 40	6.1	15 01	6.3
13 SA	03 10	6.3	15 19	6.7	13 M	03 44	6.3	16 08	6.4
14 SU	04 08	6.7	16 20	6.8	14 TU	04 39	6.6	17 08	6.7
15 M	04 59	6.9	17 16	7.1	15 W	05 27	6.8	17 59	6.8
16 TU	05 44	7.1	18 08	7.1	16 TH	06 10	7.0	18 45	6.9
17 W	06 27	7.2	18 56	7.1	17 F	06 50	7.2	19 25	6.9
18 TH	07 09	7.3	19 40	7.1	18 SA	07 29	7.2	20 01	6.8
19 F	07 47	7.2	20 19	6.8	19 SU	08 03	7.2	20 33	6.7
20 SA	08 22	7.1	20 57	6.6	20 M	08 34	7	21 03	6.6
21 SU	06 56	6.8	21 32	6.3	21 TU	09 05	6.8	21 34	6.3
22 M	09 31	6.6	22 10	6.0	22 W	09 38	6.4	22 09	6.1
23 TU	10 11	6.2	22 54	5.7	23 TH	10 16	6.2	22 52	5.8
24 W	11 00	5.9	23 48	5.5	24 F	11 03	5.8	23 47	5.6
25 TH			12 02	5.6	25 SA			12 06	5.6
26 F	00 51	5.5	13 08	5.6	26 SU	00 56	5.5	13 21	5.5
27 SA	01 55	5.6	14 13	5.7	27 M	02 10	5.6	14 36	5.7
28 SU	02 55	5.9	15 12	5.9	28 TU	03 13	6.0	15 41	6.1
29 M	03 48	6.2	16 07	6.2	29 W	04 09	6.4	16 39	6.4
30 TU	04 36	6.6	16 57	6.6	30 TH	04 58	6.8	17 31	6.8
					31 F	05 45	7.3	18 20	7.2

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WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room
SUNNYSIDE CLOSE (Sheltered Housing for over 60's)
Coffee Morning 10.30am Tel : 570492
FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey
07900 818311 (PH)
FITSTEPS 1.15 - 2.15pm To book Tel:Jaime 571395 or
07765433100 or email jaimefitsteps@gmail.com (PH)
ROLLASON STAGE SCHOOL Dance Classes 6yrs+
Ballet/tap/modern 4.15-5.15pm Junior Street 5.15–6pm
Tel:579074 (PH)Top Room
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5
– 6pm Contact Tel: 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 51116 (SG)
HEACHAM IN BLOOM 3rd Monday Monthly @ 7pm (PC)
INDOOR BOWLS CLUB 7pm (MC)
LINE DANCING 7-9pm £3.00 Tel: 532317 (PH)
HEACHAM WIVES GROUP – 2nd Monday of most months at
7.30pm (HSC) Top Room Contact Sue Scott Tel: 572252

TUESDAYS

ACTIVE FOR LIFE exercise classes for those aged 60 or over
or at risk from Osteoporosis held at Heacham Surgery
Classroom 10-11am Tel : Pat 298429 or Lynn 579125
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)
LADIES KEEP FIT FOR OVER 50's 10.30 - 11.30am. Contact
Kath Manning-Coe Tel : 01553 774343 (SM)
CARERS SUPPORT GROUP West Norfolk Mind Tea & Chat
at Piece of Mind 4 Poplar Avenue 1 - 2.30pm Tel: 572707
LINE DANCING 1.30 - 3.30 pm Contact Diane 571166 (SM)
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)
1st HEACHAM GUIDES 5.30 – 7pm Tel: Sue Theunissen
07833747059 or just come along (MC)
WEIGHT WATCHERS 6pm Tel:Alison 07796 904311 (OFH)
ZUMBA 7-8pm £4 per class or £7 for both Tuesday &
Wednesday classes Tel: Michelle 07585002124 (SG)
PARISH COUNCIL MTG 3rd Tuesday monthly 7.30pm (PC)
HANDS & NEEDLES GROUP every other Tuesday
7.30 – 9.00pm Tel: Joan Careless 570363 (MC)
HEACHAM & SANDRINGAM CAMERA CLUB meets 1st &
3rd Tuesday monthly 7.30pm Sandringham Club West Newton
Email: heachamdigitalcamerclub@yahoo.co.uk or call Viv for
info on 07906056019
POCAHONTAS PLAYERS Drama Group 7.30 – 9.30 pm Tel:
570402 (PH)
LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds
HEACHAM BOOK CLUB 3rd Tuesday monthly Tel: Beth
570479
LINE DANCING Absolute Beginners 6-7pm
Beginner/Improvers 7-9pm £3 Contact Diane 571166 (SM)

WEDNESDAYS

CAR BOOT SALES 7am to 12noon Gate opens 6.30am
(HSC Sports Field)
WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar
Ave Heacham £35 per day or £20 part of a day (personal budget
holders & self-funders welcome) Tel: Joyce Armstrong
07704338775 www.westnorfolkmind.org.uk
SCALLYWAGS 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
& 4th Wednesdays monthly (PC)
HEACHAM LITTLE DRAGONS Korean martial arts of self
defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)
FOOTBALL Under 8&9's 4.30-5.30pm Contact Mark
07561303886 (HSC) playing fields
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07923612187 Janice Campbell (HSC)
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–
8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek
01553 674779 (PRH)
LINE DANCING FOR IMPROVERS – 7 - 9pm. £3.
Contact Diane 571166 (SM)
BINGO 7.30pm Neville Court Grouped Home
HEACHAM TWINNING ASSOCIATION 3rd Wednesday
monthly @7.30pm New members welcome Tel: 579465.(PC)
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)
WEST NORFOLK SINGERS 7.30-9pm For info Tel: 541851
Peter Gray www.westnorfolksingers.org.uk/
(MC)
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5
welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older
people dementia friendly) 9.30–3pm For info see Wednesday
TABLE TENNIS CLUB 10am (PH Top Room)
ACTIVE FOR LIFE see entry on Tuesday
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)
MOTHERS' UNION 4th Thursday monthly 2pm (SM)
TREFOIL GUILD 1st Thursday monthly 2 - 4pm
Tel: 07813014477 Mary Harpley (PRH)
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for
over 60's) Tel: 570492
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC)
5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)
1st HEACHAM CUBS ages 8 – 10yrs
Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)
SOCIAL EVENING Table games and darts 2nd Thursday
monthly 7.15pm (MC)
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)
INDOOR BOWLS CLUB (Carpet) 7pm (MC)

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

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

** GIG 'Jimmy Rockit' 8.30pm at Heacham 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

** GIG 'Lee Majors' at Silver Sands

Sunday 7th June GIG 'Afternoon Jazz' 1.30pm at the Fox & Hounds Station Road

Tuesday 9th June GIG 'Ned Kellys Ambush' 8.30pm at the Fox & Hounds Station Road

Friday 12th June GIG 'Mojo Preachers' 8.30pm at the Fox & Hounds Station Road

Saturday 13th June 'Farmers Market - Food Fair' at Palm Beach Holiday Resort Jubilee Rd North Beach 10.30am – 1pm
 All local Produce & Suppliers

** GIG 'Dale Andrews' at Silver Sands

Tuesday 16th June GIG 'Chris King Robinson' 8.30pm at the Fox & Hounds Station Road

Friday 19th June GIG 'Hillbilly Cats' 8.30pm at the Fox Hounds Station Road

Saturday 20th June GIG 'Mark Steel' at Silver Sands

Monday 22nd June 'Bingo' at Fridhem Rest Home Station Rd Eyes down 7pm sharp Refreshments Come & join us

Tuesday 23rd June GIG 'T.B.C.' 8.30pm at the Fox & Hounds Station Road

Friday 26th June 'Pool Competition' at Fridhem Rest Home Station Road Entry fee £10 (includes Burger & a Pint) To book Tel: Marie 571455 Prizes to be won

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

Saturday 27th June 'Messy Church' at St Mary's Heacham 10am-12 noon

** GIG 'Gary Lewis' at Silver Sands

Tuesday 30th June GIG 'Norfolk Blues Society' 8.30pm at the Fox & Hounds Station Road

Wednesday 1st July 'Friends of Heacham Beaches' meeting 7.30pm at 7 Lynn Road Heacham

Saturday 4th July GIG 'Mark Wilkinson's Jazz Quartet' 8.30pm at Fox & Hounds Station Road

Friday 10th July GIG 'DNA' 8.30pm at Heacham Social Club

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

Saturday 25th July 'Radical Hospitality' from 2.30pm at Heacham Methodist Church Station Road Inspiring & Joyful Music for heart & soul by 'Revelation' and '2 Yanks and a Brit' Free food & refreshments Just drop in

Sunday 2nd August 'Heacham Carnival Parade and Fete' Parade departs from College Drive at 1.45pm Prizes for the best floats Giant all day car boot from 6am on the sports field Registration Forms obtainable from the Parish Council Office For more information Tel: 572142 (Parade) 572120 (Fete)

Saturday 8th & Sunday 9th August 'Heacham Horse Show' to be held at Lamsey Lane Heacham For more details email heachamhorseshow@yahoo.com Tel: 07879632514 or go to www.heachamhorseshow.weebly.com

Saturday 29th August 'Fundraising event in aid of Scotty's Little Soldiers' 10am-2pm at Pioneer Holiday Park South Beach Road

Please turn to the next page for 'Other Events'



Solution to
 Newsletter
 SUDOKU
 No. 91

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

NEWSLETTER SUDOKU No. 92

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

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

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OTHER EVENTS

Friday 5th June 'Quiz Night' 8.30pm at Hunstanton Conservative Club

Saturday 6th June 'Concert' by Hunstanton Community Choir 7pm at St Edmund's Church Hunstanton Tickets £5

** 'Dancing to Mark Steele' at Hunstanton Conservative Club from 8.30pm

Friday 12th June Sedgeford Film Night presents 'Kingsman: The Secret Service' at Sedgeford Village Hall Jarvie Close 7.30pm Tickets £5 (incl glass of wine) pay on the door For more info Tel: 579355 or 570097

Saturday 13th June The Peterborough Revellers present 'Who, Me?' at Sedgeford Village Hall Jarvie Close 7.30pm Tickets (in advance) £15 (incl supper & wine) To book Tel: 579355 or 570097

** 'Dancing to Lloyd Moon' at Hunstanton Conservative Club from 8.30pm

Friday 19th June 'Jazz Evening featuring the Shannon Reilly Trio' 7.30pm at Sedgeford Village Hall Jarvie Close Tickets (in advance) £15 (incl supper) To book Tel: 579355 or 570097

Saturday 20th June 'Dancing to Pride' from 8.30pm Hunstanton Conservative Club

Sunday 21st June 'Car Boot Sale' at Smithdon High School 8am to 1pm £5 (cars) £10 (large vans/cars with trailers)

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

Saturday 27th June 'Dancing to Rick Roberts' at Hunstanton Conservative Club from 8.30pm

Sunday 28th June Hunstanton Carnival All day event

** Hunstanton & District Festival of Arts 'Craft Fair' 10am-4pm at Hunstanton Town Hall

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

** 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

** 'Hunstanton Beach Run' in aid of The Stoke Association 12noon Entry fee £20 (£5under16's) For info email-eastenglandfundraising@stroke.org.uk or Tel: 01284 749650

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

Saturday 4th July 'Summer Fair' at the Union Church Hunstanton 10am-1.30pm Tea/Coffee & Lunches

Sunday 5th July Snettisham 'Open Gardens Event' 2-5pm

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 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 For info please Tel: Sue 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

SMITHDON HIGH SCHOOL



SUNDAYS, 21st JUNE & 19th JULY
From 8.00am till 1.00pm

Pitch holders on site from 7.00am
Refreshments available
Plenty of free parking
No Booking required

£5 cars
£10 large vans/cars with trailers
PAY ON ENTRY
No Caterers or Games of Chance

Stall holders are reminded to please take all unwanted goods away with them.

Contact email: epike79rw@nsix.org.uk

Hunstanton Conservative Club

The following entertainment will be taking place at the Hunstanton Conservative Club for the month of June:-

June 5th - Quiz Night - 8.30pm
June 6th - Dancing to Mark Steele from 8.30pm
June 13th - Dancing to Lloyd Moon from 8.30pm
June 20th - Dancing to Pride from 8.30pm
June 27th - Dancing to Rick Roberts from 8.30pm

Members free; guests £1.

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My Dad - Albert Starling

Albert Wallace Starling was born at Thetford and attended Thetford Grammar School. He joined the Automobile Association at Wickham Market in 1928, moving to Cromer for the summer season and followed by a summer season at Heacham in 1930 where he remained until his retirement in May 1971, having served with the AA for forty five years.

In Heacham, he resided at The Croft, 6 Malthouse Crescent. When he first started with the AA, he used to patrol a six mile beat on a pedal cycle with half a dozen spanners in his saddlebag!! He later progressed to a motor cycle with a sidecar and was a familiar sight around the village on it. In 1963 he took charge of one of two Mini vans delivered to the King's Lynn Control.



At the outbreak of World War II, he joined the Royal Corps of Military Police, seeing service in the Middle East. At the end of the War he returned to Heacham.

He was a member of the Heacham branch of the British Red Cross with the rank of Assistant Commandant.

In the late 1940's, he started a new pastime by becoming an Old Tyme dancing instructor with my sister as his partner. He had classes at Heacham, Burnham Market, Burnham Thorpe, Wells and Dersingham. The highlight of the year for all the members was an annual Dance he used to organise in Hunstanton.

He was a keen photographer and was successful in winning a competition organised by Anglia Television and appearing with his entry to receive his prize. He was a keen supporter of the Girl Guides and Scouts and used to take the members for their various badge examinations.

Dad passed away in 1979 and a group of his ex-colleagues from the Automobile Association formed a Guard of Honour at his funeral at Heacham Church.

John Starling
Snettisham



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email: mobilityassist@yahoo.co.uk

around and about...

H DFA

Hunstanton & District Festival of Arts

FESTIVAL 3 BY THE SEA - NEWS UPDATE

The Hunstanton & District Festival of Arts has launched its new summer programme 'Festival 3 by the Sea'. Lasting from April to September it is full of bright ideas for anyone of any age to get involved with the Arts in all its forms.

First, there is the ongoing PHOTOGRAPHIC COMPETITION 'Flights of Fancy', to find 12 excellent amateur photographers who can provide the best pictures of West Norfolk for the Hunstanton Town Calendar. Take your seasonal photos now and enter by September 7th latest. The Top prize is a cracking £100, with £25 each for the 11 runners up. Entry is free on-line at: www.hdfa.org.uk. Digital entries only please.

Our CRAFT FAIRS take place every month in the Town Hall. Entry is free, refreshments available.

Many other exciting events are planned throughout the year. These include a new "Design a Ceramic Tile project" with 'Paint Me Ceramics'. The topic this time will be "Seaside Memories" to fill up two more of those plain and boring panels on the sea front with exciting shapes, colours and designs. A subsidised cost of £8 per tile will include special paints, firing and studio time.

The annual Drama Festival of One Act plays will be at The Princess Theatre from July 9th – 12th. Tickets cost £8 per session. There will be 3 different plays each performance, or £25 will buy a season ticket to see all the plays and give you an audience vote for the most accomplished one of the week.


The Awards night will be Sunday July 12th with a special performance by JGData Children's Theatre Group. Mr Michael Williamson, NODA, is the lead adjudicator for this event. Mr John Harris will entertain at the piano.

Also new this year is an ART DAY with tutor Kate Dunbar called 'Taking a line for a Walk'. This one day course will be suitable both for beginners and those wishing to improve their drawing technique. It takes place on June 30th and will cost £15. Ages 18 up. Places are limited and you can find it in Hunstanton's Town Hall Basement.

STOP PRESS: It has just been announced that A FOLK MUSIC FESTIVAL will take place on Saturday August 15th at Hunstanton Community Centre and grounds. Contact Viv Young for more details on 01485 534566. Line up to include The Jake Morrell Band and West Norfolk's Stone Pony!

Further information will be available in the 'Festival 3 by the Sea' leaflet now available from the Tourist Information Centres and local shops, or contact the website www.hdfa.org.uk.

Festival **3** by the Sea



Kingsman
THE SECRET SERVICE

ANMER SOCIAL CLUB
FRIDAY 12th JUNE 2015
8.00 p.m.
Doors open 7.30 p.m. Admission - £3

For further details email: films@anmerclub.co.uk
or telephone 01485 579465
or visit our website on:- www.anmerclub.co.uk

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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, 9th June 2015

A presentation by Peter Lovelock
'Colour calibration – colour confidence'

Tuesday, 23rd June 2015

Print competition - Panel of three: 'Air, Land & Sea'
Judge – Malcolm English

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

Anmer Village Social Club Film Night

Friday 12th June 2015 at 8.00pm

"Kingsman: The Secret Service"

Comedy James Bond spoof starring Colin Firth, Samuel L. Johnson, Michael Caine and Mark Strong.

Venue – Anmer Village Social Club
Admission by ticket - £3 at the door
Doors and bar opens 7.30pm

Email: films@anmerclub.co.uk or telephone 01485 579465.
For details of this and other forthcoming events, including trailers of future films, visit our website at:
www.anmerclub.co.uk

Community Cinema

**Cinema in Syderstone
Presents:**

On Saturday 20th June 2015

"Birdman" (15)

Multi Oscar winning film, including Best Picture, Best Director, Best Screenplay. Michael Keaton (Oscar nominated) plays a washed-up Hollywood star attempting a come back in this acclaimed film by Mexican director Alejandro Inarritu.

Rave reviews: "The film's exhilarating originality, black comedy and tone will surely strike a strong chord with audiences looking for something fresh"

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

Events at SEDFORD VILLAGE HALL

Present:
Film Night

Friday - 12th June 2015

Doors open at 7.00. Film starts at 7.30pm

"Kingsman: The Secret Service" (15)

A James Bond spoof fantasy enlivened by some excellent action film direction and an outstanding cast including Colin Firth, Samuel L Jackson and Michael Caine, Described as great fun by the critics.

Admission (incl glass of wine): £5.00 – Payment on the door.

Saturday - 13th June 2015 at 7.30pm

'Who, Me?'

A Play by the Peterborough Revellers

This is a mystery comedy. The evening includes a fish and chip supper and complimentary glass of wine. This should be a fun evening with the play performed by a theatre group who have been established for over 50 years.

Admission (incl supper & wine): £15 (Tickets in advance)

Friday - 19th June 2015 at 7.30pm

**Jazz Supper Evening
featuring the Shannon Reilly Trio**

The evening includes a Barbecue and dessert.
Please bring your own drinks.

Admission (incl supper): £15 (Tickets in advance)

Please come and join us for all or any of these events -
you will be most welcome.

Venue: Sedgford Village Hall,
Jarvie Close, Sedgford. PE36 5NG.
Contact 01485 579355 or 570097 for tickets/more
information.

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Summer Events 2015

Magna Carta 800 - 13th & 14th June
Tuesday Market Place and Lynn Museum, 10am – 4pm
Free

King's Lynn will mark the 800th anniversary of the granting of Magna Carta by King John in a two-day event. The Tuesday Market Place will be transformed into a hive of medieval activity with falconry displays, craft demonstrations and historical characters including an archer, storyteller and, of course, King John and his barons, as well as the opportunity to make a King John Penny and search for King John's treasure. Includes free entry to Lynn Museum.

Activities take place throughout both days (10am – 4pm)
Tuesday Market Place.

- Falconry display
- Fire breathing
- Knights' Tournament
- Craft demonstrations – pottery, spinning, net making
- Historical characters – including King John, an archer and fanfare minstrel
- King John will make his proclamation about the freedoms contained within the Magna Carta.

Town Centre

Search for King John's lost treasure! Trail available from 23rd May until 14th June

Pick up a treasure map from Lynn Museum or the Tourist Information Office (maps available from 23rd May).

Lynn Museum

- Free admission
- Make your own King John Penny and use it to pay the storyteller in Baxter's Plain
- Explore activities and displays about King John
- Make your own Magna Carta – what rights and freedoms would you demand?

Baxter's Plain

Medieval storyteller

Pay the storyteller a King John Penny and he'll tell you a tale! This event is part of the [Stories of Lynn project](#) (click for more information about this project) which has received funding from the Heritage Lottery Fund.

Saturday 18th July - Freedom of the Borough
King Staithe Square - from 12.00 noon
Free

On 18th July, 42 F King's Lynn Squadron Air Training Corps will exercise their Freedom of the Borough for the first time. The squadron will parade along South Quay to King Staithe Square at 12 noon, before a flypast by a Grace Spitfire at 1.00pm. The squadron has organised a trail of model Spitfires for people to explore.

Sunday 19th July - Forties Lynn:

Life on the Home Front

Tuesday Market Place, Lynn Museum, King's Lynn Town Hall and Baxter's Plain - 10.00am- 4.00pm.

Free to attend

Events run throughout the day - 10.00am – 4.00pm

Step back in time to the 1940s and discover what life was like on the home front during the Second World War with this free family event.

Tuesday Market Place


- Explore the air raid shelter beneath the Tuesday Market Place
- Meet British and American wartime characters, including Winston Churchill
- Take a look at the display of military and civilian vehicles from the era
- Pick up a period style gem at the Vintage Market
- Enjoy music performances by Timescape.

King's Lynn Town Hall, Saturday Market Place

- 1940s tea dance – take a dance lesson with Esther and David (Cactus Promotions), then take a turn at the tea dance in the Assembly Hall.
- Learn about the role the town hall played in King's Lynn's response to the war, including being the collection point for gas masks.
- Test out a replica Morrison shelter.

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- Speak to enactors including a Billeting Officer, an Air Raid Precautions (ARP) warden and get a glimpse of 'black market dealings from 'Sid the Spiv'.
- Get tips about surviving on rations and pick up your sweet ration card.

Lynn Museum, King's Lynn bus station

- Free admission to Lynn Museum on 19th July – 10.00am - 4.00pm.

There will be a variety of wartime-themed activities and displays and a chance to redeem sweet ration cards issued at King's Lynn Town Hall.

Baxter's Plain (Vancouver Quarter shopping centre)

- Jones' Butcher's Van – See the original vehicle from the celebrated television series Dad's Army and meet the team from the Dad's Army Museum, Thetford.

Sunday 9th August

Mods and Rockers, Scooter and Motorbike Meet

Tuesday Market Place - 10.00am – 4.00pm

Free

Celebrating the best of the two-wheeled motoring world, the Mods and Rockers, Scooter and Motorbike Meet is a free family event and a must for all bike and '60s enthusiasts. Alongside the scooters and motorbikes on display, there will be trade stalls to explore, and entertainment courtesy of rock bands The Yesterdays and Mind the Gap. For more information and to register to show your scooter or motorbike, please visit: www.west-norfolk.gov.uk/bikeshow

The Mods and Rockers, Scooter and Motorbike Meet has been kindly sponsored by Bikesure insurance. On the day there will be a collection for SERV blood bikes.

Sunday 23rd August - Fairy tales and fables, Vancouver Quarter, Tuesday Market Place, King's Lynn, Corn Exchange and King's Lynn Arts Centre.

Free

Prince Charming will take to the streets of King's Lynn in search of a princess. Young adventurers can follow a treasure trail around the town and, if they can crack the clues, they'll be able to claim their own bag of treasure. During the day there will be a host of fun activities at King's Lynn Art Centre, and King's Lynn Corn Exchange will be transformed into an enchanted forest inhabited by Robin Hood and his Merry Men. Children can try their hand at archery, listen to the storyteller and take part in fun arts and crafts as well as making their very own hand-print leaf to decorate the theatre's walls ahead of this year's pantomime. Keep an eye on www.west-norfolk.gov.uk/events for more details.

September 13th – Classic Car Day

Tuesday Market Place

Free - pre-booked exhibitors only

The Classic Car Day will make a welcome return to the Tuesday Market Place on Sunday 13th September, once again coinciding with Heritage Open Day, organised by King's Lynn Civic Society. Last year the Classic Car Day attracted over 200 exhibitors and saw iconic vehicles like a Model T Ford, e-type Jaguar and Ford Mustang on display alongside the Cooper Car – the only surviving example of six cars made at the Cooper factory in King's Lynn in the early 1900s. This year is set to be even better and an absolute must for motor enthusiasts. Registration information will soon be available at www.west-norfolk.gov.uk/classiccarday

In addition to the above events, the fantastic Lynn Lumière light shows, projected onto some of King's Lynn's most iconic buildings, continue throughout the year (more information at www.west-norfolk.gov.uk/events). If you haven't seen them yet, they really are worth a look.

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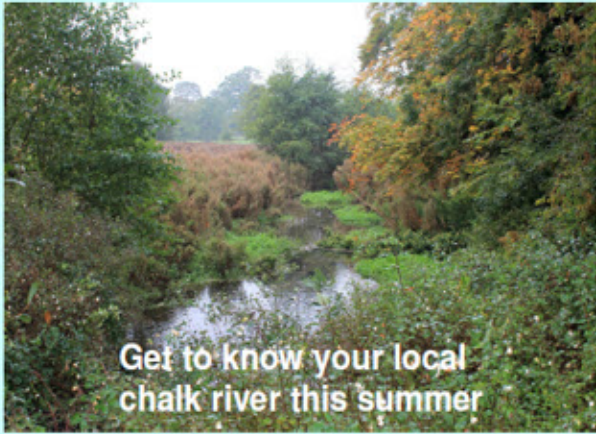
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River Babingley walk

Sunday the 7th June

10am to 12 noon

Meet at Fitcham sports field off Abbey Road

Walk to Abbey Farm and the source of the River Babingley and see the river and surrounding wetlands (around 2 miles)

Free refreshments at Fitcham Community Centre from 12:00

Join us for a day on this beautiful chalk stream. Spring fed chalk rivers are a globally rare and declining habitat and Fitcham is fortunate that the River Babingley bubbles up through the ground. Enjoy the rare opportunity to walk to the source. The walk will be led by Edward Cross the Farm Manager of Abbey Farm.

The walk and refreshments are free but booking is required.

Please email: gemma.clark@norfolk.gov.uk or telephone 07768 031629 to book this River Babingley walk.



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CPRE – Light Pollution and Street Lighting

A conference at the University of East Anglia on Wednesday 10th June, 9.30-3.00pm, will look at the topical issue of light pollution and street lighting in Norfolk. A range of speakers will examine how architects, planning professionals and the public can make sensitive decisions about street lighting and security lighting to protect our views of the stars. The conference is being organised by CPRE (Campaign to Protect Rural England) and bookings start at £15 for the day including lunch, refreshments and parking. All are welcome.

CPRE also recently published results of an extensive survey of parish council views on street lighting and light pollution in the countryside, as featured in the EDP. The survey revealed that nearly two-thirds of councils are concerned about light pollution in their area, with the most common causes of light pollution being from residential security lighting, road lighting, floodlighting of churches and sports facilities, and excessive lighting from industry, farms, schools and garages. The survey also looked at street lighting trends in Norfolk.

To find out more about the survey results and the Conference, visit www.cprenorfolk.org.uk/light-pollution

Morston Quay at Night:

(Photo courtesy of Steve Lansdell Sky Photography)



Snettisham Garden Club

The Snettisham Garden Club are planning an Open Gardens event in Snettisham on Sunday 5th July 2015, 2.00–5.00pm. The club is now looking for gardens to take part and all proceeds will be donated to EACH (East Anglia's Children's Hospices).

For further details please contact either Gail or Addie by the 19th June:-

Gail Lees: 01485 541279 – email: gailouise@btinternet.com
 or Addie Thompson: 01485 544754 – email: r.p.thompson@btinternet.com

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Heacham at Night

I must get this in first – 21st June is the Summer Solstice, the longest day or shortest night. On June 21st there are 16hrs 5mins and 56secs of daylight and sunset is at 9.27.

The solstice event actually happens at 16.39 BST and it is when the Sun stops moving north (from our perception) before beginning to move south and lower in the sky. Solstice means 'sun stops'. The Summer Solstice is the first day of summer which is a little odd as the nights start drawing in the next day.

The tilt of the Earth's axis in relation to Earth's orbital path around the Sun means the North Pole faces the Sun on the 21st June and during the northern summer the Sun never sets north of the Arctic Circle. On around 21st December it is the South Pole's turn and we get our shortest day and north of the Arctic Circle the Sun does not rise.

This is the season for noctilucent clouds. These are very high clouds – over 50 miles high - which is a fifth of the distance to the International Space Station. The clouds are so high that the sun continues to illuminate them long after it has set; they look electric blue or a very fine glowing white. The clouds fade after midnight and re-emerge before dawn. Look north and sometimes to the west or east.

A walk along Hunstanton cliffs from around 10.15pm might be the best way to see noctilucent clouds as you can then look north without streetlights intervening. Heacham beaches look towards Lincolnshire and those are alternative sites. Choose a day that ends with a good sunset.

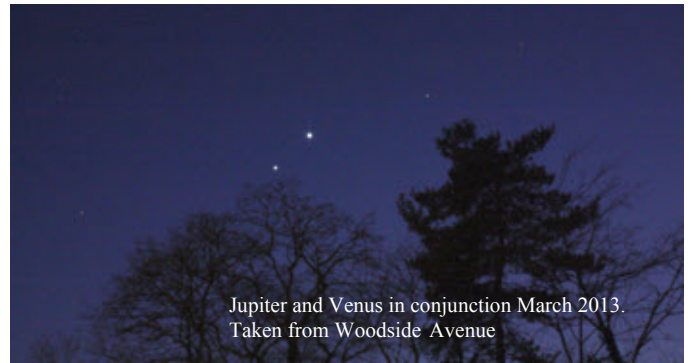
Venus has really been putting on a show the last few months but it will now appear to plunge almost vertically downwards in the evening sky. It will vanish in early July and then become the morning star once again. On 13th June, as the sky darkens, look at Venus with binoculars. About a degree away (width of little

finger at arm's length), you will see a large open cluster of stars. This is M44 in Cancer which is often called the Beehive Cluster or Praesepe. It is about 550 light years away.

On June 20th Venus, Jupiter and the crescent Moon will form a pleasing triangle from around 10.30pm. During the month Jupiter will appear to move ever closer to Venus becoming visibly closest on June 30th at 10.30pm. This is a good photo opportunity even from a backyard or street corner. The actual conjunction, closest approach, happens in daylight on 1st July.



Diagram above from Federation of Astronomical Societies Astro Calendar. Photo below mine.



Jupiter and Venus in conjunction March 2013.
Taken from Woodside Avenue

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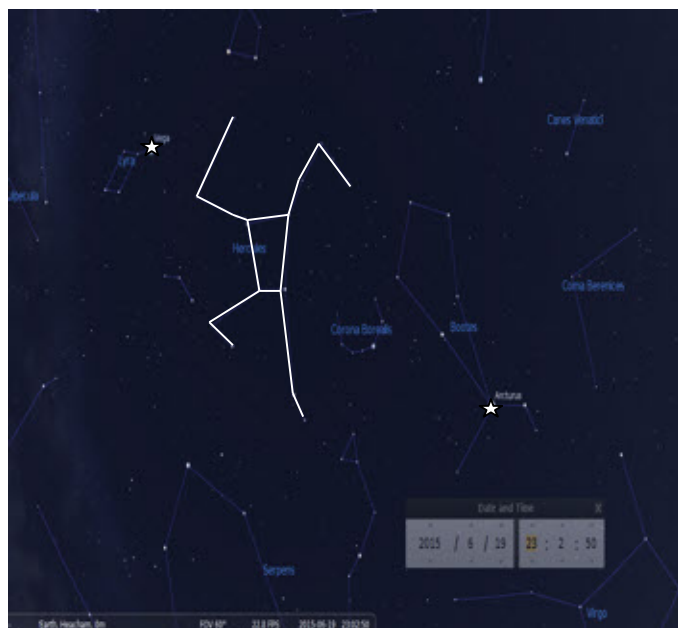
I will get the latest information about Europa, one of the Galilean Moons of Jupiter on the evening of 21st May. Find it in large binoculars or a small telescope this month and I will give you the facts in July.

Saturn remains favourably placed all month. If you missed its close approach to the Moon on the 1st then it appears to almost kiss the Moon on June 29th. The closest approach is about 2.30am but it will be very close to the horizon then. Look between midnight and 1am. Otherwise, at about 10.30pm, you will find Saturn east of south at the beginning of the month and west of south at the end. Its altitude will be around 20 degrees above the horizon.

The current weather forecast indicates I am unlikely to get a Saturn viewing scheduled for May so will try again this month, June. A notice will go in at the council office and/or shop windows on the High St.

Meteors: On 7th June there is the peak of a meteor shower which is active from May 22nd to July 12th. This shower you have to view in the 2 hours before dawn (4.36am on the 7th). It is the daylight shower called the Arietids. They come in from the east and are slow moving, Earth grazing, meteors.

Orion the Hunter is a winter constellation and is replaced in the summer by Hercules which is harder to pick out in the light nights. His body forms an asterism (shape) called the Keystone because it looks like the wedge shaped stone in the centre of an arch. Find the Keystone almost right above your head and due south from about 11pm.



The bright stars Vega and Arcturus are to the left and right of the Keystone respectively. Between the two stars which form the right side of the Keystone is M13. Easily visible in binoculars, this Great Globular Cluster in Hercules contains around 300,000 stars. Light from it takes about 25,000 years to reach us.

I have never written much about the Moon and I intend to correct that in coming months as it is the one object which all of you can see clearly. For June concentrate on the phases. It will be Full Moon on 2nd June and on 2nd July. Watch how it wanes (thins) and waxes (fattens) during the month.

I will have attended the first meeting of Lunar Mission One on the 30th May to see what they are doing with the money collected on-line for the first private moon landing. I need to see if my DNA will be secure! Anyway I will pass on any gems about this in July.

Watch out for news of Pluto.

Terry Parish

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Hunstanton & District Rotary Club

Rotary Matters

We are very pleased to write that our 'Poetry and Pot-pourri' event, with meal and raffle, was a big success with £486 being raised for charity. The meal was excellent and was provided by Inner Wheel Member Marguerite Wright and Rotarian Maureen Hoverd, assisted by volunteer helpers.

On Blossom Day our event, organised by Rotarian Brian Devlin and ably assisted by other Rotarians, was also highly successful with £160 raised. These two sums, plus additional money raised by the Club for charity, decided us that we should immediately purchase three Shelter Boxes, each costing £590. Two of these have been sent to Nepal to assist people left homeless after the recent terrible earthquakes, and one has gone to Vanuata in the South Pacific where 'Cyclone Pam' has caused enormous devastation with many people homeless.

Shelter Box does everything it can to help families to rebuild their lives. Since Shelter Box was founded, they have responded to over 250 disasters and humanitarian crises in almost ninety different countries and provided aid for well over one million people. The agreement with Rotary offers opportunities to combine resources to provide emergency shelter and lifesaving supplies for families around the world who are affected by disasters and humanitarian crises. The fundraising efforts by Rotarians make up a large proportion of donations received by Shelter Box. A Box is tailored to a disaster but typically includes a relief tent sleeping ten, ten sleeping bags and groundsheets, water storage and purification equipment, solar lamps, cooking utensils, a basic tool kit, mosquito nets and children's activity pack. Consignments of Shelter Boxes are being regularly sent to badly damaged areas and we know that ours are going to families in the district of Sindhupalchok in Nepal.

Shelter Box has mobilised a response team to travel to Vanuata after the South Pacific country was hit by Cyclone Pam. Vanuata is one of the world's poorest nations and is made up of a sprawling cluster of more than 80 islands. These are sited 1000 miles east of northern Australia and suffer from frequent earthquakes, tsunamis and active volcanoes. Reports suggest that more than a quarter of a million people could now be homeless. Rotary is doing its best to help by sending Shelter Boxes.

Our Rotary Club is very pleased to help with support in these crises. It is showing that, in addition to giving support to help where there are local and national difficulties, we are also doing what we can to give support to help in international crises.

Phil Dory



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Heacham Judo Club

Heacham Judo Club members are continuing their successful time, following on with great results in area and international competitions.

On the weekend of the 8/9/10th May, Astrid Hubbard and her dad, travelled to Mierlo in Holland with the Amateur Judo Association's National Squad. This was for Astrid to take part in the prestigious Houvast Judo Tournament. The tournament has entrants from Holland, Belgium, France, Germany, England and Bosnia and Herzegovina with 140 clubs attending the event.

Astrid competed as a member of our National Squad after becoming the -40kg National Champion back in March. She fought amazingly well in all of her contests and came away with a bronze trophy for all of her hard work. The National Secretary and Assistant National Coach Phil Smith said that "the whole squad were extremely proud of her."

Heacham Judo Club are very, very, pleased and proud of what she has achieved. She is a great young lady and always works hard in the club and at any event she attends.

Also on that weekend, the club attended the South Eastern Area Junior Grading at Colchester in Essex. Everyone passed their exams and some achieved results far better than expected. Results are as follows:

- Charlie Isbill - Red + 1,
- Carly Hinds - Red + 2,
- Adam Sanderson - Red + 2.
- Seren Cartwright - White,
- Benjamin Jutsum - White,
- Zara Jutsum - White,
- Tarell Hinds - White + 1.
- Ellie Castle - Yellow,
- Nathan Croasdale - Yellow + 2,
- Dylan McKenna - Orange + 1,
- Tanner Swann - Green + 2,
- Oliver Shaw - Blue.



Congratulations to everybody for a fantastic weekend of achievements.

Shirley Tucker



Heacham In Bloom



May was a busy month; preparing the beds for summer planting and talking to sponsors. June will be even busier as the team plant out hundreds of plants in preparation for what we hope will be a riot of colour throughout the summer and on the Judging day on Tuesday 7th July. HIB are very grateful to Gary Rushmore Flooring, Norfolk Lavender and Nick Cawthorne, whose support has helped the team to redesign and re-plant the plough bed at Redgate Hill.

There is still plenty of time to enter **The Best Blooming Caravan Competition**; first prize sponsored by the Fox and Hounds Public House. Posters and entry forms have been sent to each caravan park in the village.

Heacham Pride of Place Scheme is also up and running again for 2015 and encouraging you to take a fresh look at where you live, work or play and celebrating you putting your ideas into action. Heacham Newsletter have again sponsored this Campaign and the first areas or groups to register will be given a £10.00 voucher to spend at Moulam and Horn on plants. Please register at heachaminbloom@btinternet.com. We will also be available to talk about these projects at the In Bloom coffee morning on Saturday 6th June at the Church Hall in the High Street.

Heacham In Bloom
heachaminbloom@btinternet.com
Heacham In Bloom is on Facebook



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Judging will take place 4th-5th July 2015

To enter, complete a form, obtainable from your Caravan Park Reception/Office or by emailing heachaminbloom@btinternet.com and return by 26th June to Heacham In Bloom, c/o Heacham Parish Council, Jubilee Clinic, Pound Lane, Heacham, PE31 7ET. 01485 572142.

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Answers to last month's quiz:

- | | | | |
|----|---|----|--|
| 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 |

Hand 1: 1♣. The hand contains 13 points, it is not balanced and clubs is the longest suit.

Hand 2: 1♠. The hand is balanced but has 15 points and so is too strong to bid 1NT, where the range is 12-14 points. You therefore open your best suit which is spades as you always bid the higher ranking suit first.

Hand 3: 1♠ – A balanced hand (4,4,3,2) with 15 points – again too strong for 1NT. Bid the higher ranking suit even though it is considerably weaker than the other 4 card suit.

Hand 4: 1♥. A nice hand with 17 points – you open the longer suit first even if it is not the strongest.

Hand 5: 1NT – A balanced hand with 14 points.

Hand 6: 1♦ - A balanced hand (5,3,3,2 is balanced). However you have 15 points and therefore open your longest suit which is diamonds.

There is a free mars bar for all of you who got it right!

A playing problem for this month:

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

First of all the bidding. South has dealt and opens the bidding. He has a nice balanced hand with 15 points. Since he has too many points to bid 1NT, he bids his longest suit 1♠. West only has 9 points and therefore he is too weak to say anything. North has 10 points and a singleton and he likes his partner's suit. He knows that he and his partner have a minimum of 22 points between them which is not quite enough to bid 4♣ which is a game call. He therefore bids 3♣ and hopes South has enough extra points (which he does) to bid 4♣. South therefore plays the hand and has to make 10 tricks with spades as trumps.

It is West to lead the first card as he is on the left of the person playing the hand (Declarer). He leads the K♥ as once the A♥ has gone, he hopes that his Q♥ and J♥ will be winners. South wins the A♥ in hand and the first thing he does is make a plan. He has 8 winners; 5 spade tricks, 2 diamond tricks and one heart trick. He therefore needs two more to make 10. Where does he get them from? Not from Clubs – if he leads one, he will lose 3 tricks – try it - or from diamonds. Now let us look at hearts – once South has won the A♥, there are no more hearts in dummy. So if South plays 8♥, West puts on Q♥ and is very disappointed to see his winner trumped by North's 2♠. Remember that the advantage of the trump suit is that it can beat a winner in any other suit. South can then return to his hand by winning the A♣ and trump his last heart thereby making two further tricks on top of the initial 8 achieving the target of 10. 4♣ bid and made. He has converted his 2 heart losers into winners. Neat!

Have a go with this at home. Set the cards out and try to play the hand as I have suggested above. If you have any problems, please email me on brb.carrick@gmail.com.

Bob Carrick

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Heacham Annual Parish Meeting

The Annual Parish Meeting was held at the Old Friends Hall, Heacham on 27th May 2015. A group of residents and organisation representatives, numbering approximately forty people, met with the Parish Council to hear reports on events that had occurred in the previous year and the aspirations and goals of the various village bodies.

Following the Chairman's and the Financial Reports of the Parish Council, Terry Clay and Pam Harrod provided a presentation on the Dairy Crest Building, Pound Lane. Terry outlined the process that had begun with the purchase of the property and how a Public Works Loan had been secured by the Parish Council. He then detailed how public engagement had been conducted to date on the future development of the building and the need for all residents and groups to feed into the process of what "Their" needs and requirements were for a future Community Centre.

Other groups then provided their reports. These included:-
The Heacham Group Practice, Patients' Participation Group (PPG) - who raised awareness of the size of the practice and the number of missed appointments that still affected the surgeries efficiency.

Heacham in Bloom -who highlighted their success in the previous year and thanked local residents and businesses for their continued support.

The Heacham Youth Club - who thanked the Church for the continued use of the Hall on the High Street and gave a long list of the activities the youngsters had been undertaking. They also gave a warning concerning their desire to win the best Carnival float for the second year running! (We will see!!!)

Heacham Youth and Community Trust - who emphasised their support to the development of the Community Project on Pound Lane and told the meeting of their new Charity Shop on the High Street. They made a request for volunteers to man the enterprise and articles of stock to sell.

The Queens Cottage Almshouses - who told of the success of the project to date.

The Scouts - who outlined that there were very active Beavers, Cubs and Scout groups in the village and would welcome further support from any suitable adults to maintain their groups.

Heacham Guides - who listed all their events including how they were becoming champion cake testers!

The Parish Church who told of the appointment of the Vicar and the process of the coming together of the Heacham and Snettisham Churches.

Heacham Twinning Association - who reminded residents that anyone can join the group and enjoy the experience of making new friends and sampling local produce.

The Heacham Green Team - who told of their journey from conception to the present day and their success, in particular the Bottle Top Collection, that aided the Matthew Project.

The Junior School - who told of the success in attaining a Good rating recently from an OFSTED inspection.

The Heacham Newsletter - who thanked everyone. (Because we are like that!)

The Heacham Historical Society - who reported on the burgeoning group and the change of name to the Heacham History Group. They also announced that their next meeting would take place on 9th July.

Residents then had the opportunity to raise items for discussion. Amongst these was one of disappointment that the Highways had decimated the newly planted Poppy Beds behind the Plough at Redgate Hill. They also raised their annoyance that no one had bothered to contact them concerning the matter. The Parish Council undertook to investigate the problem. Other residents highlighted concerns with the public transport and vehicles travelling the wrong way on Pound Lane.



1st Heacham Cubs

Well that was a busy term at 1st Heacham Cubs, the six weeks just flew by.

On our first night we always 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 after Grand Howl we played games.

On St George's Day (he is the patron saint of Scouts as well as England), the young leaders acted out the story of St George to the Cubs. They did have to use a bit of their imagination. The brave George was played by Mang with a shield and sword, the Dragon was Hathi dressed up in a dinosaur onesie. Then Ziggy played the Princess and Chil did a very good impression of the Enchanted Tree. Rikki narrated the play. There was a loud cheer from the Cubs when George chopped off the Dragons tail! After the play the Cubs iced biscuits with white icing and a red cross.

The following week the Cubs were able to have a look at owl pellets. Once they were soaked in sterilising solution to soften them up, the Cubs were able to pull them apart and find what was inside. It was a bit messy but the Cubs found lots of bones and skulls and we let them take them home in a little bag. (Sorry if any of them made it to school the next day!). Thanks Olly for the pellets.

We started on our Home Safety badge and this is being done by Hathi and Rikki as part of their young leader training. Rikki did the first stage which covered what to do when a water pipe bursts; how to turn the water off and who to call for help. Hathi's was a fire drill at the Cub hut and what the Cubs had to do. There are four more stages and they will be covered next term.

For something different we invited Snettisham Judo Club to join us one evening to show us the basics. All the Cubs joined in and there was a lot of giggling and some very strange Judo hold downs. Many thanks to Martin (3rd Dan) and Simon (1st Dan) from the club.

We had a Cub sleepover from Friday 8th - Saturday 9th May. The Cubs arrived on the Friday at 7.30pm and we set up the pop up tents and they then watched DVDs and ate popcorn. After hot chocolate and home made cake it was off to bed, not that any went to sleep then - there was lots of munching from the tents and giggling before they finally nodded off at 1am. They woke up at 5.30am but after a bit they drifted off to sleep again until 6.45am. Ziggy and Rama cooked them all a hearty breakfast of sausage, egg, bacon and beans with bread and butter; they also did a fantastic job of washing up. Then it was time to tidy up and play some games before the parents came at 10am on the Saturday. Thank You to Lindsay who made the cakes - they were yummy, as always!!!

Plans for the Camp in June are well under way, with lots of activities planned and our fingers crossed for good weather.

During this term we welcomed three new Cubs to our Pack, which is growing nicely again, and we hope the new Cubs learn lots of new things with us and get to do lots of things they are not usually allowed to do.

Happy Scouting to all our Cubs.

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

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

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Tue 23rd June - T.B.C

Fri 26th June - Jam with DNA

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Charity Shop coming soon...

Having now acquired 23/25 High Street, Heacham with a view to eventually passing over the site to the Parish Council to assist with the new Community Build, the shop part of the house will be opening soon as the Heacham Youth & Community Trust Charity Shop. We hope that funds raised from this venture will help the Trust support both individual and community projects.

Anyone wishing to help in the shop, even for only a few hours, please contact, in the first instance, Peter Sutton at Suttons Estate Agents, tel: 01485 570030.

Donated items will be required, but not large furniture items, electrical goods, videos, quilts or pillows. Further details of when the shop will be opening will be displayed in the shop window.

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Smithdon High School

Sports Update

It was a fantastic start to the new term with some excellent sporting performances. Listed below are just some of them.

Athletics:

Well done to the Year 7 indoor athletics team who finished second in the West Norfolk schools' indoor athletics competition.

Basketball:

Congratulations to the Girls' Basketball team who put on a fantastic performance to win the West Norfolk Schools' Basketball competition.

Well done to the Year 7 Boys' Basketball team who played really well to finish third overall in the West Norfolk Schools' Basketball competition.

5-a-side Football:

Well done to the Year 7, 5-a-side, Football team who reached the semi-finals of the West Norfolk schools' tournament.

Badminton:

Well done to the Year 10 Boys' and Girls' Badminton teams, who finished third overall in the West Norfolk Schools competition.

Cricket:

Well done to Jack Hazel of Year 8 and Aiden Doughty, Matthew Dobing and Aaron Howell of Year 10, who have been selected for the West Norfolk Cricket academy.

Norfolk Games:

The following pupils qualified and competed in the Norfolk Games: Jake Lammas – Swimming, Mollie Patterson – Table Tennis, Ed Little – Skiing and Matilda Riches – Skiing.

All the students who have represented the school were a real credit to the school and this was commented on by staff from other schools.

Examination time....

The main exam season is nearly here. Good luck to all students sitting exams. Look to your future and aim high!

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Principal, Michelle Rollason, is a retired professional dancer who now runs the school but still choreographs and directs various productions. She has got a great team of teachers behind her at the school.

Lucy Rose, who trained at Cambridge Performing Arts at Bodywork Company dance studios, is now working as a professional actress, singer and dancer and she teaches drama and street dance.

Josh Harding, who is currently studying performing arts at the renowned Bird College in Sidcup, teaches ballet, modern jazz, contemporary and musical theatre.

All students have just recently completed their exams so there is not a better time to join!

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NEWS FROM ROLLASON STAGE SCHOOL

What a busy month May has been for our students with the dance festival on 10th May; we had some excellent results. Two of our students, Tommy Rollason and Macy Hodgson, were awarded honours with 90 marks, which was an outstanding mark, for their street dance duet; this was the highest mark of the day. Lucy Elsegood and Danielle Harrowing achieved a Distinction with 89 marks for their street dance duet and Macy Hodgson and Olivia Dark were awarded Distinction with 87 marks for their modern duet.

And finally, Lucy's street crew of 20 dancers were also awarded a distinction with 88 marks which is an outstanding mark. Our students did so well at their festival. They are invited to the Princess Theatre on 5th June to the Oscars Night to be awarded gold medals to mark their high achievement. WELL DONE!

Pupils worked hard towards their exams which took place on 31st May. Pupils will be appearing at Hunstanton Carnival, Snettisham, Fete and Heacham Carnival, where we will also have a float!

Our Drama students will also be taking part in the drama festival on 12th July at the Princess Theatre in Hunstanton. All students are having a very busy summer. We have been invited to perform at the open air theatre in Scarborough for Tony Peers productions, which we're all excited about. You will also see the Rollason Stage School students in the professional production of Aladdin this Christmas at the Princess Theatre in Hunstanton.

We also have welcomed new teacher Joshua Harding to Rollason Stage School this week who is training at Bird College in Sidcup and he will be taking on various lessons at Rollason Stage School. Josh will be a great asset to our classical department.

Michelle Rollason ABTDA

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ANYONE FOR TENNIS...?

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I am not sure that Heacham Tennis Club can provide all the facilities mentioned. There is a wonderful scheme for coaching youngsters run by the long serving Richard Smith and Janice Campbell on Monday evenings.

I am also certain that Heacham Club Charity provides wonderful facilities for all sport and especially tennis, with four grass courts and a floodlit hard court at a very reasonable cost.

Mike Nobes makes a valiant attempt to keep club nights going on a Wednesday night but many of the older generation can no longer carry on. Not enough new members. I am certain that there are many tennis players in the village that could join us at about 6.15pm on Wednesdays. I am especially appealing to the longstanding members of the club from the village who play at other times, to come along and support Mike to welcome new members.

To those younger people who are devoted to football (long may that continue), give the club a chance. Play tennis. You only need two to play a game and you can go on till you are 80!

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Details of the advert may be seen on the Club Notice Board behind the Public Hall.

David Mackay



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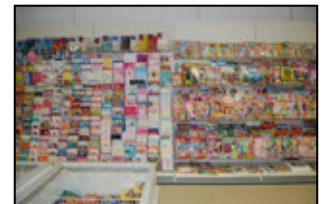
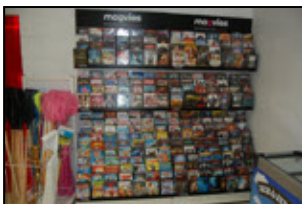
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JUNE

I saw you dancing down the ride
Laughing and singing:
Proud summer's bride,
You set the dark woods ringing
Far and wide.

So light you passed where shadows lay
Under the trees,
That straightaway
The sighing murmur of the breeze
Seemed fresh and gay.

Yet while your footprints bend the grass,
The colour dies:
And as you pass,
Ephemeral as butterflies,
Or brittle glass.

The glory of the rose is blown;
Suckled the clover;
The young birds flown;
A myriad blossom-petals, over,
Flutter down.



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Dog Poo

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On the whole, we know the majority of owners are conscientious and clean up after their pets, but unfortunately, the minority appear to believe that they have a right to let their dogs defecate in any public place and assume that it's someone else's problem to deal with.

Heacham is not the only locale to have this problem. A look through local and national newspapers, or a quick search on the web, brings forward a multitude of other sufferers and horrible tales. But such investigations also bring forth some interesting ways of tackling the problem. Some of the ideas and strategies are more extreme than others. From my quick delve into this murky subject a few of the ideas floated were:

(From the BBC Web site) "One of the problems with dog mess is that its earthy tones make it difficult to spot against the ground. Spraying it a bright colour and leaving it in situ for the owners to consider upon their return has been tried by a number of councils. In Dorset, the excrement was painted bright green, while Gloucestershire favoured orange and West Dunbartonshire bright pink."

"In Todmorden, West Yorkshire, British Waterways decorated a tree with dozens of bags of poo-filled plastic bags, to highlight the problem of owners picking the waste up - only to fling it into the foliage."

"In Brunete, a small town 20 miles from Madrid, volunteers were enlisted to look out for irresponsible owners. Many were identified from the town hall pet database and the excrement returned as "Lost Property" in a box bearing the town's insignia. A 70% drop in the amount of mess found on the streets was reported."

"Elsewhere it has been apparent that members of the public can be enlisted, if there's an incentive to collect discarded waste left by others. Residents of New Taipei City in Taiwan were offered a lottery ticket for every bag of poo they handed in. Officials collected 14,500 bags from 4,000 people, with the scheme said to have halved the amount of excrement in the city." (I must admit I like this one, and my imagination started to picture the queue outside our Parish Office, what image that does paint!)

"Plain clothes officers, surveillance vans and wardens with night vision goggles were used by Hydburn Council, to enable the handing-out of £75 on-the-spot fines to irresponsible owners."

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The most extreme measure however appears to be a proposal utilising Anti-Social Behaviour, Crime and Policing Act which enables Councils to create a Public Space Protection Order to issue on the spot fines of up to a £100 to dog walkers who are not in the possession of bags to clean up the mess.

In our village we have over 20 dog bins paid for from Parish funds, whilst on the beach there are several more that fall under the Borough Council's jurisdiction. Yet we still have this awful problem. The Borough Council's website (www.west-norfolk.gov.uk) gives details of how to report such incidents. Just search on their page for "Dog Fouling" and it will direct you to the relevant page. The following extract came from their site:

"If you are aware of a dog fouling incident as defined above or have any information on owners who do not pick up after their dogs, please report it to us using the Animal Fouling Report eForm or, alternatively, telephone the Dog Enforcement Service on 01553 616200."

Together we can make a difference to this menace on our streets, parks and beaches.

Roger Drinkwater

On behalf of Heacham Parish Council

The Telegraph

Dog poo to be DNA tested in council plan to track down lazy owners.

Barking and Dagenham say they will be the first in the UK to use forensic testing to catch owners who fail to clear up after their dogs.

SILVER SANDS PUBLIC HOUSE NORTH BEACH

**NOW OPEN DAILY FROM 12PM
FOOD SERVED ALL DAY UNTIL 9PM**

**TAKE A STROLL DOWN TO THE
BEACH & STOP OFF FOR A COOL**

BEER & A BITE TO EAT

THURSDAY NIGHT - STEAK NIGHT £6.95

FRIDAY NIGHT - CURRY NIGHT £5.95

SUNDAY - TRADITIONAL SUNDAY ROAST £6.95

ENTERTAINMENT EVERY WEEKEND

WITH ACTS TO FOLLOW

JUNE 6TH LEE MAJORS

JUNE 13TH - DALE ANDREWS

JUNE 20TH - MARK STEEL

JUNE 27TH - GARY LEWIS

EVERYBODY WELCOME

**FOR MORE INFORMATION FOLLOW US ON
FACEBOOK SILVER SANDS.
FAMILIES WELCOME**

HEACHAM PARISH COUNCIL NOTICEBOARD

Parish Council Meetings in Brief

The Annual Full Council meeting was held on 19 May. Mr Michael Williamson was elected as Chairman and Mr Daniel Parton as Vice-Chairman.

The following committees were re-established:

Finance & General Purposes

Lighting and Watching

Natural Environment

Community Activities

Community Building Project

Old Friends Hall Management

Mr B Faulkner was appointed Footpath Warden and Mr T Parish as Tree Warden. Mr C Hammond was appointed as representative to the Safer Neighbourhood Action Panel and to the Twinning Association.

Vacancy: There is a vacancy for a Parish Councillor.

The next Full Council meeting will be held on Tuesday 16 June at 7.30pm at the Parish Council Office.



Heacham Beach Party

SUNDAY 5 JULY
5.00pm-7.00pm
HEACHAM SOUTH BEACH

BBQ, KITE COMPETITION, MUSIC, GAMES AND ACTIVITIES



Heacham Carnival Parade and Fete 2015

This year's Carnival Parade and Fete will be held on Sunday 2 August. Forms to register your float, which include parade timings and route, are now available from the Parish Council Office.

Saltings

A second scrape has been made at the Saltings to encourage wildlife. The Parish Council has created the scrape under its Environmental Stewardship Agreement with Natural England.



Recreation Ground

There have been a number of incidents of vandalism at the Recreation Ground recently. Two sets of swing chains have been damaged and another piece of equipment has had to be removed because it had been rendered unsafe. The chains cost £170 per set to replace and there is the inconvenience of the swing being out of action. Would anyone witnessing acts of vandalism in the Recreation Ground please report them directly to the Police.

Any queries should be addressed to:

Heacham Parish Council Office
Jubilee Clinic, Pound Lane, Heacham
Norfolk. PE31 7ET
Tel/Fax 01485 572142

www.heachamparishcouncil.co.uk

Open Tuesday - Friday 10.00am-12.00 noon

NOTICE OF PARISH COUNCIL VACANCY

A vacancy has arisen on Heacham Parish Council for a Parish Councillor.

The Council intends to fill this vacancy by co-option.

Interested parties should contact the Parish Council Office for further information or present themselves at the next Parish Council meeting which will be held at the Parish Office on Tuesday 16 June at 7.30pm.

Lynne Butters
Parish Clerk

New Community Building Message from the Community Building Committee



Work continues behind the scenes to ensure maximum benefit is obtained for the village. We have been working closely with Heacham Infant and Nursery School and continue to consult local groups and organisations. Many more ideas have been put to the Parish Council, including that of a community cinema. Watch this space!

HELP LINES

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

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

HEACHAM & DISTRICT COMMUNITY CAR SCHEME **534777**

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

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

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

STREET LIGHT FAULT REPORT **572142**
 BOROUGH COUNCIL OFFICE **01553 616200**
 BOROUGH COUNCILLORS

Mr P. COLVIN **01485 572625**
 Mr C. MANNING **07885 258392**
 NORFOLK C C MICHAEL CHENERY **01328 823411**

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

HEACHAM POST OFFICE **570330**
 OPEN MON - FRI 08.30 To 17.30 SAT 09.00 To 13.00

EMERGENCY SERVICES
 QUEEN ELIZABETH HOSPITAL **01553 613613**
 NHS Helpline **111**

DENTIST **Emergency only for patients not registered with a dentist** **01553 769264**

COMMUNITY MIDWIFE (Ask for Hunstanton M/W) **01553 613613**
 POLICE **101**

SAMARITANS **01553 761616**
 CHILD LINE **0800 1111**

SILVER LINE **0800 4708090**
 ELECTRIC **0800 7838838**

ANGLIAN WATER **0845 7145145**
 GAS ESCAPE **0800 111999**

EMERGENCY 24hrs VETERINARY CLINICS **01485 570065**

HUNSTANTON LIBRARY **532280**

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

HEACHAM CHALK PIT RECYCLING CENTRE

Summer opening times are 9am - 6pm. Winter opening times, which apply from 1st October to 31st March, are 9am - 4pm.

HEACHAM COMMUNITY WEBSITES

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

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

Sandringham IRONCRAFT

**HIGH QUALITY ORNAMENTAL IRONWORK
AND STEEL FABRICATION**

**Unit 4, Cheney Crescent, Heacham
Tel: 571129**

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KINGS LYNN

Norfolk Green

Service 10 (Mon-Fri)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0647 first bus to Kings Lynn then three times an hour from 0826
 0654 first bus to Hunstanton then three times an hour from 0918

Service 10 (Saturday)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0647 first bus to Kings Lynn then three times an hour from 0826
 0714 first bus to Hunstanton then three times an hour from 0918

Service 10 (Sunday)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0908 first bus to Kings Lynn, then twice an hour from 1054.
 0843 first bus to Hunstanton, then twice an hour from 1016

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Smithdon High School Bus

Service 401

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

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Coasthopper Service

Kings Lynn to Cromer & Fakenham Via Heacham (Norfolk Lavender, Lodge Rd & Heacham Manor) Sheringham, Holme, Thornham, Titchwell, Brancaster, Wells, Sheringham.

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lynx (lynxbus)

Service 35 (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd
 0737 first bus to Kings Lynn then twice an hour from 0827
 0707 first bus to Hunstanton then twice an hour from 0954

Service 35 (Sunday)

Via:- Fox & Hounds and Lodge Rd
 0907 first bus to Kings Lynn then twice an hour from 10.42
 0834 first bus to Hunstanton then twice an hour from 1009

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Bus Enquiries

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

www.lynxbus.co.uk **Tel: 07432 036330**

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WNCT - DIAL-a-BUS Service

Heacham to Kings Lynn via Snettisham, Ingoldisthorpe, Dersingham, Sandringham, & Castle Rising Every Tuesday, Wednesday & Friday
 £5 return (£3 return for Concessionary Bus Pass Holders)

For more info, a Membership form or to book **Tel: 01553 770310**

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Main pick up points for The Heacham Newsletter.

First Saturday each month except January.

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

HEACHAM HALLS

Public Hall **570776**
 Pine Residents Hall, Wilton Road Mrs Crisp **579440**
 Methodist Church Hall, Station Road Mike Careless **570363**
 St Mary's Church Hall, High Street Mon, Wed, Fri 10.30 to 12.30 **572539**
 Old Friends Hall Sunnyside Close **572142**
 Heacham Scout Hut **572890**

MOBILE LIBRARY

ROUTE WEL 124	(Mondays)	ROUTE WEL 123	
8th/22nd	June	1st /15th/29th	
COLLINGWOOD CLOSE	09.55	ROBIN HILL	10.40
SOUTHMOOR DRIVE	10.10	RINGSTEAD ROAD	11.00
SANDRINGHAM DRIVE	10.30	NEVILLE Court	11.45
FENSIDE	10.45	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.00	PINE MALL	12.30
WOODSIDE AVE	11.45	SITKA CLOSE	12.50
NOURSE DRIVE/Ingleby CL	12.25	SUNNYSIDE	14.15
ROLFE CRESCENT	13.55	MEADOW RD	14.40
BUSHEL & STRIKE	14.15	POPLAR AVE	15.25
GIDNEY DRIVE	14.30	GYMKHANA WAY	15.45
BANKSIDE	14.50	JENNINGS CLOSE	16.10
MARRAM Way/Norway CL	15.05	COLLEGE DR/Gonville	16.45
MARRAM Way/Spruce CL	15.20		
MARRAM Way/Neville RD	15.35		