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

It will take place at:-
Heacham Church Hall, High Street
on Thursday 17 March at 7.30pm
Under the Chairmanship of Mr R Drinkwater
(Chairman of the Annual Parish Meeting)

Refreshments will be provided following the meeting

 Deadline for the next edition is 12 noon, Thursday 17th March

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET
E-MAIL: theheachamnewsletter@yahoo.co.uk DIARY-WHAT’S ON: Derek (01485 579403)
ADVERTISING: Moira Barnes (01485 570401) Adverts cost £15, £30 or £60 per month
THE TEAM: David Barker - Moira Barnes - Pat Barrow - Derek Chester - Brian Faulkner
Kerry Long - Dean Rawnsley - Robby Topliss

THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

A voluntary non-profit publication produced with financial assistance from Heacham Parish Council
**THE PANTRY**

**TRADITIONAL TEA-ROOM**
28 HIGH STREET, HEACHAM

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Christina Thain & Co
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Please note that our new address is:-

‘Beamish’
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Ringstead,
Hunstanton, Norfolk PE36 5JU

Telephone No: 01485 525458

Appointments in your own home, or at Suttons Estate Agents,
29 High Street, Heacham.

The same friendly, efficient service - only the address has changed!

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**In Memoriam**

This edition of The Heacham Newsletter is dedicated to the life of Mary-Anne Pinder who died recently after a long fight against cancer. Mary-Anne was a member of the Newsletter team from September 2001 until December 2008 as our valued secretary and typed up the hand written contributions from readers. Our condolences go to her husband John and family.

---

* Sandringham Drive

Dear Newsletter,

Pathfinder Project - Sea Defences

I was appalled when I read your report on the Pathfinder Project.

We have road tax, car tax, fuel tax, VAT on every tax - supposedly to build and maintain roads - yet we have roads approaching the standards of the former East German Republic. We pay income tax, council tax and water tax, yet the service we get is lousy.

The previous government in its wisdom sold off the water companies to private enterprise - yet profits and dividends seem to take priority over service. After wet winters we are threatened with droughts and hosepipe bans; we are expected to pay extra for repairs on leaky pipes and now sea defences - which are surely part of the package which private companies took on when they bought our water.

Sorry, but I don't see why we should pay a penny more - the responsibility lies with the government and the private water companies.

There are basic things to which we all have a right - food, water, power to heat and cook, and the facility for free movement. Why should we pay for them twice over at exorbitant rates?

It is a continual source of surprise to me that the people of this country are prepared to put up with so much when we see riots in France and revolutions in the Middle East. Our politicians really don't get it, do they?

Pete Widdows

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PLEASE NOTE: ALL ITEMS FOR PUBLICATION MUST BE ACCOMPANIED BY THE WRITER'S FULL NAME AND ADDRESS details will be withheld if requested

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SORRY FOR ANY MISUNDERSTANDING in our Thank You to Sue & Dave

To those few people who felt the need to criticise, I would like to set the records straight regarding our Bingo parties. Sue spends much time organising our Easter & Christmas events and parties (as well as working), then Sue and Sally usually go shopping together for items required.

As Sue works and Sally is retired, Sally enjoys preparing for our parties and does have some help from others who pop in but, we all feel the kitchen is Sally’s baby during Bingo. So to those people who have caused this unrest, if you are not a member, please do not upset people without knowing all the facts, if you are, then offer to help!!!

To all Bingo members, sorry if the way I wrote our ‘Thank You’ misled or upset anyone.

Viv Walker

MALCOLM AND HEATHER WOULD LIKE TO ANNOUNCE THEIR ENGAGEMENT

Malcolm Brooks of Moulam & Horn, and Heather, only daughter of Maisie and the late Jack Smalls of Meadow Road are delighted to announce their engagement and would like to thank the Village for their support.

Steve Davies, Vicar of Heacham

The Vicarage, Church Lane

Dear Newsletter

Churchyard wall is falling down - appeal for funding

Those with long memories in this village (and I have come to know that there are many of you!) may well remember part of the southern churchyard wall being repaired over twenty years ago. At the time 15 metres was rebuilt and it was said that the remainder would be rebuilt within ten years. Thankfully that has not proved necessary although the number of patched repairs has been increasing.

With the decay in the wall and the short term nature of patching the advice is that the wall should be rebuilt from the boundary with the almshouses to the point where the wall was rebuilt those twenty years ago.

We had to ask a structural engineer to provide a report and he had this to say:

“The wall between these two sections [by the almshouses and by the church path] alongside the Church Lane frontage is of very considerable age, in poor condition and has suffered a considerable degree of erosion. It is of approximately one and a half metres in height and is retaining approximately to a height of one metre. It is also leaning in towards the road frontage and clearly has little structural integrity. Total reconstruction is proposed.”

Not good news; the churchyard spilling onto Church Lane is somewhere I do not want to go.

The Parish Council has offered help to the Church for which I am grateful. The church is seeking to raise money as we do not have funds to pay for the rebuilding. Which is why I am appealing to those who love and use the church and churchyard to help us raise the money for this Grade II listed wall. Estimates give the cost around £47,000 (VAT included but excluding professional fees). The church has accumulated about £21,000 towards the cost, has been given a long term interest free loan of £10,000 and has received other gifts towards the overall total. We now look for ways of raising the rest. Elsewhere in the Newsletter you will find details of a Friends of St Mary’s idea to help maintain the Church fabric - please read that for more information.

If you would like to be part of this “rescue operation” we would be very grateful if you could leave your gift at the Church Office (at the Church Hall) in an envelope marked “Churchyard”. If you prefer to have more details, please telephone Mary Sanders on 01485 570264. If you are lucky enough to pay tax and can sign a Gift Aid declaration the church can reclaim the tax you have already paid on the amount of your gift - details from Mary. The plan is to include a plaque in the wall as a memorial to those who help rebuild; if we get 5000 donors we will not be listing every name! It will be good to recognise the contribution of the village to the continued life of the churchyard. I am aware I asked for help last year: the rebuilding will finally start in April this year.

With my grateful thanks in advance,

Steve Davies, Vicar of Heacham

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Malcolm Brooks of Moulam & Horn, and Heather, only daughter of Maisie and the late Jack Smalls of Meadow Road are delighted to announce their engagement and would like to thank the Village for their support.

***************
You are cordially invited to
27th Annual 12-Hour Sponsored
MUSIC & ENTERTAINMENT MARATHON
at the Church Hall, High Street, Heacham
on Saturday 19th March
from 10 a.m. to 10 p.m.
Free Admission and refreshments!
A donation of your choice may be made,
to be shared equally between this year’s nominated charities:-
MULTIPLE SCLEROSIS RESEARCH
ASBESTOS-RELATED CANCER RESEARCH
LIFELINE 4 CHERNOBYL
All musicians, singers & entertainers are invited to take part.
For further information & sponsor forms please ring 07737 035655.

The Heacham Library project celebrates its 10th anniversary this month. We would like to thank all the volunteers past and present for their time and support as without them this project would not be possible.
The first of a series of “introduction to the internet” courses took place on 12 February. We are grateful to Alan, the Manager at Hunstanton Library for teaching this first one on his day off. Several more sessions will be scheduled in March. Use of the computers is free and residents do not need to be library members to use this service. We operate a drop in system, so there is no need to book. This may change as demand grows, but we will keep you posted.
An ideal tip if you are going on holiday, pick up a book for next to nothing from our book clearance table.

Woodend Road

Dear Newsletter,

The Virgin London Marathon April 17th
I would like to start by thanking everyone who helped me raise so much for the Norfolk Hospice, Tapping House in 2008.
In April I am running my second London Marathon, once again for our local hospice: the Norfolk Hospice Tapping House. Please help if you can to raise money for a worthy cause, by sponsoring me online at justgiving.com/arthur-nicholl or contact me at home on 01485 570675.
Any help would be greatly appreciated. Thank you.

Arthur Nicholl

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Arthur Nicholl running in the 2008 London Marathon

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* BATHROOMS *

Heacham Library Opening Hours
Monday, Wednesday, Friday - 10am-4.00pm
Saturday - 10.00am – Noon
5

SATURDAY 12th March
7:30pm
Heacham & Criteuil-la-Magdeleine
Twinning Association

BARN DANCE

No partner or previous experience necessary...
Just come and join us for an unforgettable evening!

Venue: HEACHAM JUNIOR SCHOOL
COLLEGE DRIVE
(Hall provided courtesy of Heacham Junior School)

TICKETS £7.50
Inc. Buffet supper

N.B. Bring your own drinks & glasses
A raffle will also be held

Tickets and further information available from:
Sue & Dudley on 01485 572252

All tickets must be purchased in advance for catering purposes

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Heacham in 1921

The article about Heacham in the 1830’s gave an interesting list of names, many of which are still recognisable in the village today. One descendant born in Caley Farm in 1902 was brought up to think of Heacham as home and had holidays here almost every year until he died.

After a year's absence he spent 3 days here in early October, 1921, (90 years ago) and wrote a long detailed letter to his mother about what he did and the changes he noticed. His comments on the first afternoon, arriving from Hunstanton in a car, going to the station and walking back towards Cannon Corner.

1. The War Memorial is lovely. The photo does not give an adequate idea: for the colour of the stone and surroundings is required and also relief. Apparently Louis designed it. [The new war memorial was designed by Louis de Soissons. Louis was the planner and architect for Welwyn GardenCity.]

2. The high wall at Cannon Corner [The north west corner] has been cut down, so that motorists and cyclists may see right across.

3. The hedge in front of the Village Hall (now the Social Club) had been reduced slightly enabling one to see a field gun - a war trophy- which has hitherto been more or less hidden by it.

4. The next new feature I noticed was a garage, placed opposite the Manor Farm not far from Spencers's old bakery. It is not a swagger garage but built on the cheap and modest looking. [On March 17th 1920 G.W. Spencer charged 5d for a loaf of bread. Half a loaf was 2½d.]

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Another Descendant
Greetings from the manse,
The title page to the 1611 first edition of the Authorized Version

The title page to the 1611 first edition of the Authorized Version

CHURCHES TOGETHER IN HEACHAM

Greetings from the manse,
The title page to the 1611 first edition of the Authorized Version Bible.

2011 marks the 400th anniversary of the completion and introduction of the King James Bible. Its words and phrases and rhythms have penetrated deeply into our language and over the years it has been held in such great affection by the nation, treasured as a symbol of national culture and heritage. Even today, in a secular world, for many it is the Bible, the book to be used at special and important occasions where the scriptures make an appearance. But the question is to my mind, do people read the Bible? I have a sermon entitled “Use of the Bible.” I list some of the uses I have seen over the years, for example, as a doormat, collecting dust on bookshelves, somewhere to record family details etc. It’s really at it’s best and most useful when it is read.

There will be 400th anniversary events to mark the occasion right around the English speaking world, and Hunstanton Methodist Church in our little way is organising a weekend of events in April, 8-10th, to celebrate, promote and encourage the regular reading of the Bible in conjunction with the “Bible Fresh E100 Bible Reading Challenge.” And we are pleased to have Naomi Starkey as the key note speaker. Naomi is an author and Commissioning Editor for the Bible Reading Fellowship. She also writes for New Daylight Bible reading notes.

There is another little anniversary in 2011 for me, it will be 40 years since I did “O level Religious Knowledge”, and got an A grade! I was taught by my maths teacher a lovely Christian man. I can remember really enjoying a first serious and reasonably systematic study of scripture. Little did I think that later I would study theology at university and train for the Methodist ministry. However, to me this was the beginning of a serious relationship with the Bible that continues on a number of levels, devotional, spiritual, as a disciple and follower of Christ in a living relationship. But it is important also to me to study the Bible, especially the New Testament and its world, using the tools of historical method and ancient languages. I have never had any difficulty combining the two and indeed would find it almost impossible to do the one without the other.

Elsewhere I am writing a monthly article giving a different perspective on the New Testament, with the hope that modern people will find a renewed interest in the Bible and a new commitment to engage with its pages and just read it!

In this article I offer you the simple observation that we do not have the original texts of the New Testament. The original scripts are lost. It seems an obvious thing to say but it is hardly thought about.

If it is then the presumption is that “it's the Bible” so all the copies would be the same. The texts we have are most definitely not all the same.

These originals are called “the autographs”, the text, as it were, that left the hand of the writer as he intended it to be, as it was intended to be. In fact, we don’t have copies of the autographs, or copies of the copies of the copies. But what we do have in existence are about 1500 texts of the writings or books of the New Testament, a few “extant” (whole documents in codices etc.) or in parts and fragments (some as small as postage stamps with just a few words or letters!) which are dated variously by scholars at the earliest to the opening to middle years of the 1st century AD. Did you really think they would agree! All the books of the New Testament were endlessly copied and passed around the Christian communities of the Roman world. There was no thought of conservation of the originals as precious documents for posterity as we would today. They were to be read and circulated and copied in the cause of Christian ministry, mission and community. It was all very practical.

The question is then put, how do you know you have the correct text as it was meant to be or you might say, as God intended it? Actually in a sense, you don't! And when manuscripts and texts are compared it is evident that there are differences, in fact a lot of differences. It is calculated that there are as many differences between the existing copies of the writings of the New Testament as the number of words it contains. Most Bibles carry reference to some of these differences even in a very limited way, when a verse is highlighted usually with a letter that steers you to the margin or bottom of the page and gives an alternative reading from other “ancient authorities”. So now you know!

The King James “version” as it says on the cover of my own copy, is itself the product of the scholarly work of 47 translators, Godly and faithful men of the Church of England, commissioned by James I in 1604, working on the manuscripts and texts that they had before them, to bring about the best translation they could to the glory and purposes of God. It took 7 years and doubtless much prayer and discussion!

The objective then is to arrive at an agreed text that carries support as the best text in representing the original. Within Biblical studies this discipline is called textual criticism and it has kept me busy and enthralled for many years now.

More another time.

With every blessing for Lent,

Rev. Kim Nally

PARISH REGISTERS

Baptisms
06/02/11 Brooke Louise Bale
   Daughter of Andrew and Katherine
   “For anyone who is in Christ there is a new creation”

Faithful Departed (Church linked funerals)
28/01/11 Alan Walker 80
07/02/11 Gladys Hubbard 104
09/02/11 Phyllis Mary Davis 88

“Blessed are those who mourn for they will be comforted”
We do extend our sympathy and condolences to all who have been bereaved, the church prays for friends and family at the Sunday morning services around the time of the funeral.

METHODIST CHURCH Sunday Services
10.30am Morning Worship
Preachers:
6th March – Brian Ogden
13th March – Mike Gunnell
20th March – Rev’d Alison Davies
27th March – Lionel Goult
Midweek Communion Service: This will be on Wednesday 9th March at 10.30am. All who love the Lord are welcome to attend.

Regular Activities at the Methodist Church
New members are welcome to all our regular activities.
MONDAYS: Indoor Bowls 7pm - weekly
TUESDAYS: Ladies’ Fellowship 2.45pm on 8th and 22nd March
TUESDAYS: Hands and Needles Club: 7.30pm on 8th and 22nd March

Saturday Coffee Mornings
A new season of weekly coffee mornings will begin on Saturday 26th March, 9.30-11.30am. All welcome.

Lent
Methodist Church members and friends have been invited to the Anglican Deanery Lent Services which are on Wednesday evenings. Locations and details will be found at the foot of this column.

ST. MARY’S PARISH CHURCH: Sunday Services
8.00am Holy Communion (Book of Common Prayer)
10.00am Morning Worship (Holy Communion on 2nd Sunday) Provision for children during service
10.30am Morning Worship at Junior School (Holy Communion on 3rd Sunday)
6.00pm Evening Service (Holy Communion on 5th Sunday)

Saturday 9th April at 7.00.p.m.
Morning All-Age Worship Sunday 10th April at 10.30.a.m.
Naomi is an author and a commissioning editor for the Bible Reading Fellowship
Come and explore the Bible and discover its relevance to today ............

CATHOLIC PARISH OF HUNSTANTON
- WHICH INCLUDES HEACHAM
Our Lady of Perpetual Succour & St Edmund
Sandringham Road, Hunstanton
Sunday Mass: 11am
St Cecilia’s
Mountbatten Road, Dersingham
Sunday Mass: 9am
Parish Priest: Fr James Fyfe, 81 Mountbatten Road, Dersingham, PE31 6YE Tel: 01485 543818
Website: www.hunstantoncatholicparish.org
Weekday Masses:
(subject to change, please check church notice boards, website, or phone)
Mon, Thu, Fri, Sat: 9am at St Theresa’s Convent, 27 Sandringham Rd, Hunstanton
Wednesday: 10.15am at St Cecilia’s, Dersingham
Lent begins on Ash Wednesday, March 8th, and ashes will be blessed and distributed at the 10.15 am Mass at St Cecilia’s. On Shrove Tuesday, March 7th, there will be a pancake celebration, also at St Cecilia’s.
We are always pleased to welcome visitors to our churches - both those from the local area and those from further afield. Refreshments are served after the 11am Mass every Sunday at the church in Hunstanton, and after the 9am Mass at Dersingham on the first Sunday of the month. We also have a friendly and informal gathering after the 10.15 Mass at Dersingham on Wednesdays. Do come and visit - we’d love to see you.

HUNSTANTON METHODIST CHURCH
...........at the top of Austin Street............
CELEBRATE THE ‘YEAR OF THE BIBLE’ with a Bible-Awareness Weekend

‘JUST DO WHAT IT SAYS ON THE TIN’
8 - 10 APRIL 2011
Interactive exhibition
8th & 9th April from 10.00 a.m. - 4.00.p.m.
10th April 12.30 - 4.00.p.m.

KEYNOTE SPEAKER: NAOMI STARKEY
Saturday 9th April at 7.00.p.m.
St Mary’s Church
Sedgford Road, Docking
PE31 8LJ
Tickets £5
Tel 01485 517172
andrew@thelholands.co.uk
Heacham Christian Bookshop

ST. MARY’S PARISH CHURCH: Sunday Services
8.00am Holy Communion (Book of Common Prayer)
10.00am Morning Worship (Holy Communion on 2nd Sunday) Provision for children during service
10.30am Morning Worship at Junior School (Holy Communion on 3rd Sunday)
6.00pm Evening Service (Holy Communion on 5th Sunday)

Special: Ash Wednesday, 11.30am and 7.30pm there will be services of Holy Communion in St Mary's church.

On Wednesday mornings in Lent (16, 23, 30 March, 6 & 13 April) there will be a service of Holy Communion in St Mary's at 11.30am followed by a bread and soup lunch. Monies raised will go to the support the Bishop's Lent project.

Church Contacts (telephone code 01485)
Methodist Church The Rev’d Kim Nally 570232
St Mary’s Church The Rev’d Steve Davies 570268
St Mary’s Church Office 572539
email: heacham.church@googlemail.com

March Services: Nursing/Residential Homes
Tues 1st 2.30pm Rebecca Court
Mon 14th 11.00am Holy Communion at Millbridge
Wed 16th 2.30pm Summerville
Sun 20th 7.30pm Neville Court
Fri 25th 10.30am Fridhem
Fri 25th 2.30pm Sunnyside

DEANERY LENT SERVICES FOR 2011
All dates are Wednesdays; all start at 7pm
March 16th St. Nicholas, Dersingham
March 23rd St. Mary’s, Snetshill
March 30th St. Mary Magdalen, Sandringham
April 6th St. Mary’s, Old Hunstanton
April 13th St. Mary’s, Heacham

These united services give members of local churches the chance to meet together during the weeks of Lent. Over these five weeks we follow the journey that Jesus took from birth to death and beyond as recorded in the Gospel of Matthew.

The five sessions will look at:
The Visit of the Wise Men
The Beatitudes
The Stilling of the Storm
The Transfiguration
The Parable of the Vineyard

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The Visit of the Wise Men
The Beatitudes
The Stilling of the Storm
The Transfiguration
The Parable of the Vineyard
MARCH IN NORFOLK

Birds for beginners - Thursday 10 & Tuesday 29 March, 10.15am
Join one of our local experts to learn about the birds on the reserve, visiting the hides overlooking Cley’s famous pools. You can bring your own binoculars or hire from our limited supply available at the visitor centre. These walks last about two hours.
Venue: Meet at NWT Cley Marshes visitors centre
Cost: Adults: £5, NWT members and children: £3
Prebook: There are only ten places on each walk, so booking in advance is essential (call 01263 740008)

Walks with the warden - Wednesday 16 & 23 March, 10.15am
These walks are led by Bernard Bishop, the reserve warden of nearly forty years. Bernard is also the third generation of his family to work at Cley, so come along and spend a fascinating couple of hours in his company exploring this wonderful wetland reserve.
Venue: Meet at NWT Cley Marshes visitors centre
Cost: Adults: £5, NWT members and children: £3
Prebook: There are only ten places on each walk, so booking in advance is essential (call 01263 740008)

High tide at Snettisham - Thursday 24 March, 7.45am - noon.
A morning walk to see wintering waders at this popular RSPB reserve. Birds should be moving close to the hides as high tide approaches at approx 9.00am.
Venue: Meet in the reserve car park, grid ref: TF 654 334
Cost: Free to members, non-members: £1

The flora, fauna and people of Madagascar - Thursday 24 March, 7.30 - 9.45pm
Sue Traer, assistant ecologist at Norfolk Wildlife Services (NWT’s consultancy company) will give an illustrated account of the three months she spent in south-east Madagascar working as a volunteer with Azafady. Her work included a survey of the lemur populations in the area, monitoring and researching the general flora and fauna of the forest and raising the locals’ awareness of issues surrounding the environment.
Venue: Hunstanton Methodist Church Hall, Austin Street, Hunstanton PE36 6AL
Cost: Members: £1.50, non-members: £2 (includes refreshments)
We do not have the space to list all events here so for details of more wildlife events around Norfolk, and for more information about the Norfolk Wildlife Trust, please go to: norfolkwildlifetrust.org.uk

THIS IS YOUR PARISH CHURCH - YOUR HERITAGE

St. Mary the Virgin Parish Church is a 13th-century building of historical interest and outstanding beauty, a unique place of worship and communal gathering throughout seven centuries. As the Vicar explains in this issue's letter, several of its features are in need of careful restoration.

Would you like to help with a fund-raising project, or through donations, to ensure that the building remains the pride of Heacham?

Your ideas for this will be welcome at an Open Forum with light refreshments, to be held in:
ST MARY’S CHURCH HALL, HIGH STREET on MONDAY 4th APRIL at 7.30 p.m.

J.C. Hammond
Carpenter/Joiner
From Flooring to Roofing and Everything In Between!
Local, Reliable Service - Competitive Rates
Snettisham (01485) 541220 07944 281960
www.snettishamcarpentry.co.uk
No job too big or too small - All work Guaranteed and Insured
Smithdon High School Presents
The Wizard of Oz, By Frank Baum

The school is very proud to announce this year's production of The Wizard of Oz. The students and I have thoroughly enjoyed the process of the rehearsals this year. There promises to be more challenges in this production than ever before. The technicalities alone are pushing the team this year, as well as employing other dramatic strategies we have not used before, such as the use of animals, and witches, and floating balloons!

We are very proud of the production and what it reflects. This is one of the areas that Smithdon excels in: working with young people in a variety of age groups. The production also fosters links with the community, and businesses, which have kindly agreed to sponsor us this year, so a big thank you goes to those companies.

The musical side of the piece has been ably sorted by our Musical Director Mr Ellis. This production we are employing a 24 piece classical orchestra, to maintain the very high standards that we have achieved over the years. The orchestra is to be made up of a mix of students and professional players.

There are going to be many technical and practical challenges in this year's production. We have two teams of leading actors, so this will open up the principal roles to more students, which has been working well. There are also numerous performers taking part such as Munchkins and monkeys, etc. We have a star performer, by the name of Ruby, making her debut on stage as Toto.

The story, if one is unsure is as follows, Little Dorothy Gale of Kansas, like so many girls her age, dreams of what lies over the rainbow. One day a tornado hits her farm and carries her away over the rainbow to another world. Come join Dorothy, the Scarecrow, the Tinman, the Cowardly Lion and Toto as they travel the universe of Dorothy's imagination. There are many songs we all know in THE WIZARD OF OZ. They include the songs Over the Rainbow, Munchkinland (Ding Dong! The Witch Is Dead), If I Only Had A Brain, If I Only Had A Heart, If I Only Had The Nerve, We're Off To See the Wizard (Follow the Yellow Brick Road), The Jitterbug, and the Merry Old Land of Oz. The RSC version (the Smithdon version), also includes Poppies (Optimistic Voices) and If I Were King of the Forest.

The Original version is the more theatrically conservative and employs its stage, actors, singers, dancers and musicians in traditional ways to tell Mr. Baum's story. The story and the music are treated by the adapters as elements of a classic stage musical without reference to their use in the film.

The RSC version, which is the version Smithdon is employing, is a more technically complex production and uses as much of the aura of the film as is possible to create in a modern theatre. It is an adaption for live stage performance, even while it strives to look and sound just like the famous film, in telling the story.

Vegetable, fruit and herb gardener.

- Sales of ready to plant seedlings including some unusual varieties.
- Erect greenhouses, polytunnels and rabbit proof fencing.
- Construct raised beds.
- Prepare or maintain your vegetable patch.
- Find my market stall at the Fakenham and Creake Abbey Farmers’ Markets.

The Garden Farmer
Bryan Beers 01485 540724
www.thegardenfarmer.co.uk
During March people will start receiving their annual Council Tax or Business Rates bills. This year's bills feature a bar code on the bottom of the bill which enables people who don't pay by Direct Debit or online to pay their bill at any Post Office or PayPoint outlet. Bar codes will also be appearing on other council bills, including those for brown bin renewals and Careline.

The bar-coded bills are being introduced in readiness for the closure of the council's cash offices in King's Lynn, Downham Market and Hunstanton on 31 March 2011. From 1 April cash payments will no longer be accepted at these council offices. Instead, if people wish to continue to pay their bills in cash, they can do so, for free, at any PayPoint or Post Office outlet. There are currently more than 50 PayPoint and Post Office outlets in West Norfolk.

Honor Howell, Customer Information Centre Manager, said: “People's habits are clearly changing and now around 70% of people pay their council tax by direct debit. Usage of our cash offices has declined significantly. We believe that by changing to the more widely-available Post Office and PayPoint option we are giving people more choice about when and where they can pay as well as encouraging people in rural areas to support their local shops and Post Offices.”

Customers will need to give their bill to the shop assistant, telling them how much they want to pay. The assistant will scan the bar code, process the payment and return the bill for use next time.

Other payment methods are available, including Direct Debit, 24-hour automated telephone, on-line and postal payments. For more information on ways to pay, visit www.west-norfolk.gov.uk or call the Council Information Centre on 01553 616200.
Did you know there are over 30 million overweight people in the U.K. alone? The U.K. have more overweight people than any where else in the Western world. Why? I suppose because we have an abundance of food and drink and we get into bad habits, become overweight and then struggle to do something about it.

All the members at Slimming World have tried to lose weight at home, by themselves at one time or another and I speak from experience when I say - it doesn't work! A lot of members have tried various ways to lose weight and then they come to Slimming World and find out how easy it is!

With Slimming World no one ever has to be hungry. You don't have to buy ‘special foods’. No food is banned! Slimming World is based around healthy eating and for 41 years we have been helping people to lose weight successfully and more importantly to keep it off. Every Consultant was a member, so we know how hard it is to take that first step through the door.

From 28th February we are encouraging our members to bring someone along to our meeting. Our slogan for our Beat Obesity Campaign is:

‘If you care, fill a chair’

You can come along and see what we get up to. Maybe you know someone who has lost a lot of weight with Slimming World and you are interested to see how they did it. When someone asks you to come along to a meeting - there is no commitment to join us - come and see what we are all about. There are free taster evenings, competitions, recipes and lots of fun in group.

Maybe the whole family wants to lose a bit of weight. Children are welcome between the ages of 11 - 15 and providing they come with a parent or guardian they are free of charge.

If you want to know more, then please feel free to give me a ring on 01485 528796 or 07515 648928. I will be happy to have a chat with you. Or you can just turn up any Tuesday, prompt at 6.30.p.m. You will be met at the door and made to feel welcome. Every new member is given the opportunity to sit through group on the their first night and decide at the end if they want to join us.

Help us Beat Obesity and do a friend a favour by bringing them along to our meeting. It really could change their life for the better.

My recipe for March is something for the fish lovers among us.

**HADDOCK AND PEPPERS**

**Ingredients:**
- 2 large peppers (halved)
- 4 haddock fillets
- tub Quark
- Bag of spinach leaves
- Fresh basil
- Garlic
- Teasp mustard
- Salt and pepper
- Sliced tomatoes

**Method:**
Roast pepper halves in a preheated oven 190C/Gas5 for 15 minutes. Wilt a bag of spinach with a little crushed garlic in a large pan for 2 minutes. Mix some quark, chopped basil and mustard with some seasoning and spread over haddock fillets. Arrange sliced tomatoes on top and place on a baking tray lined with baking parchment. Fill the peppers with the spinach and cover with foil. Place back in the oven along with the tray of haddock. Cook for 20-25 minutes (depending on the thickness of the fish). Serve with the pepper halves and some new potatoes if desired.

Enjoy

Julie Goddard (Consultant Slimming World)
Are You Healthy?  
Or Do You Just Think You Are?

We can all make resolutions to improve our diet, or take more exercise. But do you know what your actual risk of developing heart disease or diabetes is?

NHS Norfolk is offering an exciting new service: a free health-check for people aged 40 to 74 years old. We can check your weight, blood pressure, and measure your cholesterol and blood sugar levels. This allows us to calculate your risk of developing heart disease or diabetes. You can then be given tailored advice on how to make changes to your lifestyle to reduce your risk.

We know that the risk of developing these diseases increases with age. The good news is, you can do something about it.

So if you are aged 40-74, and not already diagnosed with high blood pressure, high cholesterol, diabetes, kidney or heart disease, or stroke, make your appointment now, and look forward to a healthier and happier new year.

Lincs Co-op Pharmacy  
8 Valentine Road  
Hunstanton  
01485 532829  
(The above item is repeated from last month as the original telephone number was printed incompletely)

The Great Norfolk Dinner Party  
18th–31st March 2011

We are pleased to announce the launch of The Great Norfolk Dinner Party - test your culinary skills and help raise the funds for The Norfolk Hospice.

Renowned TV Chef Galton Blackiston of Morston Hall and Michelin Star owners Kevin & Jacki Mangeolles of The Neptune Restaurant, Old Hunstanton are both generously providing Menus and Recipes catering for all abilities.

Why not throw a dinner party yourself, using the menu and recipes provided which caters for all cooking abilities.

Alternatively visit one of the Restaurants who are supporting us (see below).

Please contact The Fundraising Office for your Information & Recipe Pack ~ Suggested donation of £5.00 to the Hospice to help with printing/postage costs.

Fundraising Office: 01485 542891  
email: amanda.standen@norfolkhospice.org.uk

Titchwell Manor ~ Monday 28 March ~ Three course lunch or dinner,  
£25 per head ~ tel: 01485 210221 TO BOOK  
Riverside Restaurant, Kings Lynn ~ Wednesday 30 March ~ Three course dinner,  
£25 per head ~ tel: 01553 773134  
The Rose & Crown, Harpley ~ dates throughout March ~ see our website for further details

If you own a catering establishment and would like to participate please contact:  
The Fundraising Office ~ www.norfolkhospice.org.uk
Heacham Digital Camera Club Update

Viv Walker presented the award for Photographer of the Year 2010 to Clive Hollingworth. Clive entered the highest number of photographs voted 1st & 2nd place in our Monthly themes throughout 2010. Congratulations and well done to Clive.

Ray Hanford presented the award for Photograph of the Year 2010 to Kelly Rix. Kelly's photograph was voted the best of the year from all Monthly theme First & Second place entries. Congratulations and well done to Kelly.

Kelly has also had a photograph published in Photography Monthly Magazine.

Trevor Brown has his photograph of 'Kings Lynn approaching darkness' in The Wash Calendar 2010, which can still be purchased locally.

Club members photographs continue to be used in local promotions and publications which we are very proud of.

For anyone wanting more information regarding our club, either email heachamdigitalcameraclub@yahoo.co.uk or call Viv on 07906056019.

Viv Walker presenting the “Photographer of the Year 2010” award to Clive Hollingworth

Ray Hanford presenting the “Photograph of the Year 2010” award to Kelly Rix
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I Was The Weakest Link (continued from last month)

After several hours of preparation, finally it was show-time! We filed out behind a clipboard carrying assistant, through cold corridors roughly finished, cables taped down across the floor, beside long black curtains hanging from a high ceiling. At last, through a gap in the thick curtains, we emerged into the studio, within sight of the familiar arc of podiums with the central hub where Anne stands. It was colourfully lit, as it is for the show, surrounded by spaces shrouded in black curtains. When they have a celebrity version an audience sits in this area, but for us it was empty.

We went to our given places and began yet another lengthy process, some of us being asked to stand on extra podiums so that all contestants were of similar height and the camera didn’t have to bob up and down as it swung round the semi-circle. They explained which side of one’s podium to use when stepping down, if voted off. They told us how the voting is done - you spend ages writing a name on the oval board, going over and over it in mime while they film everyone doing it, then filming stops, you put your board back in its place and a man comes round turning it over, so that when next you pick it up you can spin it to face Anne and it will be the right way up. Pick it up and hold it when Anne says, 'Voting over...' and spin it round to reveal the name when the camera comes to you and the red light goes on. Spin it up from the bottom, so you don’t catch your chin, and announce the name. Then wait until you’re told to put the board down, when filming stops again and the same man comes and swaps the board for a clean one, ready for the next round.

They filmed our introductions: 'I'm NAME, I'm AGE, from PLACE, and I'm a WHATEVER.' That's done in one long take and if someone gets into a muddle you all have to start again, though the odd mistake goes through - makes it more human, I suppose. But then they also filmed us looking at a young man who stood on the central podium (surrogate Anne), while we stared at him for what seemed like fifteen minutes. He faced each of us in turn, then round again, and yet again, while they filmed enough spare footage to fill in as necessary. By this time my legs were aching and I began to wonder how much longer the preamble was going on.

Eventually, all was ready, the bevy of assistants drew back into the shadows, lights brightened on the central podium, and Anne stepped up to her place, turning immediately to say her opening line, 'Welcome - to the Weakest Link.'

If you've watched the show you will know how it proceeds. What you don't see are the bits in between. At the end of Round One, once Anne has issued instructions that you must vote off

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the Weakest Link, she vanishes back to wherever it is she goes - presumably to get her make-up checked and collect more verbal ammunition for later rounds - while the cameras hold on the contestants as they pretend to keep on writing whichever name they've chosen to vote off, then filming stops and the man comes and turns the boards over. Anne reappears for the voting, remains while the Weakest Link makes the Walk of Shame, and disappears again as the cameras go off again and the contestants relax. They can even sit on the central podium while assistants swap the oval voting boards for clean ones and others flip around with clip-boards doing whatever mysterious thing it is they do. Then it's time for the next round, everyone back to their places, and Anne once more steps into the light.

In our first very easy round, Molly, one of the youngest women, got her first answer wrong and lost us a lot of money. As so often happens, that threw other people, they went wrong too, and we got nowhere near the necessary £1000. For that reason my first vote was for Molly, though most of the others went for one of the men. Which was a pity, as we shall see.

Most rounds, Dinos proved to be the Strongest Link. I seemed to get lot of easy questions, but I guess all questions are easy if you know the answers - thankfully I had nothing on pop music or football. I was even the Strongest Link in one round. And I did get my chat with Anne, who asked me what I wrote and homed in on the odd couple of 'hit-historical bodice-rippers' that had steamed off my typewriter (pre-computer). We had a bit of a laugh about those and then she teased me quite kindly about my latest book (publicity which, I was quite sure, the BBC wouldn't allow to be aired - I was right, they cut it!) and she moved on.

Losing one player each round, we were down to five people, including me. Molly and another very young woman, Dinos the 'Countdown' champion, and handsome black DJ Marlon. Back in the green room, Marlon had warned us that he would immediately vote off anyone who voted for him. Refusing to be intimidated, I had voted for him when he didn't know which of the armed services was the youngest - army, navy or air force. Being from an RAF family, I couldn't let that go unpunished.

Anyway, we come to Round Five, with still less than a thousand pounds won, thanks mainly to the two unbelievably dumb young women who I had realised, were both voting for the same people, always the better players who made the least slip. It seemed apparent that they were working together to get everyone else off and leave themselves to play for the money. I was so busy thinking about that, and wondering how I could counteract them, that I only half heard the next question Anne asked me... something about having more than one marital partner. I thought... so stupidly I said, 'Polyandry' (many husbands) when the answer should have been, 'Polygamy' (many wives). It was my first wrong answer, but as a result the two girls voted for me and so did Marlon, the black DJ - 'Because she voted for me,' he answered when Anne asked. So I was declared the Weakest Link and did the walk of shame. Quite happy to do so, actually. Obviously I wasn't going to win, anyway the prize money was minimal, and to be honest I was starting to get thoroughly bored with the whole tedious process.

One thing not generally known is that you have the right to challenge the correctness of an answer if you think the researchers have it wrong. During the break, when they were reversing the boards for the Round Five voting, Dinos declared that my answer had been right. 'You did say "polyamory", didn't you?' This was a new one on me and of course I told him I'd said 'polyandry', which I knew was wrong. Apparently 'polyamory' is an American term which covers many partners of whatever sex. When I got home I looked it up, finding it nowhere in any of my dictionaries, but on the Internet, sure enough, it has lots of links. There's even a Polyamory Society in the USA! You learn something new every day!

Released from the main set, I was led back down the rough-walled corridors and across a wet and windy area between buildings to what was, literally, a shed, warmed by one small electric heater. Where the post-quiz sound-bites are shot. One chap with a camera and yet another young woman with a clipboard were waiting to interview me. Viewers don't hear the questions, so you're supposed to incorporate the question in your answers. Could I do this? Obviously not! The fourth time I got it wrong, I'm afraid I said, 'Oh, s**t!' which absolutely shocked them, much to my amazement. Apparently I was considered to be such a 'lady' that my use of Anglo-Saxon expletives came as a surprise. (Where they got the idea that I'm a 'lady' I do not know, but someone else, earlier on, had expressed the same idea: when asked why she kept referring to us as 'boys' and 'girls'; she said, 'I suppose I could say "men" and "women"... oh, not you, Mary. You're a "lady". ! If she only knew!)

As I left the shed to go back to the main building, Dinos passed me. He too had been voted off, though overall he hadn't put a foot wrong. Next went Marlon, much to his disgust, and it was eventually Molly who won, the grand sum of £1200 or thereabouts. She and her confidante walked arrogantly into the Green Room declaring that they had been in collusion from the start. 'But what? It's only a game!' It didn't seem to occur to them that now the whole country would know them for cheats and the rest of us thought much less of them for it. 'How you play the game,' still matters to most people.

Many of my friends had been sure that Anne Robinson would come out, before or after the show, and have a chat. She didn't. I don't imagine she had the time, even if she had the inclination. Contestants talk about the excitement of 'meeting Anne Robinson'. This is what they mean - she's there a few feet away, she comes out and does her scripted bits and then vanishes back into the rarefied world where she exists off-stage. If you're lucky she may talk with you briefly. But 'meet her'? That's not what I call 'meeting' someone.

As a footnote to the story, Dinos got in touch via the Internet, saying we were robbed by the 'junior midwife' and the 'cheese factory girl'. True. But then I never expected to win. My only motive was to add another experience to life before it gets too late for such adventures. Oh, and I added another word to my vocabulary: 'polyamory'. I'm sure it will come in useful some day.

Mary Mackie
THE POCAHONTAS PLAYERS
say THANK YOU! Ohhhhhh Yes we do!!!

In January, we staged our Pantomime - Nothing like a Dame, written by Jimma Race. We would like to say a very BIG THANK YOU to you all, Mr Mick Jennings for sponsoring the show. Mr Peter Sutton, Heacham Estate agent, for allowing us to use the window for 3 weeks to advertise the forthcoming show, using past show photographs and costumes. Heacham Newsletter for giving us space, to advertise. We thank all the businesses in Heacham, Hunstanton, Snettisham, Dersingham areas, and around the coast, for pinning up our Posters; Heacham school for informing their pupils and parents, that the Panto was in the village; Radio Norfolk and the Lynn News for great advertising. Last but certainly not least, a HUGE thank you to all our audiences, who came and had a laugh with us, over the four performances. As they were leaving, many were singing "There is nothing like a Daaa-mmmmme" OR "Go compare! Go compare! Go Compareeeeeee! " (We wonder why???? ha! ha!)

Thank you also, must go to our superb 'front of house' team. Who gave up their valuable free time, to help people to their seats, sort the raffle and programmes. Plus the sweeping and clearing up, after every performance. Janet Race, Jemma Greef, Sue Brooks, June Critcher and Jan Last. 'Thanks girls!!'

With this production being called Nothing like a Dame, and with four Dames to be made up, we must say a 'Chop n Change' thankyou to Jaime Tooley, for her very clever face paint/art work on these dames faces.

We would like to take this opportunity to welcome 6 new members to the group - Dominique Hadland-Buckley (as her very first stage part as Sailor Bill) Ellen Parr and Kathleen Short-Howard (as 2 dancing hawaiian girls) Darren Hadland-Buckley(as a superb help, in raising Fairy Obvious, up and down into the gods, on the moon!) Heather Conner (as The lady who pulled the curtains, on the Pocahontas Players and also very handy with the sewing needle on the costumes) and David Conner (who was responsible for the great lighting)

Now this brings us unto our June production. Tuesday June 21st and Wednesday June 22nd in Heacham Public Hall we are performing "A Night at the Theatre". Along with our determined Musical Director Jeannie Tooley, we hope to give you all, two evenings of good entertainment, with extracts from Grease, Oklahoma and the fabulous Lion King. More information on this, will be in next months newsletter.

We would welcome anyone who could spare their Tuesday evenings, to help Back stage? Scenery painting? Props making? etc. Please pop along to the side door, at the Public Hall, Station Rd., Heacham, Tuesdays at 7.30, if you are interested or give Janice a call on 01485 570402.

Thanks EVERYONE for making our panto production 'Nothing Like a Dame' so successful because without YOU it wouldn’t have been such a success!!

Thankyou - Heacham’s Pocahontas Players
The Importance of Fun In Sport

When we're talking about peak performance in sport then we need look no further than the last Olympics. There have been many great performances over the years but the one that stood out for me was Usain Bolt in Beijing. Watching the 4 or 5 top sprinters in the heats they all looked relaxed and happy, enjoying the experience. The final was a different story. They all walked out looking like they were facing a firing squad. All totally serious, totally focused, wearing tights to keep their muscles at the optimum temperature…..all except one. There was a tall Jamaican at the back who looked like he was off to the beach! Wearing baggy shorts and a T-shirt and ambling around with a smile on his face he was criticised and almost made fun of for not taking it seriously enough! Even after his emphatic win in the 100m people commented on the fact that he could have run faster at the end. 3 gold medals and 3 world records later he was interviewed about his approach and he said he loves sprinting and makes a point of having as much fun as he can, he performs better when he has fun.

This is another prime example of a top sportsman thinking a little differently to everyone else. Not life and death, not one chance in a million, not the most important day of his life…..FUN!!! Maybe we can all learn something from the Jamaican approach. Small island, small population, lots of gold medals! Of all the countries competing, they had the most fun.

All too often I hear comments like, "Are we playing in competition today or just for fun?" As though you can do one or other, but not both. Imagine the next time you play your sport will be the last time you ever play. Imagine if that were true how much enjoyment you would want to get from it.

If you would like to learn more about performing better in your sport or any area of your life please feel free to ring Brookhouse Hypnotherapy (Norfolk) on 0845 603 4421 or go to: www.hypnopro.co.uk

THE LURE OF THE SILVER SCREEN

A lookalike Robert DeNiro

Was needed to play a film hero

But when I applied

They laughed ‘til they cried

Said I looked more like Helen Shapiro.

David Wood

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WHAT'S ON REGULAR EVENTS

CC = Cunningham Court
PH = Public Hall
NC = Neville Court
OFH = Old Friends Hall, Sunnyside
PRH = Pine Residents Hall, Wilton Rd
SG = Scout & Guide Hut, Sunnyside
MC = Methodist Church Hall, Station Road
SM = St Mary’s Church Hall, High Street
HSC = Heacham Social Club

MONDAYS
AGE CONCERN Coffee Morning 10.30 am to 12 noon (SM)
1st HEACHAM RAINBOWS Term time Girls 5 to 7 years old 5.00 to 6.00 pm . Tel : Mary Harpley 07813 014477 (PRH)
TABLE TENNIS 9.30 am Tel: Adrian 570477 (PH Top Room)
DRAMA JUNIOR CLASSES 4.15-5.15 pm Tel: 579074 (SG)
BEAVERS Term Time 6.00-7.15 pm Tel: Victoria 570122 (SG)
LINE DANCING 7-9 pm £3.00 Tel: 532317 (PH)
1st HEACHAM SCOUTS ( boys and girls aged 10 to 14 )
7.30-9.30 pm Tel: Rob 572239 or Julz 572890 (SG)
HEACHAM WIVES GROUP meets 2nd Monday of most months at 7.30 pm (HSC Top Room) Contact Mrs Wybourne
tel: 532396
RAINBOW CIRCLE TODDLER GROUP 1.00 pm in school term time Tel: Pip 570182 or Karen 571837 (SM)
INDOOR BOWLS CLUB 7.00 pm (MC)
SUNNYSIDE CLOSE (Sheltered Housing for over 60’s) Coffee Morning 10.30 am Tel : 570492

TUESDAYS
HEACHAM DAY CENTRE FOR ELDERLY 9 am- 3.30 pm
Transport may be available Tel: Geoff Speed 572584 (OFH)
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11.30 am
Tel: Liz 571773 (SG)
ACTIVE FOR LIFE Exercise classes for those aged 60 or over, or at risk of OSTEOPOROSIS at Heacham Surgery Classroom 10-11am Tel: Pat 572414 or Clara 540411.
CARPET BOWLS 10.30-12 noon Tel: 570776 (PH)
CARERS SUPPORT GROUP Run by W.N. Mind. Lunch, Coffee and Chat. Peace of Mind, 4 Poplar Avenue Tel: Hannah or Mandy 01553 776966
WOMENS FELLOWSHIP 2.45 pm 2nd & 4th Tuesdays (MC)
SLIMMING WORLD 6.30 pm Tel: Julie 528796 (SM)
WEIGHT WATCHERS 7pm (OFH) Tel: Alison 07796 904311
HEACHAM DIGITAL CAMERA CLUB meet 1st & 3rd Tuesday of every month 7.30 pm at Sandringham Club, West Newton.
Email: heachamdigitalcameraclub@yahoo.co.uk or call Viv for info on 07906 056019
HEACHAM BOOK CLUB meet 3rd Tuesday of each month
Tel: Beth 570479
POCAHONTAS PLAYERS Drama Group Pantomime rehearsals 7.30 – 9.30 pm Tel: 570402 (PH)
HANDS & NEEDLES GROUP meets every other Tuesday 7.30 – 9.00 pm Tel: Joan Careless 570363 (MC)
LIVE ENTERTAINMENT from 8.30 pm at Fox & Hounds
LADIES KEEP FIT FOR OVER 50’s 10.30 to11.30 am.
Contact Kath Manning-Coe Tel : 01553 774343 (SM )
PUDDING CLUB 8.00 pm at the Bushel & Strike on the 2nd Tuesday of each month

WEDNESDAYS
CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)
LINE DANCING 1.30 – 3.30 pm £3.00 Tel: 532317 (PH)
LINE DANCING FOR IMPROVERS – 7.00 pm to 9.00 pm. £3.00 per session. Contact Diane 01485 571166 (SM)
PATIENT ADVICE & LIAISON SERVICE 2 – 4 pm on 2nd and 4th Wednesdays at Heacham Council Offices
DOG TRAINING with Robert Frost 7.30 pm Tel:542861 (SG)
WEST NORFOLK SINGERS 7.30 pm Tel : Adrian Huggins 01485 542359 (MC)
QUIZ NIGHT 8.45 pm Prompt start. New teams of up to 5 welcome. £1 entry pp Cash Prize & Cash Snowball (HSC)
OLD FRIENDS CLUB Enjoy meeting new friends, play Bingo etc at 2.00 pm Tel : Tom Grice 571682
BINGO 7.30 pm Neville Court Grouped Home
CAR BOOT SALE 8.00 am to 12 noon on the Sports Field, weather permitting (HSC)
HEACHAM SONGSTERS rehearse from 10.00 am to 12 noon Tel : San 571660 (PRH)
SUNNYSIDE CLOSE (Sheltered Housing for over 60’s) Games Afternoon 2.30 pm Tel : 570492

THURSDAYS
ACTIVE FOR LIFE – see entry on Tuesday
TABLE TENNIS CLUB 10 am (PH Top Room)
1st HEACHAM BROWNIES Term Time Girls 7 to 10 years old 6.00 – 7.30 pm Tel: Mandy (Brown Owl) 01485 518012 or 07769583439 (PRH)
TREFOIL GUILD meets on 1st Thursday 2-4 pm Tel: 01485 579440 Mrs Christine Crisp (MC)
CARPET BOWLS 10.30 am to 12 noon Tel : 570776 (PH)
JUDO Beginners 6 – 7.30 pm Tel: 571614 (PH)
CUBS 6.45 – 8.30 pm Tel: Steve 525577 (SG)
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)
FLOWER CLUB meets on 4th Thursday 7.30 pm. Flower arranging and demonstrations. Tel: Sandra Panton 571029 (SM)
RAO BUFFALOS 8 pm (HSC Top Room)
QUIZ NIGHT Cash Prizes 9 pm at Fox & Hounds
FOOTBALL Under 8’s 5.30 to 6.30 pm Heacham Field/Astroturf. Contact Stephen Joyce 01485 579009
FUTURE CLUB meets for bereaved people on the fourth Thursday of every month in the back room of Heacham Public Hall from 2.00 pm to 4.00 pm. Tea, Biscuits & a chat
WRITING GROUP AT HEACHAM SURGERY meets 3.00 to 5.00 pm every other Thursday. For further details please ask members of staff at Heacham Surgery or Tel : Caroline Smith 01553 819460 on a Tuesday between 1.00 and 1.30 pm
SUNNYSIDE CLOSE (Sheltered Housing for over 60’s) Bingo 2.30 pm Tel : 570492

FRIDAYS
AGE CONCERN Information available from 10.00 am to 12 noon at The Library, Lynn Road, Heacham
SOLO WHIST – 2.00 pm Entry £1 ( PRH )
GUIDES Term Time 7 – 9 pm (SG)
WILDFOWLERS CLUB meet 1st Friday 7.30 pm (HSC Top Room)
CASH BINGO 7.30 pm (PH)
TAI CHI Adults 7.30 – 8.30 pm Beginners welcome Tel: Derek 01553 674779 (PRH)
BEREAVEMENT SUPPORT - Meetings are held on the third Friday of every month 10.00 am to 12 noon in the Church Hall, High Street, Heacham Tel : Barbara Fargher 01485 534741
SUNNYSIDE SHELTERED HOUSING Church Service on last Friday in the month at 2.30 pm Tel : 570492

SATURDAYS
GIGS from 8.30 pm. Free entry for Members (HSC)
COFFEE MORNING 9.30 – 11.30 am (MC)
HEACHAM YOUTH CLUB, Church Hall, High Street. 7 to 9 pm ( term time ). School years 6 – 11 ( Smithdon ). Contact Tracey Swann 0 7833 307856
HEACHAM DIARY

Saturday 5th March – FAMILY FUN QUIZ NIGHT – in Heacham Public Hall. Doors open 6.30 pm for 7.00 pm prompt start. Teams of 6, tickets £10 per team. Please book your table through Heacham Social Club. Tel : 01485 570776

Tuesday 8th March – GIG – HOLMAN HILTS DELANEY at Fox & Hounds from 8.30 pm

Friday 11th March – GIG – MARK WILKINSON TRIO at Fox & Hounds from 8.30 pm

Saturday 12th March – BARN DANCE – Heacham & Criteuil-la-Magdelaine Twinning Association. 7.30 pm at Heacham Junior School, College Drive. Tickets £7.50 to include Buffet Supper. Bring your own drinks and glasses. A raffle will also be held. All tickets in advance from Sue & Dudley 01485 572252

Monday 14th March – HEACHAM WIVES GROUP – Meal out – venue to be advised

Tuesday 15th March – GIG at Fox & Hounds – To be confirmed

Friday 18th March - BEREAVEMENT SUPPORT IN HEACHAM 10.00 am to 12 noon in St Mary’s Church Hall, High Street, Heacham. For further information please contact Renee Smith or Barbara Fargher . Tel : 01485 534741 or e-mail silverlinings@gmx.co.uk

Saturday 19th March – GIG at HSC – ‘ELVIS NIGHT’ featuring TONY G from 8.30 pm

*  HEACHAM CRICKET CLUB & PAVILION PROJECT RACE NIGHT – Spring Race Meeting at the Public Hall. Tickets £2.00 or pay on the door. Horses (Limited availability) £3.00. Available from bar in the Social Club, or call 01485 570525. Doors open 7.30 pm, first race 8.00 pm

*  MUSIC & ENTERTAINMENT MARATHON – 10.00am - 10.00 pm in the Church Hall, High Street, Heacham. Free admission and refreshments, donations to charity may be made. For info & sponsor forms Tel : 07737 035655

Monday 21st March – Heacham Group Practice PPG SPRING MEETING – 7.30 pm at Heacham Surgery

*  BINGO at Fridhem Rest Home – eyes down 7.00 pm

Tuesday 22nd March – GIG – TONY EDWARDS at Fox & Hounds from 8.30 pm

Wednesday 23rd March – CAR BOOT SALES BEGIN – Heacham Sports Field car park 7.00 am. No need to book, just turn up. £5 per pitch.

Friday 25th March – COFFEE AFTERNOON at Fridhem Rest Home 2.00 pm – 4.00 pm

Saturday 26th March – GIG at HSC – ‘CABARET SHOW SONGS NIGHT’ featuring ROBERT FARRELL from 8.30 pm

Tuesday 29th March – GIG – HAIR OF THE DOG at Fox & Hounds from 8.30 pm

Thursday 31st March – COFFEE MORNING & RAFFLE IN AID OF BREAST CANCER CHARITIES – 10.00 am 12 noon at Cunningham Court, Heacham

Friday 1st April - GIG – GIN HOUSE at Fox & Hounds from 8.30 pm

Saturday 2nd April – GIG at HSC with WINNIE CLARKE from 8.30 pm

Tuesday 5th April - GIG – AGAINST THE GRAIN at Fox & Hounds from 8.30 pm

MOBILE POLICE STATION – Norfolk County Police have advised that the monthly visits to Heacham have been discontinued. Should you require information or advice you would normally have obtained from the Mobile Station please contact the police on the Non Emergency Number 0845 456 4567

OTHER EVENTS

Tuesday 8th March – ‘A WALK ON THE WILD SIDE’ with Kevin Maskell FRPS MPAGB EFIAP/b and Margery Maskell ARPS MPAGB EFIAP/b – Brancaster Camera Club 7.30 pm in Brancaster Staithe Hall. £2.50 to include tea/coffee & biscuits. Tel : Wendy Calow 01553 674725

Monday 21st March – FOLK DANCING at Brancaster Staithe Village Hall 7.30 to 9.30 pm. Contact Janet Bowles 01485 210857

Saturday 2nd April – HUNSTANTON & DISTRICT FESTIVAL OF ARTS – CRAFT FAIR – at the Town Hall, Hunstanton 10.00 am to 4.00 pm. Free Entry. Contact : Lorraine Cannell 01553 671191 or lorraineecannell@hotmail.co.uk

Mondays – AL-ANON FAMILY GROUP – Hope for family & friends of problem drinkers - 8.00 pm Union Church Hall, Sandringham Road, Hunstanton Tel : 02074 030888. Website www.al-anonuk.org.uk

* U3A HUNSTANTON meets on the third Monday of most months (except August and December) at 2.00 pm in the Hunstanton Community Centre. Tel : Norma (Chairman) 533579 or Liz (Secretary) 571573 for further details.

Tuesdays - KEEP FIT FOR OVER 50’s 10.00 to 11.30 am at Ringstead Village Hall. Cost £3.50 Tel : Val Barnes on 01328 864358

Wednesdays – YOUTH GROUP meet at Ringstead Village Hall 7.00 pm to 8.45 pm for young people aged 7-14. Cost is £1 per evening and the contact is Mr T Large, 11 Holme Road, Ringstead. Tel : 01485 525480

* SINGING WORKSHOPS FOR FUN 10.00 to 11.30 am at Snettisham Village Hall Tel : Cath Coombs 07810 146501

* HUNSTANTON VOLUNTEER SURGERY 3rd Wednesday of each month 10.00 am to 12 noon at 1st Floor, Council Offices, Valentine Road. Tel : Karen Lee 01553 760568 or e-mail Karen@westnorfolkvcva.org

* LYMPHOEDEMA SUPPORT GROUP meets on the second Wednesday of each month 10.30 am to 12 noon at Tapping House, Snettisham

HUNSTANTON WORLD TANG SOO DO CLUB. Korean martial arts of self defence. Mondays 6.30 to 8.30 pm at St George’s School, Dersingham. Tuesdays 6.00 to 8.00 pm and Fridays 6.30 to 8.30 pm at Smithdon High School, Hunstanton. For details contact Liz on 07948 407694.

ADVANCE NOTICE – Please note the deadline for receiving Diary items for the MAY edition of the Newsletter will be April 14th. If you have an event in May, make sure it is in the Diary – don’t miss the deadline.
NEWSLETTER SUDOKU

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

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H.M.S.
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Do Something Amazing Today
Save a Life

From 288 invitations, 128 people attended the blood donor session at the Public Hall on 26th Jan 2011 and 112 units were collected. There were 7 new donors. Thank you. For your diary, the next visit by the NBS will be on Wednesday 25th May 2011. To make an appointment for the next session, ring the Helpline 0300 123 23 23. National Blood Service information can be found on Ceefax BBC 2 page 465 and www.blood.co.uk

Make Some Macmillan Locomotion This Centenary!

Stoke up the firebox for Macmillan Cancer Support on Saturday 9th & Sunday 10th April 2011, and together we can take some great steps forward in raising funds, awareness and support for both cancer patients and the carers who do so much for them.

The annual Bure Valley Railway Walk stretches between Aylsham and Wroxham, with participants not only getting a trip on a Bure Valley Railway narrow gauge steam train, but also receiving well-deserved snacks and drink at the end of their journey.

How do you want to make tracks for Macmillan? There are a good few options available; walk the 3 mile route from either Wroxham or Aylsham, or take a train ride from Aylsham to Coltishall and stride back alongside the tracks. Of course, the main attraction is the 9 mile route from Wroxham or Aylsham, walking the Bure Valley Railway line trail from one end to the other through scenic Norfolk countryside.

2010 saw 525 intrepid walkers raise an astonishing £38,000. In 2011, the much-celebrated centenary year for the charity, Macmillan is hoping to steam past their target of £50,000, with the raised funds going towards an array of services, from the renowned Macmillan Nurses to emotional, financial, medical and practical support for anyone living with cancer.

"This is a fantastic chance to really make a difference for Macmillan and for those living with cancer," states Norfolk Fundraising Manager Helen Chapman. "Cancer affects almost everyone, be it through personal experience or through us supporting our friends and loved ones, but that doesn't mean helping has to be hard. This is a fun walk for a good cause, and the more money we raise, the more help we can deliver."

Taking part is easy; visit www.macmillan.org.uk/walk to register, or those without internet access can call the local fundraising office on 01603 724369. Or if circumstances mean you can't take part in this walk at all, why not organize your own? The above website lists how. We also need volunteers to help over the event weekend, so please get in touch if you've got some time to spare.

With this being our centenary year we are also looking for individuals and groups and associations to raise money for us during our special year and in particular we are looking for companies to take part in our Norfolk Business Challenge where we are looking for 100 companies to raise £1,000 each. Interested? Please call us.

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Pink Party Nite Dance
For Breast Cancer Charities

We all know someone who, either themselves, a family member or friend who has been affected by Breast Cancer.

Recently our family has been, and without the routine breast screening programme provided by the NHS, and early detection, our situation may have been quite different. My niece Juliet, my sister Anita and I are therefore organising a fund raising party nite/dance on 16 April for Breast Cancer Charities. Get your mates together for a good nite out.

We hope during the year to raise £1000.00 and this event is the starting point, please support us to enable other families to benefit. A dance may not be your cuppa tea, maybe you could donate a raffle prize for the nite.

PINK PARTY NITE
DANCING TO
“THE PEPPERMINT MEN”
(Super Sixties Showband)
IN AID OF
BREAST CANCER CHARITIES
SATURDAY 16 APRIL 2011
7.30PM
PUBLIC HALL, HEACHAM
TICKETS £10.00
Available from
Pam Thomas, Anita Hawkins, Juliet Slight & Hollie Ashley
Or telephone 01485 571094 (Pam) 07748904417 (Hollie)

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COMPANION DOG SHOW IN AID OF GUIDE DOGS
CALLING ALL TRADE AND CHARITY STALLS

Poochcorner Dog Training Club is holding a Companion Dog Show, Family Fun Day and Giant Car Boot Sale on Sunday the 29th May 2011 at the Smithdon High School, Hunstanton. We are inviting Trade Stands (particularly those associated with animals) to come along for the day, there is no charge but we do ask that you donate 10% of your sales on that day to Guide Dogs.

COME ON YOU CHARITIES BRING YOUR STALLS ALONG AND HAVE A FUN, MONEY MAKING DAY NO CHARGE FOR PITCHES

WE ALSO NEED:-
FACE PAINTER, BOUNCY CASTLE, ROUNDABOUT, ICE CREAM VAN (NO MORE REFRESHMENT VANS REQUIRED).

Poochcorner Dog Training Club meets every Thursday at the Community Centre, Avenue Road Hunstanton. All dogs and owners welcome. We currently run 2 classes, the 1st at 6.15pm which is for the more advanced dogs and the next class at 7.15pm is for puppies and dogs that have had no training at all. Do come along, with your dog/s, the first lesson is free, you won’t be asked to do anything other than sit down, watch what is going on and allow your dog to relax in the new environment.

If you would like any further information or a trade/charity stall booking form then please contact either: Cate on 07815 443051 Maureen on 07840 905515 or Denise on 01485 532850 or E Mail Poochcorner@aol.com

News from “Rollason Stage School”

The pupils have been very busy over the Winter, some of the girls took part in “Jack and The Beanstalk” at the Corn Exchange alongside John Altman (“Nasty Nick Cotton” from Eastenders) which they thoroughly enjoyed.

In January, the girls were asked to dance in “Robin Hood Norfolk Style” at the Town Hall in Hunstanton. They performed several dances including a zombie dance to Michael Jackson’s hit “Bad”.

The Boys Street dance class has gone from strength to strength, the lads are improving all really having fun.

We are all learning new routines for the dancing school show which is on March 19th at Hunstanton Town Hall. We have two shows - 3.00p.m. and 7.00p.m. Everyone is welcome, tickets can be purchased by calling 01485 579074. This year we have a Disney theme, as well as the children’s dances there will also be a guest vocalist.

We will soon be starting cheerleading classes on a Wednesday. If anyone is interested in joining us please give me a call, you’d be very welcome.

One of our students Lucy Rose has gained a place at the renowned “Sylvia Young Theatre School” in London. Lucy attends every Thursday afternoon, with kind permission of her Headmaster Mr. Goodchild and with sponsorship from Caroline Odd of “CHERRY TREE CHOCOLATES” in Hunstanton.

We always have a selection of dancewear and all types of dance shoe in stock, and can supply not only to our students but to anyone who needs dancewear. Just give me a call or an e-mail.

Thank you to all the parents and our Matrons Diane Garwood and Liz Steadman for their continued support.

Michelle ROLLASON A.B.T.D.A.
Tel: 07771 681213/01485 579074
e-mail: rollasonstageschool@yahoo.co.uk

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Millbridge Care Home With Nursing
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Tel Helen on (01328) 711715
57 Staithe Street, Wells-next-the-sea, NR23 1AN
LOCAL COUNTRYSIDE CHARITY SEEKS HONORARY SECRETARY

CPRE Norfolk, the Norfolk branch of the Campaign to Protect Rural England, are looking for a new Honorary Secretary following the retirement of the previous Honorary Secretary after 10 years. Key duties of the role include: taking minutes for the charity’s quarterly Trustee Meetings; ensuring the correct administration of our Annual General Meeting; and advising staff and Trustees on procedural matters, statutory reporting and charity governance, as required. All expenses can be paid.

James Parry, Chairman of CPRE Norfolk, said; “We are looking for someone who enjoys the countryside and would like to join the Trustees and a network of people working to protect and promote the distinct qualities of rural Norfolk. “We are looking for an individual with experience, and preferably with qualifications, who can administrate meetings and advise staff and Trustees on procedural matters. That said, we are looking for someone with a light touch and a sense of humour who can ensure that the charity fulfils its constitutional requirements without overcomplicating things unnecessarily. I would be delighted to hear from any interested persons”.

Further details are available from the CPRE Norfolk website www.cprenorfolk.org.uk/volunteering/office or from the Chairman, James Parry at 01366 328676.

With many thanks
Katy Jones
Membership and Events Manager
CPRE Norfolk, Cardinal House, 86 St. Benedict’s Street, Nor- wich, NR2 4AB
Tel: 01603 761660

About CPRE Norfolk
The Campaign to Protect Rural England (CPRE) is dedicated to protecting the beauty, tranquillity and diversity of our countryside. We are a powerful combination of effective local action and strong national campaigning, backed by tens of thousands of supporters across England.

CPRE Norfolk is a county branch of CPRE and a separate registered charity, no. 210706. Visit our website which is www.cprenorfolk.org.uk for more information about the work of CPRE Norfolk or to join as a member. If you would like to receive regular copies of our newsletter and invitations to local events, please let us know.

MIND THE DUCKS!
Spring is not far away and the ducks are out and about. They will soon be trailing their ducklings behind them so please be especially careful when driving round the village in the next few months - there could be ducks and ducklings round the next bend!
SALTINGS WORKING PARTY

Eight volunteers braved a dull windy February morning to join the working party at the Saltings local nature reserve (off North Beach). Armed with mattocks and spades we set out to complete the work started by students from CITB Bircham last summer using a mechanical excavator.

This work is part of a plan to improve the quality of the wetland habitat in the reedbed which forms the largest part of the site. Coastal reedbeds are a scarce and valuable resource, important for bitterns, bearded tits and other wildlife. A habitat management plan has been formulated by the Parish Council’s Natural Environment Committee (NEC) with advice from the Norfolk Wildlife Trust.

The reserve includes a dry coastal grassland, (also a scarce resource), and scrubland with brambles. Allowing some sections to grow rough with brambles and bushes provides a safe refuge and a place for birds to nest. A good crop of autumn berries can attract flocks of passing birds like waxwings (if we are lucky), and also a handy blackberry harvest for jam making or fruit crumble!

The Saltings is one of the few remaining undeveloped "wild" areas in the parish. It is the hope of the Parish Council that we can, as a community, enhance and maximise the benefits it delivers locally to both residents and wildlife. As a parish we have only limited resources available (certainly compared to our coastal RSPB 'neighbours' at Titchwell with their multi-million pound wetland project!) - but it is surprising what can be achieved over time with a bit of communal organisation and effort.

Richard Brown

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HUNSTANTON LIONS CLUB

Firstly everyone is invited to become a member of our "Friends of Hunstanton Lions Club 200 Club" for this year. Tickets are just £15.00 each and every month there are prizes awarded on £100.00, £50.00, and two of £25.00, so well worth winning. This always sells out fast so get your tickets now. Please contact any Lion or Peter Sutton at "Suttons Estate Agency", High Street, Heacham (tel. 01485 570030. The lucky winners in February were Lydia Page, Vera Holmes, Colin Roberts and Jeremy Barker.

We start our year of events with a "Quiz Night" at Old Hunstanton Social Club on Friday March 18. This will be a fun night for all involved with "Fish & Chips" delivered to your table at 7.30pm and the Quiz starting at 8.00pm. Please pre-order and pay for your food before Thursday March 17th at the Club or any member of Hunstanton Lions.

Our "Car Boot Sales" will also be starting at the end of March. They again will be held at the Glebe School on many Sunday mornings throughout the year. The dates will be published in this Newsletter next month. These are always very popular with stallholders and customers alike so come along early to make sure you find the bargain you weren't really looking for.

We will of course be at the Towns celebration weekend at the end of April. This is beginning to take shape and will be a terrific attraction to visitors and locals alike. There are a great number of 'things' happening throughout the weekend and we will be in our Gazebo on the Saturday and Sunday helping with the celebrations. We of course wish the happy couple all that they would want for in the future and will be helping them celebrate their day.

On Sunday May 15th we will be at the Dog Show being held at Glebe House School and later that month on Friday May 20th we are holding our first ever "Lions International Golf Tournament". This will be a fantastic day of Golf and enjoyment starting with breakfast, playing a full round of Golf in the lovely surroundings of Heacham Manor Golf Course and having lunch in the Manor Hotel. Teams of four players are invited to take part at a cost of £180.00 per team. There will be special 'sponsored hole' and other competitions throughout the day. All the proceeds will be donated to the various causes and people we support throughout the year. There are still a few places left, but hurry if you want to join in. Please contact Amanda on 01485 534481 for full details.

Another new event on our Diary this year will be held on Wednesday July 6th. In conjunction with Heartbreak Productions and Glebe House School we are presenting an open-air production of "Pride & Prejudice". Heartbreak Productions are the most successful outdoor touring theatre company in the U.K.. Many famous actors and producers from the RCA, Royal National and the BBC have worked with them over the years. Many have gone on to perform in the West End so it will be a really professional performance although the day doesn't start there. The grounds of the school will be open all afternoon for afternoon tea and drinks. Catering and a Bar will available but you will be welcome to bring along your own picnic if you wish. What better way to spend an afternoon on a sunny July day in Hunstanton. Tickets for this day out will be available very soon so watch out for the posters and leaflets in many local shops. More details will also be in the April edition of this Newsletter.

Many other events will be held later in the year to help us raise the money we need to keep supporting our community and further a field so we look forward to seeing you all throughout the forthcoming months.
By now it will be high time you were getting on with making your garden the earthly paradise you wish it to be. Every year, I start with the best of intentions and generally, having feet of clay, things do not turn out as I would wish. However, this year, I have at least made a good start. All the soil is turned and composted added or manured, the deep beds laboriously constructed during the winter lie awaiting their burden of succulent vegetables to burst forth, the flower beds are also clean and tidy ready to give us a riot of colour and scent throughout the year. And what will happen? WEEDS! These pernicious and unwanted items will erupt long before the veg and flowers get a chance to do their stuff and will smother everything in a blanket of green. Oh no they won't, not this year, because this year I AM GOING TO BE IN CONTROL. At the first sign of unwanted green bits, I will spring forth with my trusty hoe and hack them down allowing the delicate vegetables and flowers to grow, unimpeded by nasty weeds.

It's a shame about weeds really. They are, after all, only wild plants, some with quite pretty flowers, growing where we don't want them and most of them are food for all manner of beastsies that would feed on our crops otherwise. So we have to be a bit careful how we treat them and let them grow where they won't be a nuisance. That means in everyone else's garden, not ours!

I decided the other week that my wooden 'New Zealand' compost bins, constructed about 25 years ago, had rotted to the point where they were useless. My brother and I dismantled them (being imbued with much wisdom, I had put them together with screws and bolts all of which were well greased before use so they came apart fairly easily and the wood was stacked for burning, except for a few useable planks which I have saved for the future. The bins were originally put onto concrete bases. This is where the wisdom ran out, as compost bins should stand on the earth as every good gardener knows! However I was offered a load of free concrete by the chaps who built the telephone exchange down the road and, well, one doesn't turn down free stuff. Now I have started making storage bins for the finished compost of which I seem to have accumulated a huge quantity. These bins are not so pretty being made of corrugated iron, not wood, but which should with luck see me out.

why do I keep doing all this when I'm only feeding myself? Because I love it, so there!

The herb seeds I sowed last month have been a partial success and, I suspect the few failures were due to using old seed I sowed seed in gritty compost as recommended by Jekka, 'Queen of Herbs' but also in moist vermiculite. The seeds have germinated just as well in the vermiculite as in the compost but I will have to start adding some nutrients fairly soon as vermiculite won't support growth for long. A week solution of my snelly comfrey/worm juice should do the trick. This stuff, although it smells a bit seems very good at bringing weedy plants to life. Well, I suppose, if someone watered me with the stuff, I would spring to life as well.

It's also time to start sowing onion and tomato seed. By March, time will be getting on but you will still be able to do all these things and in general, I find the plants catch up. It's just that I tend to get all excited around now and sow all sorts of stuff which can easily wait. However, mid to late February is a good time to sow brassicas that need a long growing time such as Brussels sprouts and the kales, also sprouting broccoli. If started in 3" pots now they will produce good sized plants for putting out in late March to mid April. I always grow mine in pots, starting them in the greenhouse as I have found that if the plants are put out at a good size, the dreaded cabbage root fly doesn't do much damage. If you want to protect them further, give them a collar made from several sheets of newspaper, fitting it close to the stem. Much cheaper than bought collars and the newspaper rots away in time after foiling the root fly.

Late February and early March is when nearly all veg. seeds need to be sown but you will be told on the packet what to do and when, so I don't need to bang on about it. And as I've already said, mostly stuff will catch up as long as you don't leave it too late. French and Runner beans need to wait a while, even if you grow them under protection. My experience is that they
don't do well if sown too early even under cloches. Anyway, as I've said read the packet and look in the books for the top news. Marshalls seeds do a very good plants guide.

I've got my potatoes chitting in egg trays cadged from David Cook. I'm growing a couple of different varieties this year, Lady Christa and Maxine together with my favourite, Charlotte. I don't get too many (MxH are very good if you only want a few spuds) I've also bought a French variety from Dobie's seeds called Ratte which I grew some years ago and found delicious. The flavour is similar to Pink Fir apple but Ratte is not so susceptible to edworm and you don't want to be doing with that!

BOTANY. CHAPTER 12
In the last century or so, horticulturists (and gardeners both professional and amateur) have made huge strides in the modification of plants. Much of this work has been done on flowering plants and vegetables and there have been some astonishing improvements in both. This work has, until quite recently been done using techniques involving cross breeding between plants of a similar nature.

In Nature, higher plants (Gymnosperms and Angiosperms) reproduce either by asexual or sexual methods. Asexual reproduction, in which the rooting of plant stems or production of adventitious roots from fallen leaves gives rise to a clone of the original plant which is therefore identical. Thus any evolution will be by means of mutation of the plant and thus can be very slow. Sexual reproduction by enabling two plants of slightly differing characteristics to combine their germ plasm can give rise to offspring with possibly enhanced properties. Even so, evolution proceeds slowly in the wild. Then, along came Man and started interfering as usual. It is possible that the grasses were first to be changed and those with the fattest seeds were saved so starting the grain crops - wheat, rye and barley - that we would recognize today.

Over the centuries many wild crops across the world were domesticated by native peoples and in the last three centuries when global travel became easier new and exotic fruits flowers and vegetables were brought back to Europe. These were then altered by our ancestors the Victorians were particularly good at this) and we finished up with the huge variety of plants we see around us now. Virtually all of these changes were brought about by cross breeding plants of similar families i.e. the pollen from the anthers of one plant was placed on the stigma of another and the seeds, when and if they developed, grown on to see what happened. Plants of rather different species don't normally allow this cross breeding but various chemicals have been found to overcome this rejection in some cases. You only have to look in a seed and plant catalogue to see the vast selection of flowers fruit and vegetables available. Many of these are labelled F1 or F2 hybrids and next time I'm going to try and explain what the terms mean and also their advantages and disadvantages. In the meantime, get out there, now, and grow things.

Michael Drew

Mary's Country Sayings

1. March winds and April showers bring forth May flowers.
2. March snow hurts the seeds.
3. Uncertainty walks on both sides of us.
4. Frugality proves an easy chair for old age.
BELATED FIFTH BIRTHDAY - but, STILL HERE and still going STRONG!!!!!

The planned celebrations at the due time were ruined by the adverse weather and had to be postponed yet the milestone must still be marked. Just over five years ago the then Borough Mayor Trevor Manley and the Lady Mayoress formally opened the Saffron Building Society representation here in Heacham. The then Chairman of the Society Mr Richard Herbert, the new Chief Executive Andy Golding along with members living locally and invited guests joined together with our dignitaries to celebrate the occasion.

At a time when Heacham had seen all its Banking and Building Society facilities closed the Saffron agreed to extend its nearby presence in Dersingham and Snettisham into the village to provide a local service for residents and it the same time provide the best local coverage and service availability offered by any other established bank or building society in this area.

The Saffron Building Society certainly holds its own on any High Street and is conveniently situated within the premises of Suttons Estate agency directly opposite the Post Office. The Saffron remains a mutual Society safe haven for readily accessible funds, fixed term investment and tax efficient savings for all ages. Add perhaps, that it is walkable on a nice day, but if using the car definitely no parking charges along with minimal petrol usage and definitely a warm and friendly service each and every day with no queues and pressure selling.

The foundations laid, the future beckons and what could be better than supporting a local facility, a Mutual Organisation owned by its members with a history going back over 160 years. In celebration an OPEN EVENING will be held at St Mary's Church Hall in the High Street on Thursday the 31st March between the hours of 5.30pm and 8pm to which existing members and any prospective new members are warmly invited. In fact everyone reading this article is warmly invited to come on in and see what the Saffron can do for you and at the same time enjoy our hospitality!

We welcome one and all to our fifth birthday celebration in Heacham.

Just a small consideration:

P.S. Please help us plan for refreshments and kindly give us (Suttons) a quick ring on 570030 - to give an indication of your attendance before the day of the event.

Thank you.
Hello again.

I am justifiably proud of our lovely school. We have very well behaved, happy children who are keen to learn and this month have been excelling themselves in sport. Our children have won in judo, football and a new sport for us, cross country.

In football, children from Y1 and Y2 took part in an inter-schools event at Ingoldisthorpe. Charlie Cairns from Y1 was our top scorer and helped us to victory.

Chloe Rumens from Y2 came to school recently with a judo cup bigger than her as she had been awarded the top player of the month! We enjoy strong links with the Heacham Judo Club with many other pupils enjoying membership. This weekend the Club hosted a tournament with teams visiting from Holland. This has enabled the children not only to enjoy new competition but also the cultural challenges of meeting overseas visitors to our village.

Our Y2 girls and boys competed in the inter-schools cross county event for the first time and came home with a well-deserved team trophy. Well done especially to Thomas Wicklen who came first overall. Congratulation also to his older brother James, once of this school, who also won his age category for Heacham Juniors.

We are now looking forward to the Area Sports held at Smithdon in the summer term for Y2. We have high hopes!

Of course, all this sport, as vital as it is to the well-being of our children, has not got in the way of other learning. We have been very fortunate to participate in a number of new learning experiences. Children thoroughly enjoyed a quirky maths lesson with Mr Edmonds who teaches at Smithdon. He came along to lead a session on problem solving and counting using spaghetti and marshmallows! Yes, a few marshmallows did go missing! (Mmm…Mmm)

Our school council representatives travelled to Docking school for a meeting about using outdoor spaces for learning and play. The school council is an exciting opportunity for children to interact with different people and learn how to debate and exchange ideas with other schools. Our new outdoor play area opens officially next month so this was a very timely meeting.

On 1st March we have invited pupils past and present to join us for a celebratory official opening of our new outside adventure play area. You will probably already have noticed it if you pass by the school. This ambitious area has been designed in collaboration with children and staff to provide an exciting outdoor area for stimulating creative play and fun outdoor teaching. Former head teacher Mr Williman will officiate in cutting the ribbon. Also, a big thank you to Melissa and Leigh McDonald from the interior design company "Dove Workshops" who have donated some lovely bunting for the event. More on this next month.

And finally, just this week we all enjoyed a dragon festival with the children learning about the Chinese New Year. The children, staff and parents were treated to a traditional dragon dance performed by parents at the Kings Lynn Chinese School. The dragon was given a lucky money envelope and a lettuce to represent luck for the new year. He spat out the lettuce but kept the money! The children were dancing and jumping to the drumming and we had a real carnival atmosphere. We will invite the Chinese School back next year and perhaps members of the village would like to join us for the performance.

Parent Governor Janet England
Heacham Infant and Nursery School

Heacham Cricket Club
& Pavilion Project

RACE NIGHT

Spring Race Meeting at the Public Hall
Saturday 19th March
Tickets £2.00
Or Pay On The Door
Horses (Limited Availability) £3.00
Available From: Bar In Social Club,
Or Call: 07786093684
01485 570664 or 0775 370 8742

Wanted - Young Cricket Players for 2011 Season

Heacham Cricket Club have for many years entered at least one youth team in the local league. This season we hope to continue the trend but we need players. The league normally begins in May with practice commencing in April. There are three age ranges catered for by the leagues: Under 12’s, Under 14’s, and Under 16’s, depending upon the response to the request for players we will be entering one or two of these competitions.

If you are interested, or know someone who requires further information, please contact the number below.

Roger Drinkwater
Tel 01485 5471659
HEACHAM BEAVERS

Our Beaver leader - Victoria will be leaving us in May and we need new leader(s).

Do you and a friend fancy running our Beaver Colony? It caters for children from 6-8 years old.

Could you play games, do arts & crafts and generally have fun with them once a week?

At the moment they meet Mondays 6pm-7.15pm. (If this is not convenient but another evening would - give us a call).

Training and a CRB will be required but it is not hard. Support will be on hand.

We do not want Heacham Beavers to close in May, Heacham has had a Beaver Colony for many years and it is a good start for when they go onto Cubs, Scouts and Explorers.

Please don't think someone else will probably step up. If it sounds like something you could do then give us a call. It is very rewarding and Heacham has had a long history of Scouting over the years.

For more information or an informal chat, please call: Steve Stafford on 01485 525577.

HEACHAM CUBS

On January 27th Heacham Cubs raised money for the annual RNLI -SOS day. We did Save our Silver in smarties tubes. We were able to send them a cheque for £59.30 so well done to all our Cubs. Plus a special Well Done to Joseph McLean who raised the most.

On January 29th, 9 Heacham Cubs joined 130 other Cubs from 10 different packs in North West Norfolk at the Majestic cinema in Kings Lynn. We went to see the 3D version of "Tangled" which was very good and enjoyed by the Cubs.

On the 17th February we had to say goodbye to Kieran Beagles who left us to join Heacham Scouts.

Sadly we will be losing our Beaver Leader - Victoria in May and need a new leader(s). If you think this may be for you please see separate piece.

Happy Scouting to all our Cubs.

Akela & Bagheera
(Steve & Sam)

HEACHAM FOOTBALL CLUB

Results since last Newsletter:

1st Team

<table>
<thead>
<tr>
<th>Date</th>
<th>Home Team</th>
<th>Away Team</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>15/01/11</td>
<td>Gayton United</td>
<td>Heacham</td>
<td>Lost 0-4</td>
</tr>
<tr>
<td>22/01/11</td>
<td>Heacham</td>
<td>Lynn Discovery</td>
<td>Draw 2-2</td>
</tr>
<tr>
<td>29/01/11</td>
<td>Lynn Napier</td>
<td>Heacham</td>
<td>Won 6-1</td>
</tr>
<tr>
<td>05/02/11</td>
<td>West Winch</td>
<td>Heacham</td>
<td>Won 4-1</td>
</tr>
<tr>
<td>12/02/11</td>
<td>Heacham</td>
<td>Ingoldisthorpe</td>
<td>Lost 1-2</td>
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</table>

Reserves

<table>
<thead>
<tr>
<th>Date</th>
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<th>Away Team</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>15/01/11</td>
<td>Burnham Mkt</td>
<td>Heacham Res</td>
<td>Postponed</td>
</tr>
<tr>
<td>22/01/11</td>
<td>Smithdon</td>
<td>Heacham Res</td>
<td>Lost 2-3</td>
</tr>
<tr>
<td>29/01/11</td>
<td>Castle Rising</td>
<td>Heacham Res</td>
<td>Lost 2-3</td>
</tr>
<tr>
<td>05/02/11</td>
<td>Heacham Res</td>
<td>Walsingham</td>
<td>Won 5-2</td>
</tr>
<tr>
<td>12/02/11</td>
<td>Beccles</td>
<td>Heacham Res</td>
<td>Lost 1-2</td>
</tr>
</tbody>
</table>

“A” Team

<table>
<thead>
<tr>
<th>Date</th>
<th>Home Team</th>
<th>Away Team</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>15/01/11</td>
<td>Heacham “A”</td>
<td>Snettisham Res</td>
<td>Postponed</td>
</tr>
<tr>
<td>22/01/11</td>
<td>Springwood</td>
<td>Heacham “A”</td>
<td>Lost 0-6</td>
</tr>
<tr>
<td>29/01/11</td>
<td>-</td>
<td>-</td>
<td>No Game</td>
</tr>
<tr>
<td>05/02/11</td>
<td>-</td>
<td>-</td>
<td>No Game</td>
</tr>
<tr>
<td>12/02/11</td>
<td>Lynn Williams</td>
<td>Heacham “A”</td>
<td>Postponed w'logged pitch</td>
</tr>
</tbody>
</table>

League Positions

<table>
<thead>
<tr>
<th>Played</th>
<th>W</th>
<th>D</th>
<th>L</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>1st - Division One</td>
<td>4th</td>
<td>13</td>
<td>6</td>
<td>3</td>
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<td>Res - Division Three</td>
<td>8th</td>
<td>13</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>“A” - Division Four</td>
<td>8th</td>
<td>12</td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

League Cup Competitions - Semi Finals Division One
1st Team play Sutton Bridge at Heacham on 5/3, k.o. 2.00pm Lynn North End will play Reffley Royals at Kingsway on 5/3, k.o. 2.00pm

League Cup Competitions - Semi Finals Division Three
Reserves will play Birchwood away on 5/3, k.o. 2.00pm Discovery Royals will play Sedgeford on 5/3, k.o. 2.00pm

We wuld like to thank all the spectators who come along to watch. The players appreciate the support and encouragement you give.

Secretary Heacham Football Club
Harry Hornsby

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CUBS

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Akela & Bagheera
(Steve & Sam)
Heacham in Bloom have already held a number of meetings to discuss this year's competition. We have officially set up Heacham In Bloom as an independent group with our own constitution and bank account. I remain as Chairman, with Rob Topliss appointed as Hon Treasurer and Philippa Sewell as Hon Secretary all supported by numerous Committee members. Our plan this year is to develop the projects started in 2009 and 2010 improving the quality and sustainability of planting and to encourage more community participation. We will continue to let you know our progress through the Newsletter, Parish Council Website and Heacham Online.

We will also be launching two new schemes this year. Heacham is in the coastal resort category of the In Bloom competition and we have decided to set a competition between Caravan Parks. Individual caravan owners will also be encouraged to take part with an annual cup for the best Park and a prize for the best Caravan. For our second scheme, we took inspiration from two roads in Heacham; Cherry Tree Close and Old Bakery Court whose residents planted round their street name plate to provide an attractive and welcoming splash of colour. We would like to see this idea grow and this will form the basis of our "Pride of Place" scheme.

Our Spring Coffee morning will be held on Saturday 26 March at the Church Hall 10.00-12.00 with a variety of stalls and refreshments.

Susan Richardson
Chairman Heacham In Bloom
heachaminbloom@btinternet.com

Glebe House School Welcomes Prospective Pupils And Their Parents At Its Annual Open Morning

Glebe House School in Hunstanton is preparing to open its doors and welcome prospective pupils and their parents to discover what daily school life is like at its annual Open Morning on Saturday 5 March.

To be held from 10.30am-2.30pm, the event will provide a tour of the school's facilities and enable guests to meet the teaching staff, pupils and their parents to hear what makes 'the Glebe difference'.

The independent co-educational day and weekly boarding school, which provides continuous learning from six months to 13 years, was commended by a recent Independent Schools Inspectorate as "a happy school where pupils are well behaved and enthusiastic about their learning."

"One of the things I hear repeatedly from people who visit or encounter pupils from Glebe is how well-mannered, respectful and happy our children are," says the school's headmaster, John Crofts. "It's something we often describe as 'the Glebe difference' and it's equally matched by impressive academic results by our pupils - we are proud that we have a 100 per cent success rate at Common Entrance and a number of our pupils are awarded scholarships at Senior School.

"Our goal is to ensure that every child at Glebe grows both academically and socially and reaches their full potential. With individual class sizes typically under 15, we are able to tailor teaching and support for each child to a very high level.

"The Open Morning is a perfect opportunity for people intrigued by all that Glebe House School has to offer for their children or grandchildren to step inside and discover what it's all about. With a range of scholarships and bursaries available for 2011/2012, we do hope as many people as possible join us to discuss their family's individual educational needs."

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The school also provides out of hours care, a bus service, a range of extra curricular activities and Special Education Needs teaching for children challenged by dyslexia and other learning difficulties.

For more information about the Open Morning, contact the Registrar, Bridget Crofts, on 01485 532809 (ext. 4), email bmc@glebehouseschool.co.uk or visit the school’s website at www.glebehouseschool.co.uk
The Lavender Hill Mob Theatre Company

If the wicked witch's performance in our last production 'Searching for Santa' was anything to go by, I am sure that the church choir or 'Him Upstairs' would never let her in the church again! Doreen Turner surpassed herself with an incredible outstanding performance and a changed person - even her husband was totally knocked out! Schizophrenia springs to mind!

And now Doreen is again in the next Panto at the Princess Theatre on 15 - 17 April - BABES IN THE WOOD. There are people out there waiting to see the NEW Doreen once again....... Being a different character to the norm totally transforms people and the role that is played tends to take over. This local group of talented people from this award winning company will continue to thrive. Expansion is in the pipeline, but from humble beginnings with only 15 members, the Lavender Hill Mob theatre Company is now celebrating ten years and it is all down to two very artistic and dedicated people, Les Miles and Tim Rock. However, I will relate the ten year story in another newsletter later in the year.

News to date; another CD is to be recorded shortly and a special Christmas one too. Several events throughout the year are already in the busy diary. A few quizzes are on the horizon maybe with some special guests too!

Rehearsals are coming along very nicely for BABES IN THE WOOD and there is always room for more children and adults even if you think that you cannot do it - you can! Come along and find out what we are all about and you will definitely get a part!

So back to BABES IN THE WOOD, tickets available from the Princess Theatre, Hunstanton (tel; 01495 532252 or on line at www.princesstheatrehunstanton.co.uk) or from the Majestic Cinema in Kings Lynn (tel; 01553 672603 www.majestic-cinema.co.uk) Telephone bookings can be made after 1.20pm each day. Tickets £9.50 and concessions £8.00. Family tickets available. Friday 15 and Saturday 16 April two shows each day at 2.30pm and 7.00pm plus an extra matinee on Sunday 17 April at 2.30pm.

LHMTC has no limitations on disability or capability - from age 4 EVERYONE IS WELCOME. No membership limit and no auditions - everyone has a part to play just as important as each other. Meetings on Mondays (5-8pm - Dance and Movement), Tuesdays (5-7pm - workshops for all) and Wednesdays (5-8pm Writing and Devising) all at St Edmund's Church Hall Hunstanton. More information from Sandra Hohol on 01485 534827 email; s.hohol@btinternet.com or check out the website www.lhmtc.co.uk for updates, pictures, testimonials and much, more! Reg. Charity 1134490

Sandra Hohol - Publicity Officer/Vice Chair

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MARCH MUSIC AT THE FOX
Tuesday 8th - Holman Hilts Delaney
Friday 11th - Mark Wilkinson Trio
Tuesday 15th - to be confirmed
Saturday 19th - Hillbilly Cats
Tuesday 22nd - Tony Edwards Band
Tuesday 29th - Hair Of The Dog

Friday 1st April - Gin House
Live Music Tuesdays
Quiz Night Thursdays
(Both from 8:30pm onwards)

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The Wash Estuary Strategy Group is holding The Wash Calendar photo competition 2011. Winning photos will be used to produce The Wash Calendar 2012, which is used to raise funds for wildlife, historic and cultural sites around The Wash.

The above montage shows the winning photographs which went in to the 2011 Wash Calendar. The closing date for entries is 3rd May 2011 so now is the time to get your cameras out.

Last year’s winning photos are shown above and may give you some inspiration, although you are most likely to win if you can come up with something which gives an original look at the life and landscapes of this area of Norfolk.

Three of last year’s winners were from Heacham - Richard Bridges’s “Snettisham sunset” was the photo for May, Trevor Brown’s “Quayside after dark” took up the July slot and Geraldine Topliss’s “Snowy deer at Wolferton” provided a seasonal shot for December.

Rules and Instructions
1) Only one entry per person.
2) Images should be related to or be inspired by The Wash and its hinterlands e.g. wildlife, land/seascape, historic buildings or farming.
3) Computer generated images will NOT be accepted.
4) Photos must be digital, JPEGs, landscape format and taken at the highest resolution possible.
5) Photos must be labelled with the photographer’s name.
6) The entry form must be completed in FULL when submitted.
7) The judges decision is final. Winners will be contacted by July 2011.
8) CD images can only be returned if a stamped, SAE is included.
9) All images will be retained by The Wash Estuary Strategy Group with the right to use the image, photographer’s name and photo description in our work. Images used are credited to the photographer.
10) Entries must not infringe on privacy, copyright or other rights of any person/institution.

There are three age categories: 11 or below, 12-18 and over 18. We do not have the space to print an entry form here but they can be found at: www.washestuary.org.uk or you can call 01406 425518.

Other contact details are:
Wash Calendar Photo Competition 2011,
WESG, c/o SHIDB,
Marsh Reeves, Foxes Low Road,
Holbeach, Lincs,
PE12 7PA.

Email: wash_project@lincolnshire.gov.uk
Fire safety in the home and where required our technicians fit. Offer of a Free Home Fire Safety Check and Smoke Detector that we would strongly recommend you to take us up on the effects of fire are over the age of 65. It is for this reason that in Norfolk, the people who are more likely to suffer from the devastating effect on all those involved. We also recognise that new signs had been put up on the sand road between North and South Beach, warning motorists of deep sand at the South Beach end. Children’s Summer Activities: The Council noted that there had been a limited response to the questionnaire about future provision; however those that had responded had enjoyed the activities in the past. The Committee had some idea of what activities to organise this year. Local Development Framework: The Chairman reported that he had attended a recent hearing into the new plan in King’s Lynn. The Parish Council had opposed a late proposal to create a policy to allow Hunstanton to develop to the South i.e. across the Heacham boundary. There was also some concern that the expansion of Hunstanton to the East would be far larger than anticipated. Norfolk Fire & Rescue Service Free Helpline: 0800 9178137 Norfolk Fire & Rescue Service is committed to keeping you safe from fire. We recognise that only a small minority of people will experience a fire in their home during their lifetime. Unfortunately when fire does occur it can have a devastating effect on all those involved. We also recognise that in Norfolk, the people who are more likely to suffer from the effects of fire are over the age of 65. It is for this reason that we would strongly recommend you to take us up on the offer of a Free Home Fire Safety Check and Smoke Detector fit. Please allow one of our trained volunteers to talk to you about fire safety in the home and where required our technicians will fit as many smoke detectors as they deem necessary all free of any charge. We also provide specialist Smoke Detectors for the hard of hearing which again will cost you nothing. For once you will actually get something for nothing and all you have to do is contact the free phone helpline using the number at the top of this article or one of the alternative options at the bottom to make an appointment that is convenient for you.

The visit will only take between 30-60 minutes of your time and remember this service is free and may prevent you from ever having to experience the devastating effects that a house fire can cause. Please also note that all Fire and Rescue Service personnel and our Partners will carry ID with them at all times.

TO ALL ELECTORS OF HEACHAM You are invited to take part in the ANNUAL PARISH MEETING
It will take place at:-

Heacham Church Hall on Thursday 17 March at 7.30pm
Under the Chairmanship of Mr R Drinkwater
(Chairman of the Annual Parish Meeting)
The Parish Meeting may by law discuss all parish affairs and pass resolutions about them Refreshments will be provided following the meeting

P Sewell (Mrs) Clerk

Drainage Work – Road Closures

The next phase of drainage improvements is due to take place from 7 March in the area of the High Street between the junction of Pound Lane and School Road. The work is expected to take 5 days and there will be disruption to traffic in this area as this section of the road will be closed to all vehicles except those who require access to properties on that section of the High Street.

Trade Waste Bags for Small Businesses

Borough Council Trade Waste Sacks, a roll of 25 can be purchased from Heacham Parish Council Office. The roll of sacks will cost £67.20 incl. of VAT from 1 April. Please note that the current orange coloured waste sacks, will not be collected after mid-May. The Borough Council also offer recycling bins for Businesses – enquiries about this and other trade waste options should be made to 01553 616760

Norfolk Safer Community Awards (NOSCAs)

Norfolk Constabulary begins its search for nominations for the Norfolk Safer Community Awards (NOSCAs) 2011.
Help Make a Difference to Heacham
Become a Parish Councillor

There will be local elections in May of this year and residents are asked to consider standing for election to Heacham Parish Council.

The Role of the Parish Council

The Parish Councils’ purpose is to work for the benefit of the local community. Statutory powers allow them to do this and fall within three main categories: representing the whole electorate within the parish; delivering services to meet local needs; and working to improve the quality of life in Heacham.

The Role of a Councillor

Councillors have three main components to their work: Decision making - Through meetings and attending committees with other elected members, councillors decide which activities to support, where money should be spent, what services should be delivered and what policies should be implemented.

Monitoring - Councillors make sure that their decisions lead to efficient and effective services by keeping an eye on how well things are working.

Getting involved locally - As local representatives, Councillors have responsibilities towards their constituents and local organisations. These responsibilities and duties often depend on what the Councillor wants to achieve and how much time is available, and may include going to meetings of local organisations in the wider community; taking up issues on behalf of members of the public, and meeting with individual residents.

~Letter about the Annual Village Meeting~

I should like to invite you all to the Annual Parish Meeting on Thursday 17 March at the Church Hall, High Street at 7.30pm. This is a meeting for Heacham Residents and I would very much like to encourage your participation. The meeting is an opportunity for you to raise matters of interest and concern. Parish Councillors will also be at the meeting and there will be an opportunity to talk to Council Members at the end of the meeting when refreshments will be served.

Yours sincerely
Roger Drinkwater

Heacham Carnival Parade 2011

As reported in the last Newsletter, Mr David Page, the Parade Coordinator, has stepped down from the role. Mr Page has been the parade coordinator for the last 4 years and now feels that it is time for a change and someone with new ideas to take the lead. The Parish Council are therefore reviewing the event as a whole and part of that review is to ask whether the Parade, which has been a great spectacle in the past, is still important to the village. If you feel strongly that Heacham should continue to have a Carnival Parade, have constructive suggestions and ideas about the Parade and/or would like to be involved in Carnival Parade 2011, then we would very much like to hear from you. You can either speak to the Clerk at the Parish Council Office or complete the online survey on the Council’s website www.heachamparishcouncil.co.uk. A meeting to discuss the Parade’s future has been scheduled for Thursday 10 March at the Parish Council Office at 7.30pm, all are welcome to attend.

Mayor’s Parlour Town Hall King’s Lynn
17th – 19th March

Exhibition of paintings by King’s Lynn artists, past and present to include:

Thomas Page - early to mid 20th century painter of King’s Lynn scenes and Museum curator.
Alan Castleton - present-day painter of local history and fishing subjects.

The Lovewell Blake Fund

The Fund aims to benefit smaller, often lesser known organisations where such grants would make a real difference to a particular project – making possible something that wouldn’t otherwise happen. The Lovewell Blake Fund supports community and voluntary activity in Norfolk and the areas of Suffolk surrounding Lowestoft and Halesworth. Grants of up to £2,000 are made twice per year in April and October. The Application Deadline is 11 March 2011. For Fund enquiries please contact Slava Puttock, Norfolk Foundation Grants Officer; Tel 01603 623958.

Cold Calling

No Cold Calling Stickers for windows and front doors are now available free from the Parish Council Office or Heacham Library. To report a rogue trader or someone you suspect might be please call Consumer Direct on 08454 04 05 06 (only 4p per minute from a BT landline).

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

HEACHAM GROUP PRACTICE 01485 572769
HEACHAM MON TO FRI 08.30 TO 13.00 14.00 TO 18.30
SNETTISHAM MON TO WED 08.30 TO 12.30 14.30 TO 18.00
THURS/FRIDAY 08.30 TO 12.30 Closed p.m.
OUT OF HOURS DOCTOR 01603 488488
A Doctor will advise on your emergency - Please think before calling

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

HEACHAM PARISH COUNCIL OFFICE 572142
OPEN TUES TO FRI 10.00 TO 12.00
STREET LIGHT FAULT REPORT 572142
BOROUGH COUNCIL OFFICE 01553 616200
BOROUGH COUNCILLORS
Mrs S. SMEATON 01485 572528
Mr A. MORRISON 01485 518469
NORFOLK C C M R I C H E R N E R Y 01328 823411
Mr A. MORRISON
Mrs S. SMEATON 01328 823411
PARISH LIBRARY 571928
OPEN MON, WED, FRI 10.00 TO 16.00 SAT 10.00 TO 12.00
HEACHAM POST OFFICE 570330
OPEN MON TO FRI 09.00 TO 17.30 SAT 09.00 TO 12.30

EMERGENCY SERVICES
QUEEN ELIZABETH HOSPITAL 01553 613613
DENTIST Emergency only for patients not registered with a dentist 01553 769264
COMMUNITY MIDWIFE (Ask for Hunstanton M/W) 01553 613613
POLICE 0845 4564567
SAMARITANS 01553 761616
CHILD LINE 0800 1111
ELECTRIC 0800 7838838
ANGLIAN WATER 0845 7145145
GAS ESCAPE 0800 111999
EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY 532280
OPEN MON, TUE, WED (No lunch closure) 10.00 TO 17.00
THURS. 10.00 TO 13.00  FRI 10.00 TO 19.00
SAT 10.00 TO 17.00 (All year)

HEACHAM COMMUNITY WEBSITES
www.heacham-on-line.co.uk
E-mail stella@heacham-on-line.co.uk
www.heacham-village.co.uk
E-mail enquiries@heacham-village.co.uk
HEACHAM Halls
Public Hall 570776
Old Friends Hall, Sunnyside 570892
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

LOCAL BUS SERVICE BETWEEN HUNSTANTON AND KINGS LYNN

40 Service
Via Hunstanton Road, Lodge Road and Queen Elizabeth Hospital
40A Service
Via Hunstanton Road, Lodge Road and Castle Rising
41 Service
Via Norfolk Lavender, Lodge Road, Queen Elizabeth Hospital and Sandringham
41A Service
Via Hunstanton Road, Lodge Road, Castle Rising and Sandringham

X40 Service
Via Norfolk Lavender, Castle Rising, South Wooton, and Gaywood

Coasthopper Service and 35
Kings Lynn to Cromer Via Norfolk Lavender, Hunstanton, Holme, Thornham, Titchwell, Brancaster.

NORFOLK GREEN BUS SERVICE 31
THURSDAYS TO FAKENHAM
Departs Fenside at 09.15 via Hunstanton & Docking. Arrives Fakenham 10.27
Departs Fakenham 13.00 Arrives Heacham 14.08

Bus Enquiries? Call 0871 200 2233
(0900-1630 Mon-Fri except public holidays)
e-mail : ptu.pt@norfolk.gov.uk

Main pick up points for The Heacham Newsletter. First Saturday each month except January.
Jennings, Cooks Butchers, Heacham Bakery, Olivers, Post Office, Parish Council, Church, Co-op, Tescos, Norfolk Lavender.

MOBILE LIBRARY
ROUTE E4 (Tuesdays) ROUTE E3
8th March 1st / 15th
COLLINGWOOD CLOSE 09.40 ROBIN HILL 10.25
SOUTHMOOR DRIVE 10.00 CHURCH LANE 10.40
SANDRINGHAM DRIVE 10.20 RINGSTED ROAD 10.55
CHENEY HILL (F/SIDE) 10.40 NEVILLE CT 11.40
WOODSIDE AVE 11.05 NEVILLE ROAD 12.15
HEACHAM INFANT SCH 11.20 PINE MALL 12.30
MILLBRIDGE 11.55 SITKA CLOSE 12.50
NOURSE DRIVE 12.40 SUNNYSIDE 14.15
POCAHONTAS WAY 13.50 MEADOW RD 14.40
BUSHEL & STRIKE 14.05 POPLAR AVE 15.30
GIDNEY DRIVE 14.20 GYMKHANA WAY 15.50
BANKSIDE 14.40 JENNINGS CLOSE 16.15
MARRAM WAY N CL 14.55 COLLEGE DRUG CL 16.50
MARRAM WAY S CL 15.10
MARRAM WAY/N RD 15.25
CUNNINGHAM COURT 15.45

MOBILE LIBRARY
ROUTE DER 224 (Tuesdays) ROUTE DER 223
22nd March 29th
COLLINGWOOD CLOSE 09.40 ROBIN HILL 10.25
SOUTHMOOR DRIVE 10.00 CHURCH LANE 10.40
SANDRINGHAM DRIVE 10.20 RINGSTED ROAD 10.55
CHENEY HILL (F/SIDE) 10.40 NEVILLE CT 11.40
WOODSIDE AVE 11.05 NEVILLE ROAD 12.15
HEACHAM INFANT SCH 11.20 PINE MALL 12.30
NOURSE DR/INGLEBY CL 12.15 SITKA CLOSE 12.50
ROLF CRESCENT (OPP 22) 13.45 SUNNYSIDE 14.15
BUSHEL & STRIKE 14.05 MEADOW RD 14.40
GIDNEY DRIVE 14.20 POPLAR AVE 15.30
BANKSIDE reverse in 14.40 GYMKHANA WAY 15.50
MARRAM WAY N CL 14.55 JENNINGS CLOSE 16.15
MARRAM WAY S CL 15.10 COLLEGE DRUG CL 16.50
MARRAM WAY/N RD 15.25
CUNNINGHAM COURT 15.45

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