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When contacting one of the advertisers please mention you saw their advert here first. Thank you.

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**Do Something Amazing Today**

**Save a Life**

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

**Wednesday 25th May 2011 at the Public Hall, Station Road. 1pm - 3.30pm and 5pm - 7pm.**

Please make an appointment if you can, by calling the Helpline 0300 123 23 23 or online at www.blood.co.uk

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**HEACHAM LIBRARY**

**BOOKS • INFORMATION • TELEPHONE • NEWS • INTERNET**

**WOULD YOU LIKE TO WORK IN YOUR PARISH LIBRARY?**

We have lost a few library volunteers recently to ill health and other commitments. If you would like to get involved and have a few hours a week spare we would like to hear from you, so why not call in at the Parish Council office in Pound Lane and ask for details? (Tues-Fri, 10am to noon).

*Turn to page 10 to read more about the library*

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**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 - Jackie Davis

Brian Faulkner - Kerry Long - Dean Rawnsley - Robby Topliss

THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

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*A voluntary non-profit publication produced with financial assistance from Heacham Parish Council*
Dear Newsletter,

Beach Recycling

In response to the report in the April edition of the Heacham Newsletter about annual recharge of sand and shingle along Snettisham, Heacham and Hunstanton South Beach, I would just like to point out one or two things.

This recharge has been carried out every year since 1990 with a major recharge in 1991 and 2001. Another is due in 2013 if the money is available. These recharges do help in building up the sea defences especially at Heacham South Beach and Snettisham where there are no hard defences, but they would do a lot more good if they were carried out in May or June when there are no high tides. This would give the recharge material time to settle down before the Autumn high tides.

This year at Hunstanton South Beach four days after the recharge we had four high tides over 26 feet so most of the material was washed out to sea to make the sandbanks even higher. If this recharge was done when there are no high tides it would then make an even better job of our sea defences.

Dick Melton

(When sand and shingle is moved from Snettisham back to Heacham and Hunstanton this is “beach recycling”. When the sand and shingle is imported from other areas this is “beach recharging”. It was most recently done in 2005 between July and November. The material was dredged off the coast at Skegness.

The reason for these works being done at the end of February rather than later is so that beach nesting birds will not be disturbed. This was also the reason for the timing of the exercise in 2005 when it could not be done before the breeding season because of the danger of Winter weather disrupting the work. - Editor)

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Hunstanton

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***************
Dear Newsletter,

Democracy? Don’t make me laugh!

If anyone else shares my anger at Norfolk County Council’s decision to foist the incinerator on us, can I suggest as many as possible write, phone or e-mail them? Here’s a copy of the email I sent. The address is: information@norfolk.gov.uk. If sufficient numbers swamp their in box with threats of voting for other parties, sometime, sometime will have to take notice.

“Did no one on the council, or on that small exclusive committee which took the decision over the incinerator, think to take notice of local opinion? An overwhelming referendum result ignored. Placards and posters throughout the region ignored. Protest websites ignored. To hell with democracy, just lump the most expensive, inefficient and dangerous waste disposal system on the west of the county because Norwich doesn’t want it.

“Be warned though there is one aspect of democracy which cannot be ignored the May elections. 65,000 people here said no to the incinerator. If our voice is ignored, I for one will never vote Conservative again, and I am sure there are many more who think like I do.”

This is the reply I received to that email:

“Dear Sir/Madam,

‘Subject: Proposed Willows Power & Recycling Centre

“Thank you for your email, the contents of which have been noted.

“It is the case that plants such as the one proposed for Saddlebow operate safely in this country and across the world, but as you know, the proposal for Saddlebow cannot be built or operate without an Environmental Permit from the Environment Agency, which is the regulatory authority for plants like this. It regulates and monitors them in accordance with the strict emissions standards set in law in the Waste Incineration Directive.

“Only if the Environment Agency is satisfied that a proposed plant can operate without harming people and the environment, will it be granted an Environmental Permit. Independent and expert health advice in respect of this particular plant at this particular location will include that from the NHS locally and the Health Protection Agency.

“The forthcoming statutory consultation in respect of the necessary Environmental Permit gives you an opportunity to raise all these concerns with the Environment Agency directly and have them considered and taken into account.

“That consultation is yet to take place, but the Environment Agency’s address is:

The Environment Agency
Permitting Support Centre – Environmental Permitting Team,
Quadrant 2, 99 Parkway Avenue, Sheffield S9 4WF.

“Alternatively you can email psc@environment-agency.gov.uk.

“Please always quote reference EA/EPR/PP3633FJ/A001 in all correspondence with the Environment Agency for this proposed facility.

“There will also be a separate consultation on the planning application when submitted. You can register to take part in this at www.norfolk.gov.uk, following the links to the Saddlebow energy from waste proposal under ‘latest news’.

“Yours sincerely, Joel Hull, Project Director – Residual Waste Services, Norfolk County Council.”

P. Widdows

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Station Road Garage
33 Station Road, Heacham
Norfolk PE31 7EX
Tel: 01485 570259
Fax: 07500370603

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Tyres - Exhausts - Clutches - Diagnostics -
Collection & Delivery - Accessory Shop - Car Sales - Air Con Repair & Service - State of
the Art MOT bay - MOT Repairs
www.stationroadgarageheacham.co.uk

Sarah Pollard

Sarah Pollard And Friends Sponsored Walk
BLAKENEY To HEACHAM

It’s that time of year again when me, my mum and some friends do a sponsored walk. The last 2 years you have been very kind to us, PLEASE DO SO THIS YEAR. We are walking from Blakeney to Heacham on 29th May (camping out for the night). Last year we walked from Wells to Heacham.

This year we are walking a longer route. This time we are walking in aid of two charities: Breast cancer and Starlight (charity for terminally ill children’s dreams). Many of you knew my nanny Pam Whitmore who died of cancer. Well I miss her lots and my mum says you always will. Sadly I cannot bring my nanny back. My grandma is recovering from breast cancer. Both my nanny and grandma were and are fantastic. I couldn’t help my nanny but I’ll do everything to raise money to help other nannies and my grandma to find a cure. Nannies, grandmas, grandads etc are and should always be part of our lives and we all need them. The children whom Starlight help are so very special too. They never ask for anything, they put up with pain that I hope we never have to have, yet they never complain. To give a wish to another child and to give them their dream would be so fantastic again. My friends and I have so much. We moan about being fed up, being bored, nothing to do yet we have everything we could wish for.

Last year we got home full of blisters but we had so much fun. People talking to us on our way, asking questions, and giving us donations made it all so special. It is very hard and my mum is great. She makes it all special for us, making us laugh, keeping us going and at times getting us lost. But that’s all part of it.

She paid for our camp site and food, so we didn’t have to take it from our sponsors and she loves it as we do.

We all know it is hard at the moment but any amount big or small is welcome, it all adds up in the end.

Please, please donate something if you can to Cancer and Starlight. You can donate by telephoning 572934, or sending to 22 Fenside, Heacham.

If anyone sees us on our walk please cheer us on. We are: Trudy (my mum), Sarah (myself), Zoe, and Ellen. We are all 14 years, well apart from mum of course. Thank you all.

Sarah Pollard

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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
Dear Newsletter,

The Importance Of Fun In Sport

I would like to make a few random comments re- the article of the above title which appeared in the March 2011 Newsletter.

Amateurs enter sport for FUN, professionals for trophies, fame and MONEY! At the professional level it is not sport any more, but big business. Winning ‘at all costs’ is sadly present in the mindset of some professionals i.e. cheating, taking performance enhancing drugs etc.. Many competitive sportsmen are bad losers - they do not know how to win with humility, or lose with good grace.

There is nothing wrong in being competitive if it is not taken to the lengths recorded above - after all life itself is one big competition. Going back to to the 40s and 50s P.E./Games Lessons centred on the best performers and blow the rest! In the 80s and 90s competitiveness was deemed a bad thing in an effort to interest all pupils in sport. Both taken to extremes are counter productive - how about a halfway house?

The writer refers to Usain Bolt, the Jamaican 100m World Record holder running with a smile on his face. Wouldn’t you raise a smile if you were on the verge of winning an Olympic Gold Medal, or could command a £200,000 appearance fee (obscene money) for merely turning up?

Personally I will never win a gold medal as I’m not naturally gifted sportwise, BUT that has not stopped me enjoying sport. The fun is in participating and being happy with your own performance. I would admit to being inwardly competitive, to a degree - we all like to win and feel we’ve contributed to the team, improved our skills etc..

Fun is important in sport, as is the social side of meeting other like-minded people. Healthy competition found in most amateurs is to be commended. The arrogance and selfish approach found in many professionals is NOT to be commended.

Peter M. Oakes

Tall Trees Caravan Site

DO YOU LIVE IN HEACHAM OR THE SURROUNDING AREA AND NEED A GARDENER, DECORATOR OR HANDYPERSON?

Age Concern West Norfolk District maintains a register of locally based Gardeners, Decorators and Handypersons who have been police-checked and have had reference taken up.

For more information please ring: 01485 572511

Visit our fine farm shop & restaurant at Norfolk Lavender

Just in: asparagus from West Rudham • spring lamb • local rhubarb • goose eggs from Great Snoring

Farm quality • better than supermarket value

WALSINGHAM FARMS SHOP AT NORFOLK LAVENDER

At the Lavender Kitchen we cook with the top quality locally sourced ingredients you can buy from our Farm Shop. Open every day from 8am.

Seniors’ special on Wednesdays. Try our Sunday roast of Walsingham beef.

More of Mary’s Country Sayings

1. When out of sorts, give nature a chance
2. A wife’s art is displayed in a table well laid
3. Be not the first to quarrel with a friend
Signs of Spring

Signs of Spring come early: even in December. It may be the Winter Heliotrope with their pinky flowers nodding away in the grass verge along Station Road, or Hazel catkins expanding concertina like along the hedgerows where, on the soil floor below, shoots of Alexanders, Shepherds Parsley, Herb Robert, Cleavers and a multitude of other plants have secretive emerged. Even our birds, silent since the Autumn, begin to respond to the tiny increase in day length soon after the Winter Solstice: the Thrush being a notable early and unpredictable songster.

Once, a few days before Xmas, as we walked back in the dark to our hotel in the centre of Norwich, we were astonished to be sweetly serenaded by some of these lovely birds in a heart warming but mystifying Midnight rather than Dawn, chorus. Was this to avoid competition from increasingly loud daytime traffic noise? Could be, and if so, an inventive response to a quickly changing urban environment.

But once the New Year has passed, we begin to look for the more conventional and vivid indicators of this wonderful season. Of course, bouts of cold weather may intervene to slow things down but in the end the Spring will always Spring and that unique English Heaven, rich with early blossom will unfold triumphantly, as it always does, over our precious Norfolk countryside.

The signs that Sue and I look for are always the same. It is the early flowers that appear in that wonderfully atmospheric Cedar shaded Churchyard at Snettisham. This year there was no sign of anything on the 15th of January but when we visited the churchyard again on the 22nd as some mild weather had intervened, it was carpeted with nodding white Snowdrops and Winter Aconites, their flowers glowing a warm yellow in the sunlight: a harbinger, perhaps, of a golden summer to come.

Snowdrops are very persistent. By the 27th February they had just started their decline whilst Winter Aconite flowers were almost finished although even by the 5th of March the Snowdrops were still hanging on: an indication of their value as an early spring flower.

But now came something completely different: for over the middle of March, and missing the dazzling emergence of the Cherry Plum blossom, we were off for a week on a walking holiday to Lanzarote, one of the Canary Islands, and, apart from its proximity to the sea, kind of different from NW Norfolk. Many parts of this island are like a dry, stony and arid Lake District, but its real interest lies in its volcanic origin and landscape: the most recent eruptions having been in the mid 18th and early 19th centuries: so many of our walks took in numerous now nascent volcanoes and vast flows of rough lava stretching to the horizon, and hardly eroded over two to three hundred years, making a real contrast to the soft lines of the West Norfolk landscape with its easily smoothed sedimentary rocks of Carrstone and Chalk.

Sue and I were mystified to find so many different, and often beautiful, Spurges flourishing on the dry lava flows in the absence of any soil. In such conditions they seem remarkably resilient and indeed there is one species, Euphorbia canariensis, which takes the form of a Cactus! Spurges are still to be found wild around Heacham, and in particular Sea Spurge which still grows prolifically in the sand around the Huts at North Beach although strangely not at all at South Beach, where the garden escape, Caper Spurge is to be found occasionally, nestling amongst the Sea Buckthorn near the Old Harbour. Unfortunately the Spurges in our garden were nothing like as resistant to the cold of last winter and I only have one species out of three left in my north facing border. Must do better next time!

John Bird
CHURCHES TOGETHER IN HEACHAM

The Royal Wedding: who was there, what did they wear? The papers and magazines will be full of pictures and comments.

In Bible times wedding protocol was much simpler, two invitations were expected, the first asked the guests to attend; the second announced that everything was ready. And for those who accepted the invitation, the right clothes were provided on the day by the host. So there really was no excuse for not showing up or being dressed for the occasion.

In Matthew’s Gospel Jesus tells a Royal wedding story “The Kingdom of Heaven is like a king who prepared a wedding banquet for his son.” God is the King, Jesus is His Son, and heaven is the wedding banquet. But the shock of the story is how people responded to the King’s invitation.

The feast had been prepared, the King and his Prince sent out personal invitations, it’s the event of the millennium, the finest of foods, the best of wines, incredible company, will they come? No, the invitations are torn up and those delivering them are beaten up or killed.

The story goes on to describe another round of invitations. The King says: “The wedding banquet is ready, but those I invited didn’t deserve to come. Go to the street corners and invite to the banquet anyone you find.” So the servants went out and gathered all the people they could find, both good and bad, and the wedding hall was filled with guests. The story ends with one guest, not appropriately dressed. He’s refused to put the clothes provided. It is a snub to the king and the prince, he is sent away from the banquet.

Heaven is a party, it’s God’s celebration of His Son Jesus, but if we don’t acknowledge Him then what place do we have at the party? God went to great lengths to invite us. In the story He sent servants; in reality, He sent His son Jesus, as His personal invitation to heaven. Jesus came to earth as a baby, then as a young man voluntarily took the punishment we deserve for all our wrong doing on the cross. Accepting and thanking Jesus for taking our place makes us ready for the heavenly banquet.

How will we respond to such an invitation?

Sue Megahy
Reader at St Mary’s Heacham

PARISH REGISTERS
Baptisms
27/03/11 Lois Stockdale, daughter of Gary and Heidi

“For anyone who is in Christ there is a new creation”

Faithful Departed (Church linked funerals)
20/03/11 Roy Carter

“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:
1st May – Mike Gunnell
8th May – Irene Garrard
15th May – Elizabeth MacLeod
22nd May – Rev’d Pam Bayliss, with Holy Communion
29th May – Rev’d Kim Nally

Midweek Communion Service: This will be on Wednesday 11th May 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 (but not on Bank Holidays)
TUESDAYS: Ladies’ Fellowship 2.45pm on 3rd, 17th and 31st May
TUESDAYS: Hands and Needles Club: 7.30pm on 3rd, 17th and 31st May

Saturday Coffee Mornings
These are held each week from 9.30-11.30am. All welcome.

The Parish Church of St. Mary’s:
Sunday Services
8.00am Holy Communion (Book of Common Prayer)
10.00am Morning Worship (Holy Communion on 2nd Sunday and Easter 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)

May Services: Nursing/Residential Homes
Tuesday 3rd 2.30pm Rebecca Court
Monday 9th 11.00am Holy Communion: Millbridge
Sunday 15th 7.30pm Neville Court
Weds. 18th 2.30pm Summerville
Friday 27th 10.30am Fridhem
Friday 27th 2.30pm Sunnyside

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
SUMMER WEEKDAY OPENING: MAY-SEPTEMBER

All through the summer (till 30th September) St. Mary’s is open for visitors on Mondays to Fridays from 10.00am-4pm and on Sundays from 12 noon till 5pm. Between 10-12 and 2-4 on weekdays there are always friendly people on duty to answer questions and be generally helpful to visitors, and to provide tea, coffee and biscuits. Why not pay a visit one day, enjoy the peace and quiet, and study the wonderful history present in this distinctive building which has been a centre for Christian worship in the area for hundreds of years. And if you might be interested in joining one of the teams who welcome visitors to the Church please phone Mary Sanders on 01485 570264.

THE PANTRY
TRACTIONAL TEA-ROOM
28 HIGH STREET, HEACHAM
Tel: 01485 572220

We are open
Tuesday - Friday 9am - 3pm
Sunday 11.30am - 2.15pm
Pensioners Perks on Wednesday & Friday
2 courses for only £5.95
Snacks & Cooked Breakfasts 9am-11am
Lunches 11.30am-2.15pm

Order your home made cakes and scones to take away including cakes for diabetics
Fresh cooked food with menu change daily.
I Diabetics catered for with special puddings to delight.
Cream teas with homemade scones and homemade jam, homemade cakes
Salads available and freshly made sandwiches to eat in or take away.
We take bookings on any day as we can get very busy.
Come and try us, you won't be disappointed.
You will be made very welcome by the same friendly, helpful staff

Outside Catering Available
For further details and bookings give Trish a call

ARE YOU 'MOST PEOPLE'?

Most people, if someone suggests to them that they try to write a story, a poem, a play or a film, think straight away that they can’t do it. If you are thinking this right now I would say that I think you’d be surprised what you can do. ‘On the Write Track’ is an organisation set up to get people using their imaginative resources in this creative way. It runs groups in surgeries and health centres because writing creatively is known to be good for people in all sorts of ways. The groups are designed to be a safe place for you to try out what you can do when your imagination is stimulated by the activities the group undertakes. We make a point of having fun.

We have a group who meet at Heacham Surgery, fortnightly on Thursdays in term-time. My name is Caroline Smith, and I am the group facilitator, contact me for further details on 07 804 095 814. I look forward to hearing from you.

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 Fyne, 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
Wed: 10.15am at St Cecilia's, Dersingham

Ladies Lunch
Our spring Ladies' Lunch will take place on Saturday, May 14th. All ladies in the area are warmly invited to join us at St Cecilia's - tickets are free, but you are asked to bring some food to share. If you would like to join us, please ring Sue Gostling on 01485 540701 for a ticket.

Strawberry Fair
Our annual Strawberry Fair will be held at St Cecilia's, Dersingham on June 25th, starting at 2pm. Hope to see you there!

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.

TRADITIONAL TEA-ROOM
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Tel: 01485 572220

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Tuesday - Friday 9am - 3pm
Sunday 11.30am - 2.15pm
Pensioners Perks on Wednesday & Friday
2 courses for only £5.95
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Fresh cooked food with menu change daily.
Diabetics catered for with special puddings to delight.
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Salads available and freshly made sandwiches to eat in or take away.
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For further details and bookings give Trish a call

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We have a group who meet at Heacham Surgery, fortnightly on Thursdays in term-time. My name is Caroline Smith, and I am the group facilitator, contact me for further details on 07 804 095 814. I look forward to hearing from you.
Adult Wildlife Workshop - Getting to Know Urban Wildlife
- Saturday 7 May, 10am - 3pm
You will be amazed by the amount of wildlife that lives in the heart of every town. Join us and discover just some of the plants and animals that call King's Lynn home and find out how you can help urban wildlife.
Venue: Green Quay (includes visit to Harding's Pits and The Walks)
Cost: Free
Prebook: Booking essential - 01603 598333

Walk - Birds of Reffley Wood - Sunday 8 May, 10 - 11.30am
Take a short stroll with us around this ancient woodland and discover just some of the birds that call Reffley Wood home.
Start point: Reffley Wood entrance, Sandy Lane, South Wootton
Cost: Free, no need to book

Walk - Butterflies, Bushcrickets and Bugs - Sunday 8 May, 1 - 2pm
Join us in the search of minibeasts that may be found living in or near Harding's Pits.
Start point: The Whale Statue, Harding's Pits, King's Lynn
Cost: Free, no need to book

Walk - Fairstead and Gaywood Meander - Sunday 8 May, 2 - 4pm
This walk is based on some of King's Lynn's excellent green infrastructure.
Start point: The Walk's Cafe, King's Lynn
Cost: Free, no need to book

Imagine the sights and sounds of King's Lynn's maritime past as we explore this historic medieval port - Sunday 8 May, 10.30am - 12pm
Start point: The Walk's Cafe, King's Lynn
Cost: Free, no need to book

Walk - In Search of Urban Wildlife - Sunday 8 May, 2.30 - 4pm
From eels to mistletoe - you will be amazed at the number of different animals and plants found in a town.
Start point: The Walk's Cafe, King's Lynn
Cost: Free, no need to book

The Gaywood Valley Project and Norfolk Wildlife Trust presents Wild about the Valley - Sunday 8 May, 11am - 4pm
Take a guided walk or listen to a story in the most magical of settings. Experience the wildlife, landscape and history of King's Lynn and the Gaywood Valley and discover what makes this area so special.
Activities for all ages including: Nest box making, Story telling, Dyke dipping, Minibeast hunting, Art and craft activities, Displays and demonstrations, plus much, much more.
Location: The Walks, King's Lynn
Cost: Free, no need to book

Holme Natterjack walk - Monday 9 May, 2-4pm
Learn more about the breeding cycle of this rare and threatened amphibian.
Venue: Meet at The Firs (TF714449), NWT Holme Dunes
Cost: Adults £5, NWT members and children £3
Prebook: There are only ten places on each walk - please phone 01485 525240 to book

The above are just a small fraction of what’s on in May so for details of more wildlife events around Norfolk, and for more information about the Norfolk Wildlife Trust, please go to: norfolkwildlifetrust.org.uk
NEWS FROM HEACHAM'S SLIMMING WORLD

As we approach May and hopefully a lovely Summer our members are looking forward to their summer holidays and have already achieved some fantastic weight losses. Since January this year members have lost an amazing 57 stone between them - the equivalent of 800 packs of sausages, or 5 people!!!!

I am extremely proud of my members and the commitment they have all made to reach their target weights. In May we celebrate our group's Man of the Year and with several men in our group it will be an exciting evening.

Our group nights are always fun, and members are very supportive of one another. Lots of recipe ideas, raffle, competitions and Company News keep members informed and motivated.

If you would like to lose some weight for the Summer give me a ring on 01485 528796 or 07515 648928 and I will be only too happy to chat to you and give you more information about where we meet and what to expect. Or you can just turn up at 6.30p.m. prompt on a Tuesday evening at St Mary's Church Hall in the High Street. You will be met at the door and made to feel welcome.

Recipe of the Month

MINT AND COURGETTE FRITTATA

Ingredients

2 medium potatoes, peeled and cut into 1cm/1/2 in dice
low calorie cooking spray
1 medium courgette cut into 1 cm/1/2 in dice
6 large eggs
a small handful of mint, roughly chopped
1 red chilli, deseeded and roughly chopped
salt and pepper

Method

Cook the potatoes in a pan of lightly salted boiling water for 6 minutes or until just cooked, then drain and set aside.

Spray a medium, deep ovenproof frying pan with low calorie cooking spray and stir-fry the courgette for 4-5 minutes or until it is lightly browned. Add the potatoes and fry for 1-2 minutes.

In a bowl, beat the eggs, mint and red chilli together and season well.

Preheat the grill to medium high.

Pour the egg mixture into the frying pan and stir briefly. Cook for 5 minutes over a low heat or until the bottom of the frittata has just started to set.

Transfer the pan to the grill and cook for 3-4 minutes until golden and set.

Cut into wedges and serve warm or at room temperature. Enjoy!

Julie Goddard
Slimming World Consultant

SLIMMING WORLD

Join today, for real food, real support and real results.

Tuesdays at 6.30p.m.
St Mary’s Church Hall,
High Street, Heacham

Consultant - Julie Goddard
01485 528796

J.C.Hammond
Carpenter/Joiner
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07944 281960
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No job too big or too small - All work Guaranteed and Insured

Heacham & Criteuil-la-Magdeleine Twinning Association

SATURDAY 7th MAY 2011
7.00 p.m. for 7.30 p.m. start
at
MAREA BARN
49 SCHOOL ROAD, HEACHAM
(By kind permission of Mike and Betty Dix)

Admission £5 per person by ticket only
Including Bar-B-Que supper and welcome glass of wine

Tickets available from:
Sue & Dudley - 01485 572352
Michael & Linda - 01485 579465

Bring your own drinks and glasses

All tickets must be purchased by Wednesday 4th May 2011 for catering purposes
SPONSORED DOG WALK
Saturday 18th June - join our family sponsored dog walk meeting at Silver Sands, North Beach, Heacham, to The Norfolk Hospice, Tapping House, Snettisham. Dog grooming provided with ‘dial a dog wash’ ~ proceeds to the Hospice and supported by ‘vet on call’ Coastal Vets of Snettisham and free doggy bag for all four-legged friends!

Please contact Amanda Standen at The Fundraising Office for a registration and sponsor form £10.00 family registration, £5.00 individuals, accompanied kids free!!

We also have a Hospice Fete and Open Day - 11.00 - 4.00pm with with craft stalls, inflatable bouncy castle, slide and super hero sumo suits, face painting, cakes, hot dogs & lots more - everyone is welcome so come along and join in the fun!!
ST MARY’S CHURCH HEACHAM

FABRIC RESTORATION FUND RAISING OPEN FORUM MEETING MONDAY 4th APRIL

An Open Public Forum meeting was held in St. Mary’s Church Hall, High Street, Heacham on Monday 4th April to discuss ideas to raise funds to pay for the repairs to the fabric of the church and wall.

Considering the population of our village it was a disappointing turnout with only twenty people, the majority of whom were church goers, attending the meeting, which was chaired by the vicar of St Mary’s - Rev Steve Davies. The organisers had hoped to attract residents from the village irrespective of whether they were church goers or not as they took the view that the church is part of the heritage of Heacham and as such should not be allowed to fall into disrepair due to lack of funds.

The vicar opened the meeting by explaining the work which is needed starting with the urgent repairs to the churchyard wall which is in danger of collapsing into the road. Some funds have been raised for this already and the work is scheduled to begin despite the current shortfall. He also explained that repairs were required to the church casement windows, bells and lighting.

The meeting was then thrown open to the floor for a general discussion. Many ideas were put forward as diverse as organising a Car rally and garden parties to fashion shows and a promises auction. All these were noted as potential future events and it was thought at this point in the evening that a Fund Raising group could be got off the ground.

However a stumbling block was reached when the meeting was asked for names of volunteers to sit on a Fund Raising committee and none were forthcoming. Several of those attending and who had put forward ideas said that they would be willing to attend events and in some cases help on the day but felt they were already too committed to be able to assist in the organisation. Without sufficient support and help it will not be possible to pursue the plans for a Fund Raising Group to proceed further.

If you feel that you are able to contribute ideas and time by joining a small fund raising committee please get in touch with the organisers of the meeting by emailing the newsletter (theheachamnewsletter@yahoo.co.uk) who will pass your details on.
"A NIGHT at the THEATRE"

Hello again from the Pocahontas Players. We are here to remind you, of dates and more information about our forth coming production.

Tues June 21st and Wednesday 22nd June, in Heacham Public Hall, Station Road.

As we said last month, we are trying something very different for our drama group, with A Night at the Theatre. Songs and dance from Grease, Oklahoma and Lion King. A great mix for all ages.

We have two very big pieces of Good News to tell you - Dave has been very very busy building a new portable sound and lighting box. This will now enable 'sound-man Dave' and 'lighting man David' to operate from the back of the hall, so they can see and hear what is happening on the stage at all times, during a performance, as they work their buttons and sliders!! Dave has wanted to build this for several years but now, thanks to all you audience supporters, and generous donatations i.e. Raffles, Sponsors etc, we were able to purchase the wood, electrical equipment etc.. This will improve all, no end. Thank you Mr Mick Jennings, for the loan of your truck, to transport Sound box from Dave’s workshop to the hall.

Our other piece of very good news is, that members of the Hunstanton Community Choir, are also joining The players in

"A Night at the Theatre" They will be backing and enhancing a selection of songs during the evening, for Oklahoma and Lion King. We are so excited about this. Thankyou to them, for giving up their time to join our rehearsals. Its going to be spectacular!!!

This is turning out to be 'a night to remember' So please 'remember' the dates Tues June 21st/ Wednesday 22nd. We are only performing for those two nights. So tickets will go very quickly. These will be on sale at the end of May, but if you would like to reserve your tickets, before the end of May, please phone Janice 01485 570402, where she will add your names to the list.

We will let you know how rehearsals are going next month and with ticket information - thankyou from Heachams Pocahontas Drama group.

Dave Curtis at the new portable sound and lighting box
Act One: “Good morning, residents of Sunné ‘Unné. I shall say this only once...”

All the familiar catch-phrases, comic characters and convoluted plot-lines from the BBC’s hit comedy ‘Allo, ‘Allo will be seen in Hunstanton this May when the Princess Theatre Club presents the hilarious stage version of the popular TV show. Directed by Mick Yates, rehearsals are well under way and all the cast are relishing getting into character and using all the different accents. It’s a tale that involves, in varying proportions, sausages, cheese and blow-up male dolls. Not forgetting the cockatoo, assuming we can find one. Does anyone have a spare cockatoo (preferably stuffed, as a live one wouldn’t have time to rehearse)? Oh and... if anyone out there has an old German uniform tucked away at the back of a wardrobe, can we borrow it, please?

The terminally harassed René and all his friends and enemies will be on stage at the Princess Theatre for three performances on the evenings of Thursday, Friday and Saturday, 12th, 13th and 14th May 2011, curtain up at 7.30 p.m. Tickets are available from the theatre box office, which is open when films are on, or you can telephone (01485 532252) and leave a message at any time. They will phone back and take your order.

Interval — time for changes?

The Princess Theatre Club (PTC) was initially formed with the intention of supporting the Princess Theatre by providing voluntary stewards and by making occasional financial contributions for purchase of special equipment. This we have done since our beginnings in 1985, besides mounting two major productions every year. However, the recent change of management from the Borough Council to private hands inevitably means changes in the PTC’s objectives. We have established a good relationship with the new MD Mr Paul Jervis and, happily, the newly-appointed theatre manager is an old friend and member of the PTC, but, because the theatre is no longer subsidised by the council, we are now experiencing increased costs in hire charges and advertising. These are just two of the problems which have arisen as a result of the management change. Use it or Lose it could never be truer for the future of the Princess Theatre. We know where the PTC stands. Where do YOU stand?

Heacham is fortunate in having the wonderful Pocohontas Players, but if anyone in Heacham would care to join the Princess Theatre Club, you would be very welcome. We do not have ‘Angels’ who offer financial backing: we have to raise all our funds ourselves. We should love to mount more productions — plays, pantos, musicals, variety — and if only we had a few more active members all manner of things might be possible. Now is the time for fresh ideas, fresh energy, a whole new purpose for the PTC. Maybe even a new name, who knows?

If you’re keen on promoting amateur theatre, whether as a theatre-goer enjoying the shows, or actively involved in acting, producing, writing, staging, making costumes... the Princess Theatre Club needs YOU!

Please come along to the Annual General Meeting on 24th May and make your views known. We should love to have you with us. The current annual subscription for the most Active Member is £10; £15 for a couple or only £5 just to belong, join in social activities and get all our news via the PTC Newsletter. The AGM is at the Conservative Club, Hunstanton, starting at 7.30 p.m. on Tuesday 24th May, meeting in the rehearsal/bridge playing room.

Act Two: Adjudicated Drama Festival

We shall also be entering a one-act play for the Drama Festival in June. If you would like a chance to take part, come to the auditions on Tuesday 17th May and/or Friday 20th May, once again at the Conservative Club, rehearsal room at 7.30 p.m. Our director for this play is the well-experienced Ann McKimm.

For more information, see our website: www.princesstheatreclub.co.uk or contact us by email at: princesstheatreclub@globalnet.co.uk

WINDWARD
GARDEN MAINTENANCE

LAWNMOWING
HEDGES TRIMMED ETC.
HONEST AND RELIABLE
COMPETITIVE PRICES

Phone Tim on 07415 944284

WEST NORFOLK SINGERS
Accompanist Needed

We are a small four part choir, looking for an accompanist to assist our Musical Director, Nigel Wickens. Nigel has an excellent pedigree as an accomplished professional singer and also as a singing teacher at Peterhouse, Cambridge.

The choir has been in existence in Heacham, in one form or another for many decades and has improved greatly under Nigel's leadership.

From the beginning of September to the end of April, we rehearse on Wednesday evenings from 19.30 until 21.00 at the Methodist Church in Heacham. Concerts are performed at various churches in the West Norfolk area at Christmas time and also in the spring. Our choice of music is varied, encompassing both sacred and secular pieces. Our numbers vary between 25 - 30 members and although the majority of singers are "mature", we are enthusiastic, loyal and above all enjoy making music.

If you feel that you are able to help in anyway, or alternatively know of anyone else, who would be interested in this role, could you please contact me, so that we could discuss the matter in more detail.

However, if you are a singer and would like to join us, we would be delighted to welcome you.

Heather Titcomb, Chair. Tel: 01485 542960
The Parish Church of St Mary’s Heacham

An Evening With

Charles Timberlake

Saturday May 21st at 7.30pm

Charles plays and talks about his life and music. An atmospheric evening, serious yet light-hearted, the audience is treated to a range of his own compositions, worship with popular songs, interspersed with stories and anecdotes along with a joke or two.

A composer and performer of calming, thought-provoking piano music with a distinctive spiritual quality, Charles Timberlake’s haunting atmospheric music is there to capture the imagination of the listener. Charles brings a vision of God to his music - a vision both spiritual and profound, yet intrinsically human in the relationship between Creator and created.

TICKETS AVAILABLE FROM:
- Christian Bookshop, Station Road, Heacham
- Terry Clay on 01485 570712
- Mary Sanders on 01485 570264

www.charlestimberlake.co.uk
TASTY MORSELS

A flea bitten mongrel called Coffee...
Once rolled in a tart of Banoffee...
He stood up well pleased...
For it meant that his fleas...
Still crunched but now tasted of toffee

David Wood

FUN DOG SHOW

SUNDAY 15TH MAY
GLEBE HOUSE SCHOOL
Cromer Road, Hunstanton
Held in conjunction with the school summer fete

Entries from 12pm  Judging from 1.30pm

Have-a-go-flyball from 12pm

12 Novelty classes:
  Prettiest Girl
  Most Handsome Boy
  Young Dog (dogs under 3 years of age)
  Waggiest Tail
  Best Rescue
  Boy with the most appealing eyes
  Girl with the most appealing eyes
  Fancy Dress
  Happy families (2 dogs or more)
  Dog the judge would like to take home
  Dog with no rosettes
  Best in Show

Entry fees £1.50 per class - Rosettes to 10th place

Enquires Amanda 01485 534481
E-mail amandaknight@supanet.com

Plus face painting, games, refreshments, beer tent, trade stalls, free on site car parking.

QUALIFIED ELECTRICIAN

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No Job too small
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01485 572726 or 07813 173 446

Hunstanton Lions Club

By the time you read this Newsletter all the celebrations for the Royal Wedding weekend will be in memory only but, at the time of writing this, it is very much in the forefront of our activities. We do hope that you enjoyed all the celebrations that Hunstanton put on that weekend.

Our Car Boot Sales are now forging strongly ahead and we list below the dates :-
May, 8th and 22nd  June 12th and 26th
None in July  August 14th
September 11th and 25th  October 9th, 16th, 23rd and 30th
As always these Sales start at 7.00am for stallholders to set up, and the public arrive from 8.00am to start their search for all those bargains. All are welcome, and they have proved to be very successful.

The main event in our Diary this year is our forthcoming “Lions International Golf Tournament” being held at Heacham Manor Golf Club on Friday 20th May. This promises to be a great day out for all you golfers. We are pleased to be able to announce that the Sky Sports pundit Chris Sutton (ex Norwich City, Blackburn Rovers, Chelsea, Celtic and an England cap) will be playing. Also playing will be the Norwich City midfielder Matthew Gill along with others. There may be still a vacancy for a team so please contact Amanda on 01485 534481 or email amandaknight@supanet.com. Teams are of four players and cost £180.00 per team. This includes breakfast and lunch. As well as the competition round of Golf there will be a “hole in one” prize and a “nearest the pin” and “longest drive” competition. We are grateful to Adrian Flux Insurance who are our main sponsor as well as our other sponsors - Briarfields (hotel in Titchwell), G.E. Desroches (electrical contractors), Fentons, Hughes electrical suppliers, James Johnson Accountants, the Lodge Hotel of Old Hunstanton, PAYE for Nannies, Premier Racquets and Fitness, Rossiter Car Sales, Rybak Builders, Sowerby’s Estate Agents and Supreme Carpets. All our sponsors hope that we all have a great day out.

We will be at the “Glebe House School Dog Show” on Sunday 15th May. Another exciting “first” for us will also be held at Glebe House School on Wednesday 6th July. Together with the School and “Heartbreak Productions” we are presenting a production of “Pride & Prejudice”. Heartbreak Productions are the foremost open-air theatre company in the Country. We did hope to be able to tell you more about the cast in this Newsletter, but this will have to wait until the next edition. Full details should be available from many local shops from Easter on, so look out for them.

In August we will be supporting “Breast Cancer Awareness” by stringing together hundreds of brassieres along Hunstanton High Street. This should prove to be a rather amusing sight for locals and visitors alike. Please support our efforts by donating any unwanted bras. There are collection points in many shops and Charity shops in the area. After the event these will be donated to raise extra money for this charity.

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We are constantly donating to many local people and causes. We have bought a very special bike for a youngster in Sedgeford, and will be telling you about that in the next edition. We have also donated a further instalment to the ex Mayor’s appeal to rejuvenate the basement of the Town Hall. Future editions of this Newsletter will keep you informed of how we distribute the money you kindly donate to us.

One of our favourite annual days is on Friday 17th June when we take youngsters from local special schools and treat them to a day at the Fair. As always we thank Fred and Chadwick Pooley and all their helpers for providing all the facilities at the Fair free. It is a most enjoyable day for all and of course we will let you know how we got on after the event.

Many other things are arranged for the rest of the year, and we thank you all for supporting us.

Peter Mills
News From The Saltings

The latest project at The Saltings was completed at the end of March. It was the installation of a headwall to control the water levels within the Saltings reed beds. This combines the functions of a bridge and a sluice gate. The work was carried out by Bassetts Farm Contracts using a substance called Techwood which is manufactured in the Netherlands.

With all the work that has been done over the Winter the Saltings have been looking somewhat bare and uninspiring. The landscape should mature over the Spring and Summer and start attracting a wide range of wildlife - both flora and fauna.

Over time there will be further work to be carried out, including work parties such as the one held earlier this year. Watch these pages for news of the next one. All are welcome to come along, lend a hand and enjoy a bit of brisk exercise.

The Saltings are easy to find - go down to North Beach, turn right at the roundabout and proceed Northwards past the beach huts until you reach the first of the beach homes. The entrance is on the right.

**Unisex Hair & Beauty Salon**

2 High St, Heacham
01485 571395

Open Mon-Sat
Early mornings and late nights available
Wella & L’Oreal colour specialists
Latest cutting techniques
‘Beautymix’...indulge in a variety of beauty treatments
www.beautymix.co.uk

**CHOP ‘n’ CHANGE**

Unisex Hair & Beauty Salon
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Latest cutting techniques
‘Beautymix’...indulge in a variety of beauty treatments
www.beautymix.co.uk

Up to 50% off with Rebekah at Chop ‘n’ Change
*Our junior Stylist is coming to the end of a 3 year apprenticeship and although Rebekah shows a real flare for the art of hairdressing, we would like more models to come forward and book in for all hairdressing services. Rebekah is available for appointments on limited days so please call the salon for more information. Take advantage of Rebekah’s discount now as she will soon be a fully qualified stylist.

Chop ‘n’ Change hair and beauty salon is open six days a week with early morning and late night appointments available. Gift vouchers and salon professional products are also available to purchase for both hair and beauty.

*Trainee stylists are supervised by a fully qualified hair stylist. Colour and perm services require a skin test 48hrs prior to application.

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**BEAUTYMIX**

Eye treatments: - Eye brow shape £5.50, Eye brow tint £4.50, Eye lash tint £6, Eye lash perm £11, Individual lashes £17
Manicures: - Traditional manicure £10.50, Luxury manicure £14.50, Re paint £5.50, Pedicures: - Traditional pedicure £13.50, Luxury pedicure £16.50, Re paint £5.50
Waxing: - Full leg £18.50, ¾ leg £14.50, ½ leg £10.50, Eye brow wax £5.50, Bikini wax £7.00, Lip £3.50, Chin £3.50
Facials: - Full facial £21.50, Full facial and eye hydration £25.50, Express facial £16
Massage: - Full body £20, Back massage £15, Leg massage £11.50, Back scrub and massage £14.00, Full body scrub and massage £26.50
Ear piercing: - Prices start at £6 for one ear £10.50 for two.
Other beauty treatments are available at Beautymix. Pop into the salon or give us a call to book your appointments.

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**NHS Summary Care Record**

The NHS is introducing a new electronic record called the Summary Care Record (SCR), which will be used to support your emergency care.

**About Summary Care Records**

The SCR will give healthcare staff faster, easier access to essential information about you, to help provide you with safe treatment when you need care in an emergency or when your GP practice is closed.

A SCR will contain important information about any medicines you are taking, allergies you suffer from and any bad reactions to medicine that you have had.

**What are my choices?**

If you choose to have a SCR, you do not need to do anything.

If you choose not to have a SCR, you need to let your GP practice know by filling in and returning an opt-out form. You can obtain an opt out form from your surgery or by contacting the Summary Care Record Information Line on 0300 123 3020.

Whatever you choose - you can change your mind at anytime. You will need to let your GP practice know.

**Children and the Summary Care Record**

Children under 16 will automatically get a SCR created for them unless a parent or guardian decides to ‘opt out’ on their behalf.

**Where can I get more information?**

- Phone the Summary Care Record Information Line on 0300 123 3020;
- Visit www.nhsscarerecords.nhs.uk ; or
- Contact NHS Norfolk Patient Advice and Liaison Service (PALS) Monday - Friday from 9am to 5pm, on 0800 587 4132 or email pals@norfolk.nhs.uk

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The headwall under construction [photograph by P. Sewell]
Heacham In Bloom 2011
Thank you to everyone who supported our Spring Coffee morning, despite the rain a whopping £250.00 was raised. In Bloom members and supporters have now moved from fund-raising to plant raising as the our order of plug plants start to arrive in vast amounts. Just a reminder that Heacham In Bloom is launching two new initiatives for 2011. This year a trophy will be awarded to the best “Blooming” Caravan Park, with individual caravan owners eligible to enter a best caravan entry – the prize for the winning caravan being a meal for two at the Fox and Hounds in Station Road. Application forms for caravan entries will be available from the Parish Council Office, Parish Library or email heachaminbloom@btinternet.com. The second Initiative is our Pride of Place campaign, Sunnyside were the first to sign up and commit to making their road better and brighter than ever. They will receive a voucher for plants sponsored by The Heacham Newsletter, as will a further 9 roads/areas. I also hope you are enjoying our wonderful spring planting in the boat at South Beach, by publication the daffodils will be over, but the polyanthus should be at their best.
Susan Richardson
Chairman Heacham In Bloom
heachaminbloom@btinternet.com
01485 572142
WHAT’S ON REGULAR EVENTS

MONDAYS
1st HEACHAM RAINBOWS Term time Girls 5 to 7 years old 7.30-9.30 pm Tel: 572414 or Audrey 542176 (SM)
HEACHAM TENNIS CLUB Junior coaching (weather permitting) From 6.30 pm

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: Pat 572414 or Audrey 542176.
CARPET BOWLS 10.30-12 noon Tel: 570776 (PH)
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 Tuesdays at Sandringham Club, West Newton.
Email : heachamdigitalcameraclub@yahoo.co.uk

WEDNESDAYS
CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)
LINE DANCING 7-9 pm £3.00 Tel: 532317 (PH)
CARPET BOWLS 10.30 am to 12 noon Tel : 570776 (PH)

THURSDAYS
HEACHAM TENNIS CLUB Senior Club Night (weather permitting) from 6.30 pm. Thursday evening if wet on Wednesday

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 )
WILDFOWLERS CLUB meet 1st Friday 7.30 pm (HSC Top Room)
CASH BINGO 7.30 pm Neville Court Grouped Home
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

SATURDAYS
GITGS from 8.30 pm. Free entry for Members (HSC)
COFFEE MORNING 9.30 - 11.30 am ( MC )
HEACHAM YOUTH CLUB, Church Hall, High Street. 7-9pm (term time) School years 6 – 11 ( Smithdon ). Contact Tracey Swann 07833 307856

QUOTE 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 Heacham Sports Field car park from 7.30 am. No need to book. Just turn up £5 per pitch.
SUNNYSIDE CLOSE (Sheltered Housing for over 60’s) Games Afternoon 2.30 pm Tel : 570492
HEACHAM TENNIS CLUB Senior Club Night (weather permitting) from 6.30 pm. Thursday evening if wet on Wednesday

CONTACTS
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PH = Public Hall
NC = Neville Court
OFH = Old Friends Hall, Sunnyside
PRH = Pine Residents Hall, Wilton Rd
SM = St Mary’s Church Hall, High Street
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Event Information
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**Location Codes**
- CC = Cunningham Court
- PH = Public Hall
- NC = Neville Court
- OFH = Old Friends Hall, Sunnyside
- PRH = Pine Residents Hall, Wilton Rd
- SM = St Mary’s Church Hall, High Street
- MC = Methodist Church Hall, Station Road
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HEACHAM DIARY

Saturday 30th April – GIG at HSC – CARRIBBEAN CABARET NIGHT with KENNY BERNARD from 8.30 pm
Tuesday 3rd May – GIG – EGYPT at Fox & Hounds from 8.30 pm
Thursday 5th May – TREFOIL GUILD – Subject – Talk on Child Carers plus Bring & Buy : 01485 532252 8.30 pm
Saturday 7th May GIG - HELEN-MICHAEL at Silver Sands * * QUIZ NIGHT – Heacham & Criteuil-la-Magdeleine Twinning Association 7.00 pm for 7.30 pm start at MAREA BARNS, 49 SCHOOL ROAD, HEACHAM. Admission £5 includes welcome glass of wine. Full details on p.9 All tickets must be purchased by Wednesday 4th May for catering purposes * * GIG at HSC with MARK STEELE from 8.30 pm.
Monday 9th May - HEACHAM WIVES GROUP – Bowling – Meet 7.30 pm Hunstanton
Tuesday 10th May – GIG – BETTY SWALLOX at Fox & Hounds from 8.30 pm
Saturday 14th May – GIG – TONY G at Silver Sands * * GIG at HSC with MIKKI JONS from 8.30 pm
Tuesday 17th May – GIG – PART TIME BLUES at Fox & Hounds from 8.30 pm
Friday 20th May - 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 Faagher. Tel: 01485 534741 or e-mail silverlinings@gmx.co.uk * * GIG – HILLBILLY CATS at Fox & Hounds from 8.30 pm
Saturday 21st May - GIG – RAY RYAN – Silver Sands * * AN EVENING WITH CHARLES TIMBERLAKE – 7.30 pm at St Mary’s Church, Heacham. Full details on p.14 * * GIG at HSC with JAYNE from 8.30 pm
Tuesday 24th May – GIG – BACK PAGES at Fox & Hounds from 8.30pm
Wednesday 25th May - BLOOD DONOR SESSION at the Public Hall, Heacham 1.00 – 3.30 pm & 5-7 pm. Please make an appointment if you can by calling the helpline 0300 1232323 or online www.blood.co.uk
Saturday 28th May – GIG – KENNY BERNARD at Silver Sands * * GIG at HSC with TERRY VINCENT from 8.30 pm
Sunday 29th May – GIG – STEVE PERRY at Silver Sands
Sunday & Monday 29th & 30th May – GIG – TIPITINA at Fox & Hounds. Saturday night from 8.30 pm & Sunday lunch
Wednesday 1st June – TAPPING HOUSE QUIZ at Fox & Hounds
Thursday 2nd June – TREFOIL GUILD – Subject – Camp Day at Jimmy’s Field
Friday 3rd June - BUSKER NIGHT at Fox & Hounds from 8.30 pm
Saturday 4th June – GIG at HSC with MARK DEREK from 8.30 pm
Tuesday 7th June – GIG – STONE PONY at Fox & Hounds from 8.30 pm

OTHER EVENTS

Saturday 30th 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
Thursday, Fri & Sat 12th, 13th & 14th May – THE PRINCESS THEATRE CLUB presents ‘ ‘ALLO, ‘ALLO ’ at Princess Theatre, Hunstanton. Stage version of the popular TV show. Curtain up at 7.30 pm. Tickets available from the Box Office (open when films are on), or Tel: 01485 532252 and leave a message anytime – they will phone back and take your order.
Thursday 12th May – HUNSTANTON & BURNHAM Neighbourhood SNAP Meeting. 6.00 pm at The Way Christian Fellowship, Downs Close, Hunstanton
Saturday 15th May – FUN DOG SHOW - Glebe House School, Cromer Road, Hunstanton. Held in conjunction with the school Summer Fete. Entries from 12 noon. Judging from 1.30 pm. Entry Fee £1.50 per class. Rosettes to 10th place. Enquiries : Amanda 01485 534481 Email : amandaknight@supanet.com
Monday 16th May – FOLK DANCING at Brancaster Staithe Village Hall 7.30 to 9.30 pm. Contact Janet Bowles 01485 210587
Saturday 28th May - 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
Sunday 29th May – COMPANION DOG SHOW + CAR BOOT SALE - Smithdon High School, Hunstanton. Full details on p.30

Mon 30th April

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

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

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

“Together we explore, discover, achieve and grow”

After all the excitement last month with our new early years play area opening in March, we have been on a roll with continued fun activities and learning. A huge thank you to Mr Williman, who was an inspiration to us all. The recent good weather has ensured maximum use of this fabulous facility which we are justifiably proud of. Thanks to Mrs Chris Chilvers who donated many bulbs for our wooded area.

Now, we are pleased to offer our new play area to visitors from the local community every Wednesday afternoon during term time. Parents, carers and child-minders are all welcome to share our facilities from 1pm to 3pm. Please come to the main Office where you will be asked to sign the visitor’s book and collect identification. We look forward to seeing you!

We enjoyed welcoming parents into school for our regular parent teacher meetings and were able to report that our children are making good progress.

Our older children were treated to an impromptu visit to Smithdon High School to watch the dress rehearsal of ‘The Wizard of Oz’. Reports returned of well-behaved children who had thoroughly enjoyed their treat!

The end of term saw our usual Easter Bonnet Parade, a favourite with parents as the children all marched around the playground to show off some magnificent and wonderfully imaginative creations. Thanks to Reverend Steve Davies who helped us judge the entries and also joined us for an Easter Celebration Service in the last week of term.

From next term we welcome a new caretaker, Mr Sandy Richardson who takes over from our beloved Mr Norman Gillings. Mr Gillings who has lovingly taken care of the school for over 30 years retired on the last day of term. (We must also thank Mrs Gillings who has often been known to roll up her sleeves and help!). We did of course ensure Mr Gillings had a send-off in style with his own special Easter bonnet, gifts and a special cake decorated by the children themselves. There was also a touch of glitter sprinkled into his retirement cards which, much to the amusement of the children, went everywhere when the cards were opened. Mr Gillings was well known throughout the school for his dislike of glitter!!!

Coming up next term we kick off with Royal Wedding celebrations. The children get the opportunity to come to school in their finery for a special lunch and enjoy a craft session to make crowns for the occasion. Our PTA has been working hard to provide a commemorative gift for all the children as we mark the day. We are also involved in a village competition to decorate plates to mark the Royal Wedding. Suttons Estate Agents and AE Wallis’s electrical stores have organised this event and will judge the winning entries on 27th April when they will award prizes. The plates will be displayed in the shop fronts on Heacham High Street. Keep your eyes open for them! Coming up next term will be our Sponsored Bike Ride and Fete organised by the PTA; we will have a Science week with some six legged visitors, area sports competition and an event after school where parents can find out more how they can help children at home with maths.

Please visit our website for photos of our Hughes play area opening and to find out more about our school. www.heachaminfant.norfolk.sch.uk

Janet England (Parent Governor)
Louise Jackson (Headteacher)
FURTHER NOTES ABOUT HEACHAM
IN OCTOBER 1921
(following on from the item in the March 2011 Newsletter)

On day one of his visit to Heacham my correspondent travelled by car from Hunstanton to Heacham station by car and then walked to Cannon Corner. He then went on to stay at the Mill House (now Millbridge Nursing Home), the home of Margaret Torrey (yet another descendant*).

The Mill House had been a farm house that was in urgent need of renovation. A dog sitting in the middle of a bedroom had suddenly descended to the room below through a rotten floor, this was while the modernisation was in progress. Margaret Torrey’s husband Charles Torrey founded a major shipping line and had managed others. He was enormously prosperous, and there were few things more exotic, luxurious and designed for the very well off than liners. In 1921 the house was undergoing considerable restoration, enlargements and improvements. You can tell by the language how luxurious it was compared to his own home which lacked hot water and had a paraffin cooker. It must have been a great talking point in the village.

The 19 year old undergraduate guest comments:
1. A new wing built on to Mill House is 3 stories high. It is most convenient giving the house two sets of stairways. The whole thing is wallowing in pots of money. A superb carpet covers its passage on the first floor. The ground floor has no carpet.

2. His room in this new wing was next door to the Ladies bathroom (full blown bath of course - Hot and Cold) and also the ladies W.C. He believed there was another bedroom on the same floor and there was definitely a pantry of chambermaids jobs. Downstairs was the Gents W.C. and Gents bathroom. On the top floor there is a third W.C. and probably a bathroom, a store room (lumber room) and a few other rooms.

3. In the bathroom & W.C. the walls are of green enamel half way up and white distemper the rest. The ceilings are of a gorgeous white embossed paper and floors of some patent cement or asphalt. The bedrooms differ in having cream enamel instead of green.

4. Each Bedroom is fitted with a glorious washing basin fitted with hot and cold water so that no slops need to be carried about the house. Each bedroom is also fitted with a topping mirror screwed to the wall and requiring no dusty frame. (A beginning of art deco design?)

5. The whole house had been supplied with radiators.

6. In the Mill House each person carries a lamp instead of a candle, the result is that one need not grope (Heacham had neither electricity or gas then).

7. The whole Mill House has been redecorated. In the hall and passages she has got a lovely wallpaper of Japanese design, made in France.

*Margaret Torrey was a descendant of Strickland Charles Neville Rolfe who was the Rolfe mentioned in the article “Heacham in the 1830’s” in the February 2011 Heacham Newsletter. Labelled as Rolfe, Incumbent. He was then both vicar and squire and so commonly known as a squarson. Margaret Torrey was his grandchild.

Another Descendant
The Importance Of The Right Perspective

An interview with Tiger Woods at the US Masters golf tournament provided me with one of the best examples of the difference between the perspectives of the great sports performers from the average ones. After his “poor” first round he was asked how he assessed his first day. He responded by saying how pleased he was with the way he hit the ball, feeling that he had played better than he had scored. He was also pleased that he was giving himself lots of chances and recovering well from the odd loose shot. He ended by announcing his optimism for the rest of the week.

After the interview was finished, the “expert” commentator let us have his impressions saying Tiger had been “all over the place today” and then proceeded to show us a replay of each of the bad shots Tiger had hit. He then ended by saying (rather facetiously) “I don’t know what it is about these players today, they seem to see the world through different eyes to me!”

I couldn’t help wondering what the point of this was. To try and put down the greatest player in the world? To educate us in the errors of Tiger’s ways?? Isn’t this how most people choose to review their experiences in life? To pick out all the bad things and re-live them? What Tiger did was to leave the bad shots behind. To learn from them and then focus on the positive to build his confidence for the next day. You could argue that both views are accurate; it’s a matter of perspective. Personally, I’d rather see the world through the eyes of the greatest players on earth as opposed to those paid to comment on the greatest players on earth.

If I could think like anyone in a sporting context it would have to be Tiger. How about you? The point of this is simple. You can view and remember your experiences in any way you like. You can remember the positives and feel good or you can focus on the negatives and feel bad, the choice is yours.

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 Great Norfolk Dinner Party

The Great Norfolk Dinner Party, fronted by TV and Michelin Star Chefs Galton Blackiston of Morston Hall and The Neptune’s Kevin Mangeolles, was launched on Friday 18th March.

The first dinner party held at the Hospice last Friday hosted by Hospice Chief Executive, and his wife Richard and Sue Shaw, raising just over £1,000 towards ongoing patient care at the Hospice.

The Hospice dinner party was attended by staff, drivers, supporters and volunteers who made contributions for their meal cooked by Hospice Chef David Gorringe from Recipes donated by TV Chef Galton Blackiston of Morston Hall, Kevin and Jacki Mangeolles of the Neptune, Old Hunstanton and Flying Kiwi Chef Chris Coubrough.

Dinner Party and Recipe Packs are available as this new annual event for 2011 has been a great success!

More and more Restaurants and Pubs in the area are taking part, please see check the website for participating Restaurants including:-


Last night Sandra Bowman of Chives Restaurant in Hunstanton’s popular High Street filled the restaurant supporting The Great Norfolk Dinner Party, Sandra Bowman is pleased to confirm that they are able to present £300 to the Hospice, thanking the generosity of diners and some who generated more on the night.

Amanda Standen
Fundraiser (Sponsored Events)
The Norfolk Hospice, Tapping House
Tel: 01485 542 891

Christina Thain & Co Solicitors

Conveyancing, Wills and Probate

Please note that our new address is:-

‘Beamish’
68, High Street,
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!
Strategic Housing Land
Availability Assessment 2011

The Borough Council has been preparing the Local Development Framework (LDF) since 2009. I believe the key objectives of the LDF is to provide guidance on the scale and location of future development up to and possibly beyond 2025. In 2010 the Borough Council partook in an exercise to identify areas for development in specific locations, and requested interested parties to submit areas of land that they believed would benefit from development. Needless to say they were inundated with responses and received well in excess of one thousand applications across the Borough.

The Parish Council has just received notification that the plans identifying those areas presented are now available for public perusal and, with traffic light nomenclature (i.e. Green for accepted, Amber for Partially Accepted, and Red for Rejected), indicate the Borough Council’s preferences. The map for Heacham is reproduced on the page opposite. You will note that a vast swath of land stretching from the A149 towards Cheney Hill has been given a “Partially Accepted” designation, an area that appears to be greater than 25% of our existing Village envelope.

More detailed definitions and the original map of Heacham and of other localities are available at:


We now have an opportunity to comment on the Strategic Housing Land Availability Assessment. I and the Parish Council wish to understand your feelings on the proposals so that we can respond accordingly to the Borough Council.

The questions I would propose are: Would such development be good for our Village? Could our existing services cope with large scale development?

Your comments and thoughts would be much appreciated. Please send them to the Parish Council at the address at the foot of page 35, or talk to a Parish Councillor.

Roger Drinkwater
Chairman Heacham Parish Council

(The black and white reproduction of the map on the facing page shows “rejected” in dark grey, “partially accepted” in light grey and “accepted” in mid grey. The map is available in full colour at the web reference above - Editor)
THE POTTING SHED

GARDENING ORGANICALLY

One of my pet hates is hearing people refer loftily to real gardeners as a mark of approval as though there was such a thing as an unreal gardener...It is a completely egalitarian activity. Gardeners are people who garden.

Montagu Don

A long time ago, I sowed an assortment of broad beans - and nothing happened, and nothing happened. Eventually I panicked and poke it about in the soil to see if there was still any sign. I wondered about ravenging mice. I found beans that had lots of root so relaxed. And still nothing happened. Since then I have poke it about like children do to see if anything would ever come up. I have finally been rewarded by the sight of shoots appearing. That, of course, is after I ordered more bean seeds, which, hopefully will keep until next year. That’s the impatient gardener for you. I’ve always been a bit like that, expecting seeds to germinate the day after I sow them. For goodness sake, I’ve been “gardening” for more than forty years now and really ought to know better. My sole excuse is that this year we did have a long cold dry spell which held things up no end but I should have a gardener's patience by now and not worry about things not happening when they should. I really hope some of you lot out there are a bit like me at least. It’s why I don’t watch gardening programmes any more. They saw stuff and before the programme’s over, they have a garden full of succulent veg, beautiful disease free flowers and the like. Me, I run around waving my arms and crying “whoa, whoa,” because things are not happening as they ought. Actually, my tomato plants are thriving as are the onions I sowed as seed (the sets have taken for ever to show themselves). My brassica plants are coming nicely so I should be blissfully happy. But I do love my broad beans and a lack of them would make me grumpy. Those of you who know me would agree that I am one of the most placid of people normally (also tell lies) but a shortage of broad beans arouses the beast in me.

The garden is looking pretty good at the moment. This is because cold weather and lack of rain has prevented weeds - and my broad beans - from germinating. All that will soon change so be ready to leap into action with your trusty hoe. Weeds cut down early will keep things under control and a bit of scuffling the soil now will save hours of back breaking toil in a couple of weeks time. As I have already told you ad nauseum, this year, I am going to be “in control”. Weeds will not flourish, they will be attacked without mercy. Recently I have noticed a small weed called speedwell popping up here and there. In the past, I have ignored this little tyke at my peril. One day there are a few isolated plants, the next, there is a blanket of the stuff. So this weekend I shall descend on the dreaded speedwell with all hoes blazing. Beware, because it nearly always starts underneath some treasured garden gem and unless you search diligently you will miss it. In fact if you haven’t been getting rid of the stuff by the time you read this all will be lost.

Despite the lack of water, the end of March was a lovely time. I have been singing as I worked. (Whilst in my youth I had a fair voice, this has deteriorated in my dotage to a “noise” rather than tuneful trilling.) My neighbour has been less than complimentary about my warbling but I have ignored him. He doesn’t like me whistling either. I consider him a philistine. There is something about the sunshine, especially after the constant days of gloom, that makes one want to share ones joy of living with the world. I can’t help it if the world doesn’t see it that way! Anyway, whilst amusing my neighbour, I have planted my potatoes and I have erected my bean frame. I have sown peas and I have put four rows of carrots into my High Rise fish box. I have also sown both dwarf and climbing French beans in pots and await germination. It’s possibly a tad early but I hope they come up. Remember this article was written in early April, something I tend to forget when I’m throwing advice around.

In the last week, I have taken delivery of three large dogs and two wailing cats. These have been brought from France by our youngest daughter who has decided, after 16 years of Gallic life to re-locate to the UK. They arrived on Wednesday night at around 1100pm. They have now settle - well the dogs have and are now making their presence felt to any passers by. The cats are in a perverse way in our tin garage from whence they will emerge soon. All the animals are fairly elderly but are very friendly (except for Gertie who destroyed a rabbit on the beach today). I just hope the garden doesn’t get wrecked but as they were OK in France, I’m hoping things will be the same here. Eileen cleaned up the busy beds I had created to grow vegetables over there and has covered them with permeable plastic sheeting to keep most of the weeds at bay. Gerard their lovely farmer neighbour is going to let sheep onto the rest of the garden mainly to keep the grass under control. Our eldest daughter Helen who is joint owner of the place, still wants to keep a foot hold in France so they can possibly sell, or rent the place in the summer. An interesting time lies ahead.

Our son, who lives in Acton, London took over an allotment at the back end of last year. As they were busy producing our
second grandchild, the plot, apart from removing the accumulated rubbish of years was left alone. I advised putting down some plastic sheeting to help kill the weeds. Then in early February he started forking it over and sent me a pretty photo of all the roots he had dug up. Lots and lots of couch grass. I remembered the many happy hours I spent in the 70’s forking out the stuff. But now there is Glyphosate. I don’t like herbicides but I advised spraying the whole plot and re-covering with the plastic sheeting except where he wanted to sow early potatoes. Again, when I first started gardening, I was told by someone that potatoes were good at clearing the ground. So I planted a load of potatoes in the mistaken belief that they would magically clean the ground without any help from me. Of course as we all now know, it’s the preparing the ground for the spuds and then the earthing up and finally forking them out that does the cleaning. Glyphosate is very expensive but is very effective against couch grass. It’s also fairly rapidly broken down in the soil so for clearing a big piece of land fairly quickly it’s pretty good. Sadly it is lethal to worms so only use it as a last resort. Hard work is much better and will do you good as well.

The tomato plants are in their final pots. I’m in a bit of a muddle as I cannot set up my watering system as all the kit is in the tin garage with the cats and I am not allowed access. It seems that once one is past 70, one becomes a bit gaga in one’s children’s eyes and is not capable of controlling cats. I hope that they will be released soon and I can get on with my life! So, instead of being in my beloved garden, I am sitting here typing this stuff. At least Eileen is producing some good grub (when I’m just cooking for myself, food consists of stuff with chips or baked potatoes, or soup, lots of soup.)

The broccoli has finally come good and as always, tastes fantastic, picked, cooked, and scoffed within the hour. (OK, ignore the previous paragraph.) I’m a little worried about the rhubarb though. The Tippermerry early has produced it’s usual good clump but the Champagne is lagging behind as is the Stockbridge Arrow. If they fail, I will have to dig the bed up, add loads of manure and put in some fresh roots. Why bother, I hear you ask. Because growing the stuff, all the veg, is the thing that matters. I suspect that in the not too far distant future, I will be offering parts of the garden to those who only have tiny plots but this is a big emotional thing and I’m not ready to do it yet.

I said last time that having exhausted my knowledge of Botany, I would delve into some old gardening books that I have acquired. I have in front of me: “Vegetables and their cultivation” by T.W. Sanders FLS (Fellow of the Linnean Society) FRHS, Second edition, published in 1910. On the flysheet it says “To Ernest from Nellie, Christmas 1914” in beautiful writing. Here are a few gems from the book.

“Soil amelioration (what a lovely word) This means working the surface of the soil so as to get it into a good fine tilth. In February and March, land that has been dug, trenched, or ridged in winter, should be forked over once or twice in fine weather. This stirring of the soil will make it fine and friable and better for seed sowing. As soon as crops appear through the soil, use the hoe or prong frequently and especially in dry weather. This will prevent the growing of weeds, harrow if not destroy grubs feeding near the surface and act as a mulch to the roots. Soils that cake on the surface or are likely to get very dry in the summer should be frequently stirred thus.”

Modern thinking is that the soil, in fact should not be trenched, ridged or even dug over excessively as the structure is disturbed. Forking over the surface and using mulches of straw, manure etc. allows the worms to do the job of turning the soil for you. Some farmers do not plough any more even. Being a fairly idle sort of bloke, I subscribe to the “no dig” school of thought but it may not be the best way. For me, it works though.

“Nitification of soils - Recent researches by eminent agricultural chemists have demonstrated that the fertility of soils is increased by the presence of certain bacterial organisms. These microbes are capable, it appears, of forming nitrate in the soil under certain favourable conditions. Over-rich, poor soils are deficient in nitrates and the special microbes cannot exist in them. Dressings of gypsum or lime are needed to sweeten such soils, destroy the excess of humic acid and so prepare the way for nitrification. The microbes need plenty of oxygen but no light.”

We know now that a thriving population of bacteria and other soil creatures is necessary and, sadly, some modern farming techniques with heavy use of synthetic fertilisers and pesticides, destroy many of the soil’s inhabitants. Adding organic material - composts and manures - help to increase the numbers of soil bacteria and other inhabitants including worms.

Humic acid is, in fact, an essential part of soils. Consisting of several forms of organic acids, it is considered important in enabling plants to utilise otherwise insoluble elements in the soil such as iron and phosphates.

It is interesting that even as recently as 100 years ago, soil chemistry was little understood. Now, thanks to the influence of the “Agribiz” companies, it is ignored!

Enjoy your gardens.

Michael Drew
Are Your Business Records Good Enough?
By Kate Gigg FCA of Kathryn Gigg Chartered Accountants, Hunstanton

Last month we considered the possible consequences of not having paid sufficient income tax, either by accident or deliberately understat-
ing income; and it is worth reiterating that under the self-assessment system it is the taxpayer’s responsibility to “get it right”. We also contemplated the implications of HMRC (HM Revenue & Customs) selecting a taxpayer for investigation.

The first document that will be considered on investigation is the tax return, which is submitted under the taxpayer’s declaration that: the information I have given on this tax return…is correct and complete to the best of my knowledge and belief. In other words, all the information called for is included, and, it is accurate. It would be very difficult for anyone who owns and runs a business to claim a lack of knowledge.

If we take the tax bill as the starting point, and work backwards, the payment to HMRC is based entirely on the tax return, which calls for a summary of the business trading results for the year. This would normally be obtained from the profit and loss account, which in turn is prepared from the business records. So it can be seen quite explicitly that if the records are suspect, then so are the accounts, so is the tax return, and so is the final tax bill. In other words, the signed declaration on the tax return is also affirmation that the records are correct and complete.

Currently, because of the need for the Government to tackle the largest budget deficit in the UK’s history and hence the need to maximise the “tax take”, there is every indication that smaller businesses are to be targeted by HMRC in this connection. There is a legal obligation to maintain reliable records, and the consequences of not doing so can be very severe. If poor records are discovered as a result of an investigation, then the taxpayer faces a discovery assessment covering the past 6 years for failing to take reasonable care. Added to which there is potential for a penalty of up to 30% of the additional tax assessed, so this is not something that can be left to chance.

There are good commercial reasons for keeping proper records. However small the business, it is always good practice to keep reliable and up to date records - rather than rely on a gut feeling for what is going on. Failure to do this may mean there is no sign of something amiss. For example: reliable, up to date records can help to give early warning of a combination of pressure from creditors and a slow down in sales receipts, and so help avoid the unauthorised overdraft and the associated costly bank charges.

Good records also have a knock-on effect with your accountant, whose job it is to prepare the annual accounts. It is not cost effective to hand over a box containing assorted bundles of invoices, receipts, bank statements, cheque stubs and the like, knowing that what lies ahead is a great deal of sifting and sorting! This all takes time, as does the need to find answers to the many questions that inadequate records will throw up; time that the small business proprietor can ill-afford. But a set of records properly maintained throughout the year, will ensure a much more reliable set of accounts, produced in the most efficient way possible.

A good set of records does need to be tailored to fit the nature and size of the business, but once established it will prove its worth each year. It will be a valuable tool in managing the business, and enhance the confidence of the proprietor, the accountant, and the bank. If you feel that your records could be improved, or you are already in the midst of a Revenue enquiry and would like us to help, then please contact either myself or my assistant Miss Susan Fish FMAAT at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800/email kate@kathryngigg.co.uk.

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1st Heacham Cubs

In March the Cubs celebrated Pancake Day by making Pancakes and even managing to flip some of them only a couple ended up on the floor. There were plenty of sugary faces by the time they had finished covering them in sugar, jam and lemon juice.

On April 2nd Heacham Cubs joined 160+ other Cubs from North West Norfolk on a trip to the Space Centre in Leicester. It was a long day leaving at 8am and returning at 6.15pm but the Cubs all had a good day with lots of hands on experiments to try and a show where you felt like you were in space floating around. Plus lots of information about the planets, stars and outer space.

At the end of April we had to say Goodbye to Harry Hipkin who left Cubs to go onto other things, plus Tommy Bowyer and Oliver McGrath who left to join Heacham Scouts.

Also during this term most of the Cubs finished their Personal Safety Badge, so well done to them. As the nights are lighter now we can get out more and play games on the playing field.

The Scout and Guide Hut is still being refurbished after the flood at Christmas but it is getting there, slowly.

Happy Scouting to all our Cubs

Akela & Bagheera
(Steve & Sam)

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1st Heacham Beavers

Would YOU Like To Be A Beaver Leader?

Heacham Beavers are still looking for new leaders as the Beaver leader is due to leave in May. If you think this is something you would like to do please phone for a chat. It can be very rewarding and fun with this age group (6-8) - it is mainly a few games and some arts & crafts.

It would be a real shame if the colony has to shut, it is really hard to get them up and running again after closure.

Steve Stafford
Tel: 01485 525577

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5th Anniversary of Saffron Building Society Agency in Heacham

At the end of March, Suttons Estate Agents held an evening social to celebrate the 5th Anniversary of the Saffron Building Society Agency in the village. Approximately 50 people enjoyed a buffet and social gathering in the company of the Borough Mayor, Councillor Mrs Zipha Christopher, and Saffron Building Society representatives, Scott Streeter and Christian Draper. Also present were Steve Hammond of Torc Financial (the Saffron Building Society’s co-ordinator with the Agency in Snettisham), Dersingham agency representatives Paul and Roy Ashby, and Peter Sutton and staff from Suttons Estate Agents. The Mayor was presented with a cheque from the Building Society for £100 towards her charity.

My thanks to the Mayor for giving her time to attend the event and to everyone else who enjoyed the evening and made it such a success. Here’s to the next 5 years. (Photo by Bob Frewin)

Peter Sutton
Suttons Estate Agents
HUNSTANTON & DISTRICT ROTARY CLUB

The club has been actively pursuing the various fund-raising and social activities for which it is known since the beginning of the year.

The sum of 13,000 dollars has been sent to the “Free The Kids” campaign in respect of the Haiti earthquake disaster.

A series of mock interviews has been held at Hunstanton Town Hall for students of Smithdon High School. Rotarians give these young people the opportunity to answer questions about their lives, achievements and ambitions in a setting similar to that which they may experience when applying for employment, university or college places etc. These interviews are generally held to be helpful and beneficial by both the students and their teachers.

At the end of March, a charity evening was held at Sedgeford Village Hall in aid of the Rotary Foundation, an institution which exists to promote health, well-being and fulfilment throughout the world, and which sponsors young people to be trained in an ambassadorial role. Following a two-course meal, entertainment by Peter Waddison (“Waddo”) was enjoyed by an appreciative company. Funds raised are to be supplemented by the club to allow the sum of £1,000 to be sent to Foundation.

Following a recent visit by one of the members to a Rotary Club in Madrid, negotiations are now being carried out with a view to establishing a contact link, and it is hoped that a group of Spanish Rotarians may be able to visit Hunstanton in the autumn.

For many years now, the annual Kite Fair has proved to be the club’s major event of the year, raising almost £10,000 in 2010, which was distributed to various deserving causes at a special lunch in December. This year’s event is to be held in the grounds of Smithdon School on Sunday 21st August. Earlier in the summer, the club will be running various sideshows and attractions at the Norton Hill Light Railway in Snettisham.

At the Annual General Meeting held at the Le Strange Arms Hotel on 13th April, plans were laid for the current President, John Hornsby-Bates, to be succeeded by Brian Devlin on 29th June. Chairmen of the various working committees within the club were also nominated for the coming year.

John Harris, Press & Publicity Officer

Heacham Youth Cricket

Heacham Cricket Club are once more joining forces with Snettisham CC to provide youngsters with the opportunity to play competitive league cricket. Two teams have been entered into the leagues at Under 12 and Under 14 ages.

Details of fixtures are available at: http://wnycl.play-cricket.com/scoreboard/fixtures.asp

Training is being held Thursday nights at Heacham Playing field and all are welcome to come along, obviously parental permission is required before taking part.

Known fixtures are:

Under 14’s (Fridays)
13th May Downham (Away)
20th May North Runcton (Home)
27th May Swaffham (Away)

Under 12’s (Mondays)
9th May Mundford (Away)
23rd May North Runcton (Away)

If there is sufficient interest in Kwik cricket this season sessions will be held, early evening during the week, on our magnificent playing field.

For further details please contact me on the number below.

Roger Drinkwater
Tel 01485 571659

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Sun 29th - Steve Perry

FAMILIES WELCOME

Tel: 07779 011937
Heacham Judo Club had an eventful month in March. Firstly we had the A.J.A. South Eastern Area Grading. The day was a good one with everybody passing their exams.

We also had a training day for Timekeeper-Recorders and Referees and credit to their hard work, they all passed their exams as well. Results were as follows:

**Juniors**
- Owen Welham, Chloe Rumens: White
- Daniel Hill: White + 1
- Tyler Percy, Oliver Shaw: White + 2
- Charlie Raby: Yellow
- Thomas Wicklen, Scott Stephenson: Yellow + 2
- Ryan Percy: Orange
- Astrid Hubbard: Orange + 1
- Joseph Rumens, Jake Lammas: Orange + 2
- Tanner Swann: Green
- Tylor Raby: Green + 1
- James Wicklen, Courtney Cobb: Green + 2
- Bethany Gedge, Daniel Webb: Blue
- Liam Howard, Annie Lawrence: Blue + 2

**Seniors**
- Josh Chilvers: Orange
- Tasha Leeds: Green
- Kieran Howard: Brown

**Timekeeper-Recorders**
- Harry Sands: Junior Club Timekeeper
- Thomas Lawrence: County Timekeeper
- Josh Chilvers: County Timekeeper
- Nicola Denyer: County Timekeeper
- Denice Howard: Area Timekeeper

Next we attended the A.J.A. National Championships at Castle Vale in Birmingham. After a long and tiring day we came home with 4 National Champions and 3 bronze medals. Jacob Hewson fought well but missed out on the medals this time. Results were as follows:

- Astrid Hubbard: Gold
- Shannon Tucker: Gold
- Harry Sands: Gold
- Georgia Rudd: Gold
- Courtney Cobb: Bronze
- Tasha Leeds: Bronze
- Josh Chilvers: Bronze

Club Coach Jeff Tucker also achieved his Senior Referee Award on the day. Congratulations to all who have worked so hard to achieve these results.

Shirley Tucker
Parish Councillors usually serve a four year term and then are required to seek re-election. The Election was due to take place on 5 May, however on this occasion not enough nominations were received and all those who put forward their names are “elected unopposed”, which means the Heacham electorate does not get the opportunity to vote.

The following residents stood for election and will form Heacham’s new Parish Council from 17 May 2011. One vacancy remains on the Council.

**Mr Roger Drinkwater**
It has been my great honour to be the Parish Council’s elected Chairman for the last two years. Recently we have seen improvements to the drainage system, Brays Pit, The Saltings, and the Library. However there is more that needs to be done, I would like to remain a councillor to promote the projects that benefit our community.

**Mr Martin Johnson**
I have been a Parish councillor since 1999 and vice-chairman since 2009. For four years I have organized the team for the inter-village games and am on the winning committee amongst others. I am married to Marilyn - a Practice nurse at Heacham Surgery. We have two daughters and four grandchildren. I have worked for BT since 1974. I passionately believe that local people should be involved in decisions that affect them and their village.

**Miss Tracey Swann**
I currently sit on 2 committees within the Parish Council, Lighting & Watching and Community. I am also Chairman of Heacham Youth Club, set up at the request of the Heacham Youth Panel. I firmly believe that investment in the future of Heacham youth is essential to allow our village to flourish and hope to be able to continue serving Heacham.

**Mr Michael Williamson**
I am 67 year of age and married with two grown up step-daughters and four grandchildren. Born and brought up in King’s Lynn, I was educated at King Edward VII grammar school, King’s Lynn. I am currently treasurer of the Heacham and Criteuil-Le-Magdeleine Twinning Association. My leisure activities and hobbies include music, gardening, cooking and walking.

**Mr Sean Sands**
I am local to the area and have lived in Heacham for the past 12yrs. I have been on the council for 18 months and recently have taken on the role of the village sports co-ordinator. I enjoy getting involved in community life.

**Mrs Susan Richardson**
I have lived in Heacham all my life and am currently on the Parish Council. I am also Chairman of Heacham in Bloom and enjoy both this and being an active member of the Council. I feel very strongly about the village and its ongoing projects and would like to continue to be involved with the Parish Council.

**Mr David Chessum**
A happily married family man, recently retired, living close to the heart of the village. Having worked for several charities locally, the longest in excess of 20 years, I joined the Parish Council in 2008, with one simple aim – to protect and preserve the best of Heacham for generations to come.

**Mr Peter Colvin (New)**
I have lived in Heacham since July 2007. Together with my wife Sue we are the owners of Cheney Hollow Cottages on Cheney Hill. In joining the Parish Council, I hope to bring a fresh perspective to the life of the village, without losing sight of its traditional values.

**Mr Arthur Chapman (New)**
My name is Arthur E W Chapman, I am married and live with my wife in Heacham. We are retired and enjoy living in the village and surrounding areas, I am keen to be involved in the community and getting to know the residents. It is my desire to see all that is good about the village retained, at the same time to engage with and progress with technology.

**Mr Charles Hammond**
I was born in Heacham and have spent most of my life here and I love the village. I run Moulam and Horn; animal feeds and garden supplies in Pound Lane and I am known generally as the village coalman. I enjoy playing bowls for Heacham Social Club as well as other activities. I have been a Parish Councillor for over 30 years.

**Mrs Patricia Hammond**
I was born in Heacham and was always encouraged by my family to be involved in village life. I help my husband, Charles, and also run a boarding kennels and cattery as well as keeping other animals. We have four grown up children. I too have been a Parish Councillor for many years and very much enjoy the challenges it presents.

**Mr Peter Mallam**
I have served on Heacham Parish Council for eight years and have lived with my family in the village for ten years. I am pleased to continue to serve on the Council and represent the village in which I live and its people. I moved from Hunstanton to Heacham, a move I have never regretted. I was a member of Council with my late Wife.

**Mr John Stares**
I moved to Heacham in 1991, after living abroad for many years, in Holland and Ethiopia. My work took me abroad again in 1998, and I returned 2 years ago, in May 2009, to settle down here, at last! Six weeks after my return I was co-opted onto the Parish Council, and I also joined the Natural Environment Committee of the Council. My other activities in the village are with The Heacham & Criteuil-Le-Magdeleine Twinning Association, for which I am currently the Chairman, and with the Heacham Newsletter for which I very recently started working as a proof reader.

**Terry Clay (New)**
I have lived in Norfolk for 42 years and in Heacham for 18 years. I am 63, a Christian and married to Judith, we have 3 sons. I served for 15 years on the CEDP for Norfolk and Suffolk, a Ministerial appointed committee serving the employment needs of people with disabilities and for 18 years on the King’s Lynn Borough Council’s Advisory Committee for people with disabilities.

**Mrs Jillian Carr**
My husband and I moved to Heacham 16 years ago with our young children. Heacham has been a good place to settle and bring up a family. I am now establishing my Jewellery business, working from the “Jamshed” at home. By being a Parish Councillor, I hope to be able to help maintain and/or improve the facilities available to all the village.

**Mr David Page**
I have been a member of the current Parish Council for some years and have been very involved in the Carnival Parade in that time. I currently sit on the Lighting and Watching Committee and the Community Committee.

The following members of the existing Parish Council have decided not to stand: Mr Liddington, Mr Cobb, Mrs Callaby and Mrs Pike, the Parish Council would like to take this opportunity to thank them for their service.
HEACHAM PARISH COUNCIL NOTICEBOARD

Heacham Carnival Parade and Fete
2011

This year’s Carnival Parade and Fete will be held on Sunday 7 August. It will be led by the Ambassadors of Borrowash Marching Band. There have been changes to the route to take account of the numerous walking floats and the start will be at a later time. Forms to register your float with all the details are now at the Parish Council Office and Library. The traditional parade collection will go to Heacham In Bloom. They are few more changes to the usual event which will be announced next month.

NEW PLAY EQUIPMENT

The Parish Council are very pleased to announce the installation of the Nexus Core in the recreation ground. Funding support has come from King’s Lynn and West Norfolk Borough Council and The Norfolk Playing Fields’ Association. The Equipment installed by SMP play has been in the pipeline for several years and is designed to be a better replacement for the Wooden Fireman’s Tower and Monkey Bars. The Parish Council would like to thank Ms L Jackson, Heacham Infants and nursery for her support with the Council’s funding application and Mr N Cawthorne for the preparation work at the site. The equipment arrived just in time for the children to take advantage of the it during the Easter holidays.

BRAYS PIT

Work to replace the old fence on Staithe Road has now been completed and the work has more than exceeded hopes to improve and open up the area. This year the Committee will be looking to make good the erosion on the pond edges which has taken place over the years. New seating and signage is also planned.

CENSUS 2011

Just a reminder that you must complete and return the census forms, which should have been received by all households last month. Completion of the census form is compulsory by law and non return can result in a hefty fine, so please don’t get caught out.

HEACHAM TREE WARDEN

Tree wardens are part of a national force of local tree champions and a key part of the Tree Council’s Community action programme. The Tree Council is the UK’s leading tree charity. The Scheme gives people who feel that trees matter an opportunity to Champion their local trees and woodlands, plant and care for trees, survey trees and gather information about them and provide a local contact for Tree Council initiatives. The Parish Council are trying to get the Borough Council to reinstate the local network of Tree Wardens, so that volunteer tree wardens will have the support of the Borough Landscape Officer who will act as a coordinator. So if you are passionate about trees you can find out more about the scheme from the Tree Council website or pick up a leaflet from the Parish Council Office as we are looking to appoint a local tree warden.

Notice of Parish Council Vacancy

A vacancy has arisen on Heacham Parish Council for a Parish Councillor. This vacancy will be filled by cooption rather than election. Interested parties should contact the Parish Council Office for further information or present themselves at the next Parish Council meeting which will be held at the Parish Office on Tuesday 17 May at 7.30pm.

The Clerk

Any queries should be addressed to: Heacham Parish Council Office Jubilee Clinic Pound Lane Heacham Norfolk PE31 7ET Tel/Fax 01485 572142 www.heachamparishcouncil.co.uk Open Tuesday - Friday 10.00am-Noon
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This service ceased on 31st March.

First Bus Saturday night and Sunday services are being transferred to Norfolk Green and timings will change.

New First Bus timetable out on 9th April

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