



# THE HEACHAM NEWSLETTER

## November 2009

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**WE WILL REMEMBER THEM**

### ROYAL BRITISH LEGION HEACHAM BRANCH

Remembrance Sunday is once more with us. It is a time when, throughout our hectic lives, we allow ourselves time to remember those who paid the ultimate sacrifice for our freedom. They were the ones who went out into the battlefields, took to the air, and sailed the seas that we may enjoy our present lives. The losses still go on in more recent conflicts. It may have been under different circumstances but a loss to a family is still as traumatic now as it was in those dark days of our two World Wars. Let us remember all those who have died in conflicts and be eternally thankful to them.

If you wish to pay tribute to those who gave their lives for us, please come along on:

**SUNDAY 8th NOVEMBER to the Parish Church (9.45) and the Memorial Service afterwards (10.45)**

May I take this opportunity to remind you that official Poppy Sellers will be about in our village and any donation will be gratefully received. The money collected goes to the Poppy Appeal which in turn is used to help those in need. The Poppy Appeal has done great things in the past. Help us collect more to meet the ever increasing demands made upon it.

**WEAR YOUR POPPY WITH PRIDE**

Thank You  
**Marcus Liddington**  
Branch Organiser

**Deadline for the next edition is 12 noon, Thursday 19th November**

THE HEACHAM NEWSLETTER

E-MAIL: [theheachamnewsletter@yahoo.co.uk](mailto:theheachamnewsletter@yahoo.co.uk)

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**Dear  
Newsletter**

**Weedon, Northants**

✉ Dear Newsletter,

### Tesco in Heacham

As a frequent visitor to Heacham (bird watching) I was sad to see a Tesco supermarket being built. This will put the existing businesses under immense pressure. The very good butchers and super bakers not to mention all the other good shops will find the future very hard. I for one will not forsake the existing shops and Tesco will not get my business.

Congratulations on a great publication, I always enjoy reading the latest news about your thriving village.

**Mike Fuller**

\*\*\*\*\*



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✉

**Hunstanton Road**

Dear Newsletter,

### The Childrens Society

I have taken over as the Heacham representative and will be collecting boxes to bank the contents for The Childrens Society during November.

I would be grateful if box holders could bring their boxes to my home at The Old Gatehouse, 19 Hunstanton Road. If anyone would like to arrange a time for this, or needs their box to be collected, or would like to take a collecting box for the first time, please phone me on 01485 571110 or email me at [jgullanwhur@rya-online.net](mailto:jgullanwhur@rya-online.net).

The Childrens Society works hard to restore children with very broken lives back into mainstream society.

Thank you in advance for your cooperation.

**Jeremy Gullan-Whur**

\*\*\*\*\*

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



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## Jennings Close

Dear Newsletter,

### Inconsiderate Parking

I'm sick to death of all the idiotic people who park on the double yellow lines at the junction of Station Road and Lodge Road, Heacham just outside The Chinese Take Away. Why do they think the council put yellow lines there in the first place? It's not rocket science. Are they so thick that they don't know? I wish I was a Traffic Warden I would give them all tickets.

If you park there, you are not only parking on Double Yellow Lines but you are also parking within 25 feet of a junction and on a sharp right hand bend. If these moronic drivers cared to read the Highway Code they will find all 3 places are listed as PLACES NOT TO PARK.

If you were driving towards North Beach or turning into Lodge Road it means you have got to approach the junction on a blind right hand bend on the wrong side of the road. If someone was coming the opposite direction at speed it could cause an accident.

Come on people. Think about others for a change and don't be so selfish. It's no good thinking I'll only be a second. Accidents take less than a second to happen.

Drive a little bit further and park safely. God gave you legs and brains. USE THEM!!!!

Mr. D. P. Howell

\*\*\*\*\*

Heacham

Dear Newsletter,

### Don't bin it - Freegle it!

Throwing something away? STOP!! Please keep household goods out of landfill by offering your unwanted but reusable items to other local people via the Freegle website. Freegle's objective is to enable individuals to do their bit for the environment (and their neighbours!) by giving away things they no longer need to people who can use them. Groups are all truly grassroots co-operatives run by and for local people.

You simply offer your items via the website, and then choose (from the e-mails you receive) who to give your item(s) to. The items are collected from you, which will save you time, energy and fuel if you were taking them to the recycling centre, and with a bit of luck you will make a new friend in the village at the same time!

I know of quite a few local members already but the more the merrier, so please pass this information on to your friends and neighbours.

The local Freegle group for Heacham/Hunstanton is West Norfolk: <http://groups.yahoo.com/group/westnorfolkfreegle/>

If you have any queries please contact the group's Moderators at: [westnorfolkfreegle-owner@yahoo-groups.com](mailto:westnorfolkfreegle-owner@yahoo-groups.com)

Beth Winsor

\*\*\*\*\*

Sandringham Drive

Dear Newsletter,

### A Call For Closet Musicians

Since retiring 3 years ago I've been ticking boxes. The latest is learning to play electric guitar and I'm working towards grade 1 test in February. I'd be interested to meet others doing likewise - preferably rhythm guitar, bass, drums, with a view to jamming and helping each other learn.

Anyone interested? Contact me on 01485 570699.

Pete Widdows

\*\*\*\*\*

# Robert Jolly

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Heacham

Dear Newsletter,

### What's To Be Done About The Pigeons?

It is time that we made a serious attempt to reduce our pigeon population. They are more of a nuisance than mallards and geese. How about the "Heacham eat a pigeon week"? One week a year would make quite a difference.

Gastronomic possibilities are numerous. Pigeon pie, Game pie using pigeon, Barbecued pigeon with porcini mustard, Grilled pigeons, Pigeon and bread soup, Pigeons with olives, Roast pigeons, Stuffed pigeons, or as suggested in The Game Cook by Norman Tebbit pigeons slow-cooked with cabbage, red wine and raisins and finally Country Casserole using venison, rabbit and pigeon. Some of our gardens would benefit greatly from this annual event if we all cooperated and it might bring in a tourist or two. Could our butchers create pigeon sausages?

Name & address supplied

## Station Road Garage

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# **M & B BARBER SHOP**

**55 Station Road, Heacham**

## **Hours**

**8.30am - 5pm Mon-Fri**

**(Lunch 12 - 1pm)**

**(closed Wed)**

**8.30am - 12 noon Sat**

**Pensioners rates Mon - Fri**



**Heacham**

Dear Newsletter,

### **Ref M & B Barber Shop**

I don't know why or where it came from but there is a nasty rumour going around the village that I am closing.

I can assure you all I have no intentions of closing, My Barber Shop is doing well and I am very happy being here. If in the unlikely event that I ever intended to close I would make an announcement myself, not leave it to rumour.

So please listen to me not these Rumours. Thanks

**Trevor**

**M&B Barber Shop**

\*\*\*\*\*



**Heacham**

Dear Newsletter,

### **Active for Life Group**

My sincere thanks to all those who sponsored me in the Active for Life Group Sponsored Walk on Monday 14th September, which was to help boost the Group's funds. I raised £55 but have not heard the overall result yet. Your help was very much appreciated.

God bless you.

**Eve Rayner**

\*\*\*\*\*



**Philip Nurse Drive, Dersingham**

Dear Newsletter,

### **Macmillan Coffee Morning**

Brenda & Michelle Wagg would like to thank everyone who came to their Coffee Morning for Macmillan Nurses. We raised £444.37.

Our sincere thanks to everyone who attended the morning at our home address. Special thanks to the donors of the raffle prizes. We mustn't forget to thank Terry for his help during the morning!

\*\*\*\*\*



**Kenwood Road**

Dear Newsletter,

### **Wings Collection, Heacham September 2009**

I would like to thank all Heacham residents and visitors for generously donating to the Battle of Britain Wings Appeal. I raised £168.64 which is one of the highest collections in all the years I have been doing it. Thank you so much.

**Alan Taylor**



**Hunstanton Road**

Dear Newsletter,

### **Cub Scouts 1960**

It was with a distinct personal interest that I came upon last month's article relating to the 1960 visit to Heacham by the German Boy Scout Romas Schiller.

My late wife, Rosemary Hughes, was Cub Scout leader in Heacham in the late 1950's/early 1960's, together with Mary Harrod. I recall that there were two German boys who were hosted; Romas was one, the other was named Peta or Petra.

In the group photo of the Cub Scouts with leaders Rosemary Hughes and Mary Harrod, the following boys have been identified: Chris Claxton, Ian Gourlay, Colin Garwood and ? Baker. Perhaps other readers can identify the other Cubs.

The photo of four boys in front of a tower shows L to R: Petra(?), Nick Cawthorne, John Harrod and Romas Schiller. The beach photo shows L to R: Nick Cawthorne, Romas, Nick's sister Elizabeth, plus three of Nick's cousins. The Scouts standing to attention are, L to R: Deryk Stringer, Michael Nobes, Nick Cawthorne and David Bean.

I have exchanged emails and a telephone call with Romas and he is quite sure that he will make a visit to Heacham before too long. He is within a year or so of retirement.

**Maurice Hughes**

\*\*\*\*\*

### **Heacham & Criteuil-la-Magdeleine Twinning Association**

We have returned from our most enjoyable visit to France just in time to report a huge success, and to promise an article with full details and photographs for the December newsletter.

**John Harris (Chairman)**

## **HEACHAM BAKERY & TEA ROOM**

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## Strachan Close

Dear Newsletter,

### Macmillan Coffee Morning

The Macmillan coffee morning held at Neville Court raised the fantastic sum of £1,180.

We would like to say a big 'Thank You' to all our helpers and to everyone who gave donations, prizes, cakes etc. Also to everyone who came along and made it such a success.

We cannot do it without your support. We were fortunate to have a visit from Luke Wheeler, one of the Macmillan fund-raisers. He told us what a difference the money would make to the lives of people living with cancer.

I have had a letter from the Macmillan Cancer Support Team, thanking us all for our donations and inviting us to take part again next year on Friday 24 September 2010. So put the date in your diary. Once again many thanks.

**Esmé Stockdale  
Joy Johnson**

\*\*\*\*\*



Dear Newsletter,

### Macmillan Coffee Morning

The now customary two-day coffee morning was held on Pioneer Holiday Park on September 25th and 26th and raised the record amount of £1,320 for Macmillan Cancer Support.

The guests of honour were the deputy mayor of Hunstanton, Councillor Peter Mallam, who lives in nearby Veltshaw Close and Macmillan ambassador, Miss Ann Carlisle, who recently moved from Wisbech to live in Holme.

The event was organized by Roger and Margaret Green from Wisbech together with Malcolm and Valerie Nicholson from Southery and their willing band of helpers. Several people travelled from Wisbech to enjoy the refreshments, tombola and bric-a-brac stalls.

At the conclusion of two very busy but rewarding mornings, the grand draw was supervised by Councillor Mallam, while Mr Green conducted a concluding auction to give the proceeds a final boost.

**A. R. Green**

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### Petawawa, Ontario, Canada

Dear Newsletter,

### A Trip To Jamestown

During our summer travels this year to the United States, my husband Allan and I were delighted to visit friends who live in Williamsburg Virginia. As your readers will know, this area has a strong connection to Heacham, in that John Rolfe and Pocahontas were married at the nearby colony of Jamestown. Thus a visit to the colony was a must for me as I too have a strong connection to Heacham in that my parents Olive and Greg Smith lived there for 20 years. In fact they lived in Rolfe Crescent!! Even though I now live in Canada, I continue to consider Heacham as "home" and I am lucky enough to visit the village almost every year.

I found the area of Jamestown to be appealing. It is of course only a replica and museum, but unlike Williamsburg itself, I liked the simplicity, the smallness and the intimate interaction with the colony's "players". The settlement is just wonderful in that you can experience a little of what life might have been like for those original (and brave) souls who left the shores of England to find new treasures! I spoke at length to a lady who was dressed as an original settler. She related a story of our own Queen Elizabeth's visit to the settlements for the 400th

anniversary of the landing at Jamestown. She told me that everyone was spruced up, the area cleaned, best manners ready, to greet the monarch and her husband. But alas the Queen stayed for very few minutes and seemed to be more interested in her planned visit to the Kentucky Derby!! I suppose the Queen has seen so many historical sights in her lifetime that I think we can forgive her! Apart from the village replicas, which include a blacksmith's workshop, storehouses as well as assorted colonist cottages and gardens, there are replicas of the three original ships, the Susan Constant, Godspeed and Discovery to climb aboard and explore. These were a great favourite for all of us as we could crawl through the various living spaces, squeeze into a sailor's bunk and listen to the canon firing. There was even an Indian teepee area to view in an adjacent area that represented the important role the North American Indian played in the settlement's history.

Of course, my main interest was to find out about the John Rolfe connection. No one seemed to know much about him but I did eventually find his and Pocahontas' statue inside the extensive museum. The Indian Princess appears to be regarded as an American folk heroine and there was a whole section about their lives. I had not realised that Rolfe was in fact a tobacco farmer, fairly wealthy, and had been commissioned by the Virginia Tobacco Company in England to search out the weed! Pocahontas, I discovered, was his second wife; she had a son (not his it seems) and she did accompany Rolfe home to England where she died. The display in the museum did not indicate whether she visited Heacham, so I wonder if anyone could enlighten me with more detail?

Both Allan and I loved the visit and I was able to buy a few postcards of the Rolfe statue and send them to our friends and former neighbours in Rolfe Crescent. Can I end by saying hello to them? Maureen (who still sends me copies of the Heacham Newsletter), Mick and Jan, Jean, Ruth and Dennis, Val and Carol, Kath and ex Postie Daphne and Graham. Hope to see you all again soon.

**Jill and Allan Peterson**

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## Collingwood Close

Dear Newsletter,

### Speed Limit Warning Signs Are we Missing Out?

Please could you help me in my enquiry? When driving through Snettisham and Dersingham, a flashing indicator light illuminates if the vehicle is going over the speed limit. Also, when waiting for a bus by Thaxters in Dersingham, a panel indicating the bus times can be seen very clearly. Last but not least, a bus shelter would help in the open areas giving some protection. We have none of these items in Heacham.

Is it possible to answer my questions?

**R. P. Card**

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## CHURCHES TOGETHER IN HEACHAM

As I prepare this article for November's newsletter it is raining! It is raining for the first time in many weeks! The little duck pond opposite the Rec. has long since been dry and the surrounding grass has lost its rich green. It has faded into a sad yellow

The effect of having no rain for a long period of time can be seen all around. It can remind us in many ways of dry periods in our own lives. Sometimes, in life, we all experience dry seasons. It could be because of ill-health, loss or other trials related to our work or personal life. These dry seasons can be very exhausting. Like the grass the richness fades from our life. We can find ourselves robbed of happiness and joy. We can lose our appetite for life.

Where do we turn when we enter a season of dryness? Some may find relief in a bit of shopping therapy. Some may seek solace in a hobby or a holiday. Some look for answers in literature or on the Internet. There are many avenues to explore, but all really only bring temporary relief. Only Jesus can truly bring hope and peace into our dry seasons. He is the only one who truly understands our deepest fears, sorrows, issues and insecurities.

Jesus said "Come to me, all you who are weary and burdened, and I will give you rest." November is the season of remembrance. If this month you are experiencing a dry season, or you are sad because of past seasons, you could explore the avenue of faith to bring comfort. There is no promise of a magic wand to wave away your troubles, but there is a promise that you will not be alone in them. May all our dry seasons be short-lived. God bless.

Pip Lawrence  
Ministry Team Member at St. Mary's.

### REMEMBRANCE DAY SERVICE

10.00am on Sunday 8<sup>th</sup> November at the Parish Church

The annual remembrance day service will be in the Parish Church and will conclude with an Act of Remembrance at the War Memorial on Hunstanton Road at 10.55am.

Details of the **Christmas Services** will appear next month.



### PARISH REGISTERS

#### Baptisms

18/10/09 Emmie Ava Ashley, daughter of Hollie and Stuart, sister of Gracie  
*"For anyone who is in Christ, there is a new creation"*

#### Weddings

03/10/09 Liz Hunt and Ian Over  
24/10/09 Juliet Fisher and Raymond Slight

#### Faithful Departed (Church linked funerals)

03/09/09 Nathan David Humphries	0
22/09/09 Alan George Taylor	88
18/10/09 David James Woollard	67
19/10/09 Kenneth Casey	89

*"Blessed are those who mourn for they will be comforted"*  
We do extend our sympathy and condolences to all who have been bereaved, and who are prayed for at the Sunday morning services around the time of the funeral of their loved ones.

### METHODIST CHURCH: Sunday Services

10.30am Morning Worship

### ST MARY'S PARISH CHURCH: Sunday Services

8.00am	Holy Communion (Book of Common Prayer)
10.00am	Morning Worship (Holy Communion on 2 <sup>nd</sup> and 5 <sup>th</sup> Sunday) Provision for children during services
10.30am	Morning Worship at Junior School (Holy Communion on 3 <sup>rd</sup> Sunday)
6.00pm	Evening Worship

**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](mailto:heacham.church@googlemail.com)

### CHRISTMAS PANTOMIME

We have been able to book the renowned Saltmine Theatre Company to bring their Christmas Production *"Robin Hood, Merry Christmas Merry Men!"* to St. Mary's on Wednesday 9th December at 6.30pm. This Christmas pantomime is suitable for 4 year olds to 94 year olds and free admission will be by ticket only. Tickets are available from our Christian Bookshop in Station Road, Heacham (next door but one to the Co-Op Food Store).

### November Services in Nursing/Residential Homes

Mon 9 <sup>th</sup>	11.00am Holy Communion at <b>Millbridge</b>
Sun 15 <sup>th</sup>	7.30pm Service at <b>Neville Court</b>
Wed 18 <sup>th</sup>	2.30pm Service at <b>Summerville</b>
Fri 27 <sup>th</sup>	10.30am Service at <b>Fridhem</b>
Fri 27 <sup>th</sup>	<b>NO Service at Sunnyside (owing to building works)</b>

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### CATHOLIC SERVICES IN THE HUNSTANTON PARISH, WHICH INCLUDES DERSINGHAM

Our Lady of Perpetual Succour and St Edmund

Parish Priest: Fr James Fyfe, 81 Mountbatten Road, Dersingham, PE31 6YE. Tel: 01485-543818

Saturday: 11.00 to noon. Sacrament of Reconciliation with Exposition and Benediction

Sunday: 11.00am Mass

There are also Masses at 9.00am during the week in the St Theresa's Convent, at 27 Sandringham Road, Hunstanton, PE36 5DP. These are usually on Mondays, Thursdays, Fridays. Sr Margaret Carolan can be contacted on 01485-532837 to confirm these.

St Cecilia's Church, Mountbatten Road, in Dersingham.

Monday: 2.00pm Rosary Group in the Meeting Room

Wednesday: 10.15am Mass

Sunday: 9.00am Mass

Occasional Vigil Masses are held at St Cecilia's at 7.00pm in the evening before Holy Days. Details of these are on the church notice boards.

Fr James will also confirm these at 01485-543818.

Enquiries about bookings for the church halls in Dersingham are dealt with by Stuart Grant at 01485-570040.

Tea and coffee are served at Hunstanton after Sunday Mass every week. Tea and coffee are served at Dersingham on the first Sunday of the month and after all Wednesday Masses.

Please come along and meet us

### HUNSTANTON LIONS CLUB

We are pleased to announce that our famous

### GROTTO AND CRAFT FAIR

will again be held in Hunstanton Town Hall on

12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup> December  
and on Christmas Eve.

Children will be enthralled by the Grotto,  
ending with a visit to Santa and a present.

All are welcome.

(There are still some spaces for stallholders at the Craft Fair.  
Please call Ian – 01485 533108 for further information).

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### Hunstanton and West Norfolk Lifeboat Guild



**Lifeboats**

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### *Christmas Fair*

at Hunstanton Town Hall  
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from 10.00 am to 12.00 noon.

RNLI gifts, cards, calendars  
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Entrance £1 to include coffee and biscuits.  
Enquiries to 01485 512005

## SALTINGS WORK DAY

The Parish Council's next work day is at The Saltings on Sunday 15th November from 10am. We will be finishing the fiddly bits of bramble clearance that the machine couldn't reach.

Bring suitable cutting tools (loppers will be best), and strong gloves are a must.

To get there, go to North Beach and turn right, continue past the car park. The entrance is opposite the first beach bungalow, and you can park on site.

As an added attraction we will be joined by a group of scythers who will be doing some experimental mowing in the reed bed. Bring a pitchfork if you have one - they may need help stacking what they cut.

And advanced notice: we will probably have a Bray's Pit day in February.

Paul Cobb

### Gardener, Handyman, Decorator

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### CHEQUE PRESENTATION TO EACH (East Anglian Childrens Hospice)

A cheque for £1000 was presented to East Anglian Childrens Hospice, Quidenham.

The funds were raised by "The Seymour Howard Lodge", Heacham a lodge of "The Royal Antediluvian Order of Buffaloes".

Included in the amount raised by the Lodge was a donation of £50 from Tony, a member of Heacham Social club, and a member of the Lodge attended a reunion of "The Band of the 1st Battalion Royal Anglians and raised £92.50.

In the Photo are members of the Lodge and the cheque was presented by Brother Ian Cook to EACH Volunteer, Albert Ware.

**Brother Chris Framingham**  
Seymour Howard Lodge (RAOB)



## Past? - Present? - Future?



I somehow think this is a Future photograph?! It looks like we have one member of the Curtis family, Mabel, in favour of Tescos coming to Heacham?!

Janice & Dave

## Heacham Flooring

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## LIFE IN ELSIE VILLA, POPLAR AVENUE

(continuing "Story of a Heacham House")

When I first read the article in the July Heacham Newsletter about Elsie Villa it brought back lots of fond memories. On a trip to the coast I decided to knock on the door of Elsie Villa, explained who I was, and I was invited in. I was able to look round the house as it is today, and although tremendous improvements have been carried out since I lived there in the forties and fifties, it was still the Elsie Villa I remembered.

Since that day in the Summer, I have spent time tying together the two articles in the July and the August editions of The Heacham Newsletters, looking for any leads as to why or how my Grandmother came to move from Fring in Norfolk to Heacham and relocate all her family Mother, Father, Brother and my Father who was her only son. They arrived, I believe, the year my Father was born 1910 and lived in what is now no 23 Poplar Avenue (on the other side of the road from Elsie Villa) Grandmother lived there for 50 years. I wonder if anyone could give me any information about her house.

Why did my Grandmother relocate to Heacham, I really would like to know! She had been born in Grimstone in Norfolk. Her family name was Chapman. I believe the gentleman that owned the land next to Elsie Villa was Mr A Chapman, and he in fact lived at Chapman Villas opposite Elsie Villa. I'm going to do some research to see if there is a family connection. The second thing that came up was that Mr Shinkfield owned the land at No 28 Poplar Avenue, and he was born at Grimstone. Were either of these gentlemen instrumental in her move??



The VE Day party held outside nos 38 and 40 Poplar Avenue. I can identify my mother, the younger lady standing on the left. I'm not sure, but I think the gentleman beside her is the band master

George Holland. I am sitting on the end of the table near my Mother looking round another girl. My two brothers Michael and Peter are a little further down on the same side of the table as me.

I believe we moved to Elsie Villa in 1944, I certainly remember the VE day party that was held in Poplar Avenue. The house is changed but not the layout of the hall and stairs. There were two

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living rooms both with fire places. The only form of heating we had was coal fires in the back room, and if anyone was ill a fire was lit in the bedroom. The bedclothes were about 18 inches from the naked flames (health and safety was not even heard of). The kitchen was very tiny, a black range on the back wall was the only cooking facility. There was a shallow stone sink under the window with just cold water, that is where we washed ourselves (there was no bathroom) and prepared food. A door led through to a walk-in pantry and the meat safe, not that we ever had money to store any meat. My Mum did make curd cheese with the soured milk, in a muslin cloth hanging on a nail.

Out of the back door to the coal shed, where I frequently ended up for giggling during Sunday lunch, next to that outside toilet. A terrifying trip in the middle of the night because frogs somehow found their way in and I have ended up with a life long fear of frogs. Last the Shed that housed the copper where the household washing was carried out on Monday mornings. I remember old wellington boots being used for fuel once. The smell was memorable and the black clouds of smoke. I remember the big old mangle, and my flattened fingers when I didn't move fast enough as I guided the washing through and my Mother wound the handle. Our dogs used to live in the shed at night. I think I remember one of the three legged stool things that went into the wash tub.

The Garden, two apple trees and a plum tree at the bottom that my Dad fell out of and broke his arm. Marley's shed, a shed that belonged to a man I presume was called Mr Marley, it was on the right hand side as you look away from the house. I found piles of The Pink 'un, a financial paper in there and a very old car. I thought it was a magical place. At the end of the garden, across a little lane, was a pig sty where a sow would rear a litter of piglets every year.

Once or twice a year I would be sent off with the rent money (usually a month or two late) to the landlady of Elsie Villa, Miss Mallett. She was a very genteel spinster, who would offer me orange squash and a biscuit. I had to sit still for what seemed hours while she wrote out the receipt.

What memories your article evoked in me, and my thoughts are "Am I really as old as all this information implies. Yes I'm afraid I am." The changes that I have seen in my lifetime, I could never have imagined.

Thank you for opening all these memories with your story. It would be fantastic to see the same about other homes perhaps even my Grandmothers home (5 Victoria Villas, Poplar Avenue).

**Jennifer Holloway(nee Herring)**

*(If anyone has information which might help Jennifer find out more about her family please get in touch via the Newsletter. Contact details are on the front page.)*

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## HEACHAM GARDENERS NEWS



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## **Open Market Option - The way to a bigger pension by Nigel Munton CertPFS of Dakings Financial Services**

The Open Market Option (OMO) allows those with accumulated pension savings to choose the provider from which they buy their annuity. By using the OMO and shopping around, people may be able to increase the annual income they get from the annuity bought with their pension savings.

All too often however, usually up to three months prior to a person's 60th or 65th birthday, they are being asked to choose from a quotation provided by the company they have paid pension contributions to, usually this consists of reams of paperwork that even a lawyer would struggle to make sense of. What do the vast majority do? They tick a box and send the forms back. This is a decision that merits greater consideration. It is crucial to take advice at this point, as the OMO from an alternative company may be much bigger than your present pension company is prepared to offer. Add to this Enhanced Annuities, these are increased pensions paid to people with a reduced life expectancy and the penny starts to drop.

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## **1<sup>st</sup> HEACHAM SCOUTS**

The 1<sup>st</sup> Heacham Scout troop started the term with two new leaders. Jill and Richard retired earlier in the year, and left a huge hole. This has been filled by Rob Neal and Julz Geraghty who, although new to being scout leaders, have launched into the challenge with relish.

Only a week after taking over, nine of the scouts, aged from 10 to 14 years, completed a marathon sponsored cycle ride from King's Lynn to Heacham, via Sandringham, Snettisham, Ringstead and Hunstanton to achieve their Cyclist badges. Many thanks to John Wallis and Sgt. Rob Curl for their help in preparing the Scouts (and their bikes!) for the challenge. Many congratulations to the scouts Ayla, Vicky, Thomas I., Ben, Flynn, Jason, Tim, Corinne and William who between them raised £334, which will be split between group funds and the Mayor's Appeal, the Alzheimer's Society.

The Scouts have a weekend away planned for the end of this month; let's hope the new leaders survive intact!

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## **NEIGHBOURHOOD POLICING UPDATE**

As we compare crime and anti-social behaviour in Heacham with the same period last year, we can report positive news. Total recorded crime and incidents of anti-social behaviour have been reducing in some fairly testing national and local circumstances for all of us. However as October began we have seen an increase in problems being caused by teenagers, sometimes gathering in fairly large groups around the village. Some fairly low-level but nonetheless disheartening damage and unacceptable behaviour has been reported, primarily in the vicinity of the recreation ground and skate park.

We have responded to this. Officers are briefed to make Heacham a priority in the evenings, especially at the weekends. A series of home visits have already been carried out to increase the awareness of those parents who may not be sure of how and where their children are spending the evening. We have seized alcohol from underage drinkers and visited the homes of some people who have regularly been adversely affected. The team are determined to send a clear message to our young people about what is acceptable behaviour and we hope that residents will support us in this wherever they can. Part of the police response will be to take firmer action when warranted and this will include the imposition of Penalty Notices and where appropriate formal instructions to leave the area which, if breached, can result in prosecution. We are appealing for parents and extended families to talk about this with their young people to reduce the chance of an undesirable personal experience.

Persistent trouble-makers need our special attention and we need your help to identify them. Please remember to report incidents. Use 999 in an emergency or you can contact the Neighbourhood Policing Team on 0845 4564567. If the enquiry does not require a quick response, then you can contact us via email on snthunstantonburnham@norfolk.pnn.police.uk

## "THE PEN IS MIGHTIER THAN THE SWORD" - Yeah, right

Well, the nights are drawing in and the village has returned to some semblance of normality now that the visitors have gone. Although most are welcome and have come to relax and enjoy the simple pleasures we have to offer, there are the Greater Spotted Elbow-Swingers. How I will miss their ill-mannered barging in the shops and pubs, on holiday but still impatient for a heart attack.

But all is not lost! With the onset of the dark evenings, two other moronic groups will emerge from their summer hibernation, namely the "stealth" cyclist and the Canine Excreta Depositor. It is difficult to decide which of these is the most anti-social, so I will leave it to you, dear reader, to make your own judgement. To help with your deliberations, may I offer the following observations.

The "stealth" cyclist may vary in age, anywhere between 9 and 90 but will have two things in common. No lights and a fetish for dark clothing, almost gothic in fact. Habits include appearing from side streets without warning, gaily disregarding any of the road traffic laws that us mere mortals are expected to comply with. This can often be followed by an inarticulate grunting, brought on by the strain of the offended motorist having the effrontery to castigate the two wheeled miscreant for their actions. Of course, if the motorist is also unfortunate enough to collide with the cyclist, the full force of the law will be brought down on him or her as they should have the night vision and sonar of a fruit bat to sense this cyclist (riding illegally in the eyes of the law).

Our other furtive creature, the Canine Excreta Depositor (CED), is a completely different animal although sharing the same urge as the "stealth" cyclist to blend into the shadows. Ever the nocturnal creature, the CED, when caught in a vehicle's headlights, will freeze in a rabbit-like pose, then drag their poor canine companion along the path, poo emanating from its Tardis-like rear end like a string of sausages. This action is obviously meant to re-assure the watching motorist that the CED had no intention of allowing their dog to illegally foul the footpath and leave it for an unsuspecting pedestrian to discover. The only saving grace to this is the hope that some of the late-night knuckle-draggers from the recreation ground may have the misfortune to come into contact with the deposit and slip over. Oh the irony! Where there's blame there's a claim!

Is it me?

Yours rather in hope than expectation,

"Prometheus"

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## LABOUR PARTY COMMITTEE ROOM in the 1940's

This photograph shows the local Labour Party committee outside their committee room. You may recognise the building as what is today Fran's Pantry in the High Street.

Joan Nourse is pictured on the far right (a former teacher in the village). Her father, George Nourse, is believed to be 4th from the left. Also pictured in the group is possibly a Mr Whiteing.

The photograph was kindly loaned by David Farthing.



## CALLING ALL CARERS

Carers Meetings are held on the first Friday of every month in the United Services Club, Sandringham Road, Hunstanton.

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### More of Mary's Country Sayings

1. Perseverance overcomes difficulties
2. Joy often comes after sorrow,  
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3. A good word is as soon said as an ill one
4. One today is worth two tomorrow.



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Especially if people could tell us the importance of travellers calling cards that have been impregnated into the wooden walls (from decades of wallpaper paste) and especially the whereabouts of the key to our Edwardian safe. We do sometimes wonder if it is empty, and if not, what's in it!

Please feel free to call in or telephone us with any information. Eventually, we hope to piece together the site and shop's history and publish it in this publication.

Look forward to hearing from you.

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## HIGH HOUSE IN WARTIME The Italian POWs

I write regarding Chris Mackie's article regarding Heacham High House (WTA). To me this was an extremely interesting glimpse into the pre-war and early war years of the High House. I would, however, like to add my own recollections regarding the High House, without in any way wishing to contradict any part of Mr Mackie's article. In fact I hope my letter may fill some small gap.

I refer to the period late 1943 to 1947. In late 1943 the High House was taken over by the Government to house Italian prisoners of war, as was the building in the High Street (opposite the then Greyhound Public House) and I believe is now a restaurant. At this time I was about 9 years old and very inquisitive. One day, after seeing the Italian prisoners going in and out, my curiosity got the better of me and I ventured quietly inside to be met by one dark curly haired prisoner who smiled and held out his hand in order to shake hands with me. This was the beginning of a great friendship and I made daily visits to his barrack room which housed about 24 men. I was, as you can imagine, quite nervous at first amongst all these men, but my friend Gino (as his name turned out to be) soon put me at ease and they soon all became very friendly towards me. It soon became apparent that, although they were relatively well looked after as regards meals and medical attention (which they regularly had to go to the High House for as this was their central supply and general HQ), they were unable to obtain (to them) essential items such as knitting needles, darning needles, cotton, pencils, drawing paper, etc. etc. I was able to obtain many of these items for them from Mrs Gent's haberdashery situated in the row of shops in Station Road at the bottom of Poplar Avenue. These I paid for with money I earned from odd jobs for local traders. In return the IPOWs repaid me in Italian Script (money they received for work on local farms etc). As they received parcels from home or from the Red Cross at their

NAAFI, they brought scarce items for me, which were strictly rationed or unobtainable here.

I feel I must leave this part of my association with my POW friends as, after two or three months, I became their go-between, taking and collecting items to and from the POWs at the High House. These consisted of letters, newspapers (Italian naturally) and various other items. This was not, however, an easy task as there were always at least two sentries on guard at any time and they soon sent you off with a swift clip of the ear! This did not prevent me from entering these forbidden barracks. This was accomplished by going to the very far end of New Row and, at the sharp left hand corner on part of what was then the barrack building, just met with the roadway where at the very bottom were two trap doors which, when opened, revealed the entrance to the cellars, which in turn led to the barracks. I would meet with my contacts and, with their help, I would return the way I came. My association with these POWs ended abruptly in early 1945 when, with just twenty four hours notice, they were repatriated. As schooling got in the way, I never had the opportunity of seeing them go. How empty and desolate the High Street barracks were for me as a never to be forgotten period of real genuine friendship (even if it was only for about 18 months), and my good friend Gino still at times fondly remembered. (He was married with two daughters).

In conclusion, I would mention that within a few days of my friends' departure, their places at the High House and High Street barracks were occupied by German POWs (who were not at all friendly or approachable). They stayed from 1945 to the Spring of 1947. I would like at some time to write about my social association with the IPOWs who were ridiculed and despised by most people during and after the war. To me they were honest and genuine people propelled into a war that they did not want and who were glad to be out of it despite the discomforts and absence from home.

Bob Fairclough, Lowestoft

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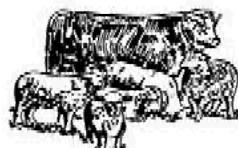
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## **NEWS FROM HEACHAM'S SLIMMING WORLD**

In September we had a party to celebrate Slimming World becoming 40 years old. Our Chairman and Founder Margaret Miles-Bramwell was made an OBE. We had plenty to drink and played music from the 60's. A good evening was had by all.

We also in September voted for our Woman of the Year and our winner was Una Lawrence, one of our not so young members, who has lost an amazing 5 stone and looks terrific.

We are looking towards Christmas now and in the weeks to come we have various competitions to look forward to. In December we will be going out for a Christmas meal again. Last year I missed it, as I was laid up with 'flu, but everyone said they had a fantastic time, so hopefully this year I will be there too!

There is still time to lose a stone in time for Christmas, so come along and join us. Just be prompt at 6.30p.m. on any Tuesday night at St. Mary's Church Hall and I will be pleased to welcome you into our group. If you want some more information then feel free to give me a call on 01485 528796.

My recipe for this month is a nice warming one for chilly evenings.

### **Oven Baked Lamb with Rosemary and Lemon Swede Mash**

#### **Ingredients**

12 Lamb cutlets  
Salt and pepper  
2lb/908g swede  
200g pot very low fat natural fromage frais  
1 tbsp finely grated lemon zest.  
2 tbsp finely chopped fresh rosemary

#### **Method**

Preheat oven to 180C/350F/Gas.4. Remove any visible fat from the lamb and place on a non stick baking tray. Season well and bake in the oven for 20 minutes or until cooked to your liking.

Meanwhile peel and roughly chop the swede and boil for 12-15 minutes or until tender. Drain and mash with the fromage frais, then stir in the lemon zest and rosemary. Season to taste and serve with the lamb, steamed green vegetables and gravy if desired.

Serves 4. Ready in approx 25 minutes.

Enjoy

**Julie GODDARD (Slimming World Consultant)**



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From 201 invitations, 131 people attended the blood donor session at the Public Hall on 30th September 2009 and 116 units were collected. There were 10 new donors. Thank you. For your diary, the next visit by the NBS will be on **Wednesday 20th January 2010**. To make an appointment for the next session, ring the Helpline 0300 123 23 23. National Blood Service information can be found on Ceefax BBC 2 page 465 and [www.blood.co.uk](http://www.blood.co.uk)

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### **Heacham Pavilion Regeneration Project (H.P.R.P.)**

Those really nice people who produce the best Newsletter in the whole of Heacham have allowed the inclusion within the November issue of a leaflet for sponsoring a brick to help with the funding of the new pavilion. Each brick can be inscribed with a unique message which will become part of the H.P.R.P. and will become part of the building fabric.

People have questioned the high cost of the regeneration referred to in the leaflet and requested further information as to its origin? Basically the extremely large sum was a number given to the project team by the Football Foundation consultants and was their "guesstimate" of potential costs when discussing grant applications. The really good news is that Planning Permission for the new block has been agreed and very shortly the tendering stage for the work will commence. At that time a more accurate cost of the project will be known and hopefully the amount required will be far less than the high sum initially "guesstimated".

So once again many thanks to the Newsletter team, and all those who have so far taken up this once in a lifetime opportunity to sponsor a brick.

**Roger Drinkwater**

## **WHAT'S ON REGULAR EVENTS**

CC = Cunningham Court  
PH = Public Hall  
NC = Neville Court

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

HSC = Heacham Social Club  
MC = Methodist Church Hall, Station Road  
SM = St Mary's Church Hall, High Street

### **MONDAYS**

AGE CONCERN Info & Advice Centre, High Street 9.30 am-12.30 pm Tel: 579077  
DROP IN AT AGE CONCERN 10.00 am to 12 noon for coffee and a chat  
1<sup>st</sup> HEACHAM RAINBOWS Term time Girls 5 to 7 years old 5.00 to 6.00 pm . Tel : Mary Harpley 07813 014477 (PRH)  
TABLE TENNIS 9.30 am Tel: Adrian 570477 (PH Top Room)  
DRAMA JUNIOR CLASSES 4.15-5.15 pm Tel: 579074 (SG)  
BEAVERS Term Time 6.00-7.15 pm Tel: Kelly 570956 (SG)  
LINE DANCING 7-9 pm £3.00 Tel: 532317 (PH)  
SCOUTS 7.30-9.30 pm Tel: Jill 535130 or 07799 138014 (SG)  
HEACHAM WIVES GROUP meets 2<sup>nd</sup> Monday of most months at 7.30 pm (HSC Top Room) Contact Brenda on 570727 or Anne 571885  
MUMS & TOTS 1.00 pm in school term time Tel:Pip 570182 or Karen 571837 (SM)

### **TUESDAYS**

HEACHAM DAY CENTRE FOR ELDERLY 9 am- 3.30 pm Tel: Geoff Speed 572584 (OFH)  
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11.30 am Tel: Liz 571773 (SG)  
ACTIVE FOR LIFE Exercise classes for the over 60's with, or at risk of OSTEOPOROSIS at Methodist Church Hall (opposite the Co-op) 10-11am Tel: Pat 572414 or Clara 540411. **Please note this is a change of venue**  
CARPET BOWLS 10.30-12 noon Tel: 570776 (PH)  
KEEP FIT FOR OVER 50's 10.30 - 11.30 am Tel: 01553 774343 (SM)  
CARERS SUPPORT GROUP Run by W.N. Mind. Lunch, Coffee and Chat. Peace of Mind, 4 Poplar Avenue Tel: Hannah or Mandy 01553 776966  
KEEP FIT 10.00 am to 11.00 am Contact Shirley Tel : 572247 (PRH)  
WOMENS FELLOWSHIP 2.45 pm (MC)

SLIMMING WORLD 6.30 pm Tel: Julie 528796 (SM)  
WEIGHT WATCHERS 7pm (OFH) Tel:Alison 07796 904311  
HEACHAM DIGITAL CAMERA CLUB meet 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month 7.30 pm at Sandringham Club, West Newton. Email : [heachamdigitalcameraclub@yahoo.co.uk](mailto:heachamdigitalcameraclub@yahoo.co.uk) or call Viv for info on 07906 056019

HEACHAM BOOK CLUB meet 3<sup>rd</sup> Tuesday of each month Tel: Beth 570479

POCAHONTAS PLAYERS Drama Group Pantomime rehearsals 7.30 – 9.30 pm Tel: 570402 (PH)  
HANDS & NEEDLES GROUP meets every other Tuesday 7.30 – 9.00 pm Tel: Joan Careless 570363 (MC)  
LIVE ENTERTAINMENT from 8.30 pm at Fox & Hounds

### **WEDNESDAYS**

AGE CONCERN – See entry on Monday  
ACTIVE FOR LIFE – see entry on Tuesday  
CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)  
LINE DANCING 1.30 – 3.30 pm £3.00 Tel: 532317 (PH)  
LINE DANCING FOR IMPROVERS – 7.00 pm to 9.00 pm. £3.00 per session. Contact Diane 01485 571166 (SM)  
PATIENT ADVICE & LIAISON SERVICE 2 – 4 pm on 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at Heacham Council Offices  
DOG TRAINING with Robert Frost 7.30 pm Tel:542861 (SG)

WEST NORFOLK SINGERS 7.30 pm Tel : Adrian Huggins 01485 542359 (MC)

QUIZ NIGHT 8.45 pm Prompt start. New teams of up to 5 welcome. £1 entry pp Cash Prize & Cash Snowball (HSC)  
OLD FRIENDS CLUB Enjoy meeting new friends, play Bingo etc at 2.00 pm Tel : Vicky Morison 570892

BINGO 7.30 pm Neville Court Grouped Home

CAR BOOT SALE 8.00 am to 12 noon on the Field (HSC)  
HEACHAM SONGSTERS rehearse from 10.00 am to 12 noon Tel : San 571660 (PRH)

### **THURSDAYS**

ACTIVE FOR LIFE – see entry on Tuesday  
TABLE TENNIS CLUB 10 am (PH Top Room)  
WHIST DRIVE 2 – 4 pm Entry £1 with prizes (CC)

1<sup>st</sup> HEACHAM BROWNIES Term Time Girls 7 to 10 years old 5.00 – 6.30 pm Tel: Louise (Brown Owl) 07912 888947 (PRH)  
TREFOIL GUILD meets on 1<sup>st</sup> Thursday 2 -4 pm Tel: 01485 579440 Mrs Christine Crisp (MC)

CARPET BOWLS 10.30 am to 12 noon Tel : 570776 (PH)  
JUDO Beginners 6 – 7.30 pm Tel: 571614 (PH)  
CUBS 6.45 – 8.30 pm Tel: Steve 525577 (SG)  
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)

HEACHAM GARDENERS ASSOC meets on 3<sup>rd</sup> Thursday 7.30 pm. Guest speaker and trips in Summer. Contact Hazel Wade 01485 579386 (SM)

FLOWER CLUB meets on 4<sup>th</sup> Thursday 7.30 pm. Flower arranging and demonstrations. Tel: Mrs Sandra Panton 571029 (SM)

RAO BUFFALOS 8 pm (HSC Top Room)  
QUIZ NIGHT Cash Prizes 9 pm at Fox & Hounds  
FOOTBALL Under 8's 5.30 to 6.30 pm Heacham Field/Astro-turf. Contact Stephen Joyce 01485 579009  
FUTURE CLUB meets for bereaved people on the fourth Thursday of every month in the back room of Heacham Public Hall from 2.00 pm to 4.00 pm. Tea, Biscuits & a chat

### **FRIDAYS**

AGE CONCERN – see entry on Monday  
ACTIVE FOR LIFE – see entry on Tuesday  
SOLO WHIST – 2.00 pm Entry £1 ( PRH )  
INDOOR CARPET BOWLS 7 – 9 pm Tel: Kim 570232 (MC)  
GUIDES Term Time 7 – 9 pm (SG)

WILDFOWLERS CLUB meet 1<sup>st</sup> Friday 7.30 pm (HSC Top Room)

CASH BINGO 7.30 pm (PH)  
TAI CHI Adults 7.30 – 8.30 pm Beginners welcome Tel: Derek 01553 674779 (PRH)

BEREAVEMENT SUPPORT - Meetings are held on the third Friday of every month 10.00 am to 12 noon in the Church Hall, High Street, Heacham Tel : Barbara Fargher 01485 534741

### **SATURDAYS**

GIGS from 8.30 pm. Free entry for Members (HSC)  
COFFEE MORNING 9.30 - 11.30 am ( MC )

## **Diary & Regular Events Entries For January**

Please remember that there is no January Newsletter so any items for these pages for January need to be with us by 19th November to ensure that they appear in the December edition.

## HEACHAM DIARY

**Saturday 7th November** - GIG at HSC with DALE ANDREWS from 8.45 pm

**Sunday 8th November** - INDOOR CAR BOOT SALE in the Public Hall. Doors open 7.00 am for stallholders 8.00 am for public. £5 per pitch. For bookings contact Janice on 01485 572120. Proceeds to Heacham Tennis Club

\* \* REMEMBRANCE & MEMORIAL SERVICES – 9.45 and 10.45 AT St Mary's Church, Heacham

**Monday 9th November** - HEACHAM WIVES GROUP Social Evening & Beetle Drive

**Tuesday 10th November** – GIG – KENO KINGS from 8.30 pm at Fox & Hounds

**Wednesday 11th November** - FRIENDS OF HEACHAM BEACH A.G.M. 7.30 pm at 35 High Street, Heacham. All Welcome Tel 570623

\* \* TALK - LAVENDER PRODUCTS & HOW BEST TO USE THEM at 2.00 pm Norfolk Lavender Tearoom

**Saturday 14th November** - GIG at HSC with TERRY VINCENT from 8.45 pm

**Sunday 15th November** - PARISH COUNCIL WORKDAY AT THE SALTINGS From 10.00 am at North Beach

**Tuesday 17th November** – GIG - D N A from 8.30 pm at Fox & Hounds

**Wednesday 18th November** - HISTORICAL TALK ABOUT KING'S LYNN 2.00 pm Norfolk Lavender Tearoom

**Thursday 19th November** - HEACHAM GARDENERS SOCIAL EVENING with PETER "WADDO" WADDISON .Country & Western singer 7.30 pm in Church Hall, High Street, Heacham. Tickets £5 including Buffet Supper. Open to all Tel : Hazel Wade 579368

**Saturday 21st November** - GIG at HSC with CHARLIE CHAPLIN from 8.45 pm

\* \* RACE NIGHT in Heacham Public Hall organised by Heacham Football Club. Doors Open 7.00 pm Tickets £2.50

**Tuesday 24th November** - GIG - DAVE THOMAS BAND from 8.30 pm at Fox & Hounds

\* \* MOBILE POLICE STATION 10.00 am to noon, Station Road, Heacham. **Note : No service in December**

\* \* CONNECTING COMMUNITIES Mobile Information, Support & Signposting Service 10.00 am to noon Station Road, Heacham. **Note : No service in December**

**Saturday 28th November** - - HSC's CHRISTMAS CHEESE & WINE EVENING with Entertainment in the Public Hall. Tickets £7.50 now on sale in the Club

\* \* GIG - From New York !! JOHN CALBY from 8.30 pm at Fox & Hounds

**Saturday 28th & Sunday 29th November** - CHRISTMAS/ WINTER CRAFT FAIR at Norfolk Lavender

**Tuesday 1st December** - GIG – BACK STREET BLUES from 8.30 pm at Fox & Hounds

**Wednesday 2nd December** - TALK & TASTING ABOUT HOW TO USE LAVENDER IN YOUR COOKING 2.00 pm Norfolk Lavender Tearoom

**Thursday 3rd December** - TREFOIL GUILD – Subject - Christmas Party

**Saturday 5th December** - GIG at HSC with LLOYD E. MOON from 8.45 pm

**Sunday 6th December** - INDOOR CAR BOOT SALE in the Public Hall ( See Sunday 8th November for details )

**Tuesday 8th December** - GIG - TIPITINA from 8.30 pm at Fox & Hounds

## **OTHER EVENTS**

**Monday 16th November** – FOLK DANCING at Brancaster Staithes Village Hall 7.30 pm. Contact Janet Bowles Tel : 01485 210587

**Wednesday 18th November** – CHRISTMAS FAIR IN AID OF LIFEBOATS – 10.00 am to 12 noon at Hunstanton Town

Hall, run by Hunstanton & West Norfolk Lifeboat Guild. Entrance £1 to include Coffee & Biscuits. Enquires Tel: 01485 512005

**Friday 20th & Saturday 21st November** – THE SHELL SEEKERS a play presented by the Princess Theatre Club. 7.30 pm both days with a 2.30 pm Saturday Matinee at The Princess Theatre, Hunstanton. Tickets £9 (£8 concessions) from the theatre Box Office or Tel : 01485 532252

**Sunday 22nd November** - A “ LOCAL HISTORY “ presentation about the village of Stanhoe, at 2.30 pm in the Reading Room, Cross Lane, Stanhoe. This will be sound and images, with a Stanhoe amateur historian leading the presentation. Entrance will cost just £1 and anyone with local interest or knowledge will be welcome.

**Mondays** – AL-ANON FAMILY GROUP 8.00 pm Union Church, Hunstanton Tel : 0207 4030888

\* \* U3A HUNSTANTON meets on the third Monday of most months (except August and December) at 2.00 pm in the Hunstanton Community Centre. Tel : Jan (Chairman) 534700 or Norma (Secretary) 533579 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 Snettisham Village Hall Tel : Cath Coombs 07810 146501

**First Friday in month** - CARERS MEETING at United Services Club, Hunstanton 10.00 am to 1.00 pm Tel : 01553 768155 for details.

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

## 'The Shell Seekers'

A stage version of one of the best-loved stories of recent years may be enjoyed at the Princess Theatre, Hunstanton, this November. Taken from the best-selling novel of the same name by Rosamunde Pilcher, The Shell Seekers is the dramatic family story of the widowed Penelope Keeling and her three very different grown-up children.

We first meet Penelope when she is growing older, being pressured by her son and two daughters to reorganize her life. Of course they all claim that they are acting in their mother's best interests, but in their different ways each of the three is equally grasping and self-interested. Penelope retreats from this unwelcome harassment into happier memories, mainly of her childhood and her young adulthood in Cornwall. Her father, the famous artist Laurence Stern, gifted her with some works of his which are still among her most treasured possessions. In particular, his beautiful oil-painting titled 'The Shell Seekers' is, for Penelope, a vivid reminder of her idyllic childhood on the Cornish coast.

The picture is now immensely valuable and her three children all attempt to persuade her to sell it -- solely in her own interests, so they claim -- but Penelope is not fooled by their machinations. In her mind the past and the present begin to merge as her memories grow stronger and sweeter and, in the end, she provides her own, most unexpected, solution.

First published in 1987, the book has been enjoyed by millions of appreciative readers and the story has also been seen as a TV film (with Angela Lansbury) and more recently as a TV mini-series (with Vanessa Redgrave), though these versions disappointed many enthusiasts who felt that the story had been butchered beyond recognition. However, in 2005 the novel was adapted much more sympathetically by well-known husband and wife script-writing team Terence Brady and Charlotte Bingham (creators of Upstairs Downstairs and its spin-offs Rose's Story and Thomas And Sarah, plus other TV series such as No Honestly, Yes Honestly, Nanny, Take Three Girls, Pig In The Middle and Forever Green). In their sure hands, the stage version of The Shell Seekers has reached a whole new audience of theatre-goers, the main role of Penelope memorably portrayed by Stephanie Cole and Susannah York, among others.

This November, you can see the play in Hunstanton, brought to life by our own Princess Theatre Club (PTC) under the well-experienced directorial eyes of Jane Bean and Noel Mellish, and with Dersingham's Jane Rimmer in the principal role.

Bring a hanky, or maybe a box of tissues. We defy you to leave the theatre without shedding a tear of empathy. This is a tender, moving saga of human emotions.



You have three chances to enjoy The Shell Seekers, as presented by the Princess Theatre Club. Performances are on the evenings of Friday 20th and Saturday 21st of November at 7.30 p.m., with a special matinee performance on Saturday at 2.30 p.m. Tickets are £9 (£8 concessions) and you can book in person at the Theatre Box Office or by phone on 01485 532252. For more information about the PTC and its activities check the notice board in the theatre foyer, visit the website:

[www.princesstheatreclub.co.uk](http://www.princesstheatreclub.co.uk)

or contact us at [ptc@princesstheatreclub.co.uk](mailto:ptc@princesstheatreclub.co.uk)

*Artwork by Elaine Verweymeren, a member of the PTC*

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**MONDAYS - Open 3pm**

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**Bushel & Strike P.H.,  
Malthouse Crescent**

Well, its nearly a year since we took over the Pub.

We would just like to thank all our regular customers for all their support.

Also, it is great to see new faces appearing all the time.

**Paula & Mark**



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**RECIPE FROM**

**No 14**

It seems like such a long time since I have written in the Heacham Newsletter. Sadly this will be the last recipe to appear from me under the No.14 banner. Please see the note below.

I was reading last month's Newsletter and saw Michael's article about his love for music. I have to say it must be a chef thing because I love music, I always have done ever since the time I found one of my mum's old Beatles tapes when I was little and from then on I was hooked. I also have a massive cd and vinyl collection. I have been playing guitar for over a year now and if I do say so myself I'm getting pretty good at it. I love to play music whenever I'm at home, in the car or at work but when I'm cooking and listening to music that's total relaxation for me so Michael, I totally agree with you there.

But enough of all that, here is a recipe you might like to have a go at. I don't know if any of you have been watching Jamie Oliver Across America or what ever its called, well I've watched a bit of it and some things he has cooked are truly awesome. Going through some of my cook books I found this recipe which is great to do and tastes like a dream I have tweaked it about a little bit to my liking so I hope you will like it too. So go on get stuck in there J.

**Louisiana Chicken**

(Serves 4)

5 Tbsp sunflower oil

4 chicken portions

55g or 2oz plain flour

1 onion chopped

2 celery sticks

1 green pepper deseeded and chopped

2 garlic cloves finely chopped

2 tsp chopped fresh thyme

2 fresh red chillies deseeded and finely chopped 400g 14oz canned chopped tomatoes

300ml or 10fl.oz chicken stock

Salt and pepper

Little bit of chopped fresh thyme to garnish

Heat the oil in a large heavy-based saucepan or flameproof casserole dish. Add the chicken and cook over a medium heat stirring, for 10 to 15 mins or until golden brown. Transfer the chicken to a plate with a slotted spoon.

Stir the flour into the oil and cook over a very low heat, stirring constantly, for 15 min or until light golden. Do not let it burn. Immediately, add the onion, celery and green pepper and cook, stirring constantly, for 2 minutes. Add the garlic, thyme and chillies and cook, stirring for 1 minute.

Stir in the tomatoes and their juices, and then gradually stir in the stock. Return the chicken pieces to the saucepan, cover and simmer for 45 minutes, or until the chicken is cooked through and tender. Season to taste with salt and pepper. Transfer to warmed serving plates and serve immediately, garnish with the chopped thyme... That should warm you up on the chilly nights to come.

**Davey Matthews**

**No.14 TO CLOSE**

No.14 had to officially close its doors at the end of October, due to the owners' decision not to have the business any more. We would like to take this opportunity to thank all our loyal and lovely customers over the past year and half, and to all our past and present staff. We couldn't have done it without you.

Thank you to all who supported us and especially to family who mucked in quite a lot when we were busy. Dave has now gone on to another restaurant and I'm taking time out to spend with my little girl. Hopefully we'll still see some of our regulars around Heacham.

Again Many Thanks.

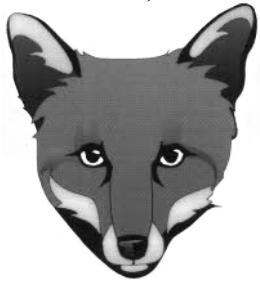
**Abi & Dave**

**No.14 Restaurant Managers**

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### **Tipitina Back in Heacham**

Debbie Jones and Justin Randall, who together are "Tipitina", were back in Heacham on 17th October, playing at The Fox & Hounds. This time it was just the two of them - Debbie on guitar and vocals and Justin on piano. It was an excellent performance with them playing such standards as "Hit The Road Jack", Breaking Up The House" and "I Wish I Knew How It Would Feel To Be Free". With Debbie's soulful blues singing and Justin's fluent piano styles of blues, jazz and boogie, they soon had the "joint jumping". Many fine bands play at The Fox. It is rare that people get up and dance, but they did that night.



In between numbers, Justin paid homage to some of the piano greats such as Jelly Roll Morton and Dr. John Creaux by playing short snatches of their tunes.

If you missed Tipitina this time, make a note in your diary to go along to The Fox & Hounds on Tuesday 8th December when they will be returning, this time as a three piece band.

If you enjoy live music and want to keep music live then Heacham is certainly the place to be. You can enjoy performances virtually every week of the year either at Heacham Club or The Fox & Hounds, and in the summer there are live acts at Silver Sands down by North Beach. Keep an eye on the Heacham Diary every month if you do not want to miss out.



## **TREFOIL GUILD**

At our October meeting we had a collection of 'pants and pads' for the County appeal project for teenage girls from poor families in Uganda, Kenya and Zimbabwe, who find it difficult to attend school at certain times of the month.

This was followed by a talk by Mary Mackie on the Princess Mary Royal Air Force Nursing Association (PM) and the Queen Alexandra Nurses (QA). She had done extensive research on the history and work of these nurses. They were formed in 1918 and were trained to nurse in unusual places and conditions. During the two wars they had much to do and this included a crossing into France in one of the convoys. Information was gathered from the Air Ministry, museums, magazines and with personal contact with some of the nurses. The founder was Dame Cruickshank who helped to get together women of 25-35 who were qualified nurses and were single. In the post war period they worked on troopships, in planes carrying wounded. Today they are still working with soldiers although several of their special hospitals, such as Ely and Peterborough, have closed.

Mrs Mackie has published books on the dedication of the nurses to this work and the many stories they can tell of their experiences.

**A Reynolds**

There are little eyes upon you  
and they are watching night and day.

There are little ears that quickly  
take in every word you say.

There are little hands all eager  
to do everything you do;  
And a little girl who's dreaming  
of the day she'll be like you.

You're the little girl's idol;  
you're the wisest of the wise;  
In her little mind about you  
no suspicions ever rise.

There's a wide-eyed little person  
who believes you're always right;  
And her ears are always open  
and she watches day and night.

You are setting an example  
every day in all you do,  
For the little girl who's waiting  
to grow up to be like you.

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## LIGHT UP A LIFE AND HELP YOUR LOCAL HOSPICE

The time leading up to Christmas is one of mixed emotions for many people. Whether or not Christmas has any religious significance for us, there are extra things that need to be done, presents bought, food prepared and people to be thought about. The weather is often miserable, and as we hurry to make our preparations (trying to remember those whose needs are often greater than our own too) we can become weary and sometimes wonder what all the fuss is about.

For some, all these pressures are all the harder as they struggle to cope with the loss of a loved one in the family. The dark evenings heighten their sense of loneliness, and the emphasis on the family can be almost unbearable as the world around them start their celebrations earlier and earlier.

For some time the hospice movement has recognised this distress and tried to offer the bereaved an opportunity to acknowledge what they have lost by joining in an act of remembrance for their loved ones early in December. We of the Norfolk Hospice, Tapping House have held these Light-up-a-Life services across the area we serve for some years now and have been told how they have helped many people cope with the Christmas season. We ask a donation for each candle lit in the memory of a loved one and we put every penny of this towards continuing the work of Norfolk Hospice, Tapping House with those with life-limiting illnesses, both at the day hospice and in their own homes.

Christmas is often a time when we remember loved ones and those precious to us, many of whom are no longer with us. Everyone is welcome at the services, irrespective of belief, race or age so please come along as we want to light up as many lives as possible in this, our 25th Anniversary year. To receive details of this year's services, and to find out how you can contribute to Light-Up-A-Life, please contact a member of the Hospice's Fundraising Team on 01485 542891. Meanwhile, the dates of the services for your diary are:

St. Margaret's Church, King's Lynn, Sunday 6th December 3.00pm  
 Sandringham Visitor Centre, Monday 7th December 4.00pm  
 St. Edmund's Church, Hunstanton, Wednesday 9th December 6.30pm  
 St. Edmund's Church, Downham Market, Sunday 13th December 3.00pm



### Computer changes at Heacham Group Practice Incorporating Snettisham Surgery

At the beginning of November the practice upgraded their computer system. Our existing system was failing, with a result that our computers had been out of action on occasions.

The new system went live on the 5th November!

Once the new system has been fully commissioned this will eventually allow greater flexibility and access to the Practice e.g booking appointments on line and ordering repeat prescriptions.

I would like to thank our patients for being very understanding with us, whilst we go through this major change. As you can imagine the staff at both sites have been working very hard to ensure that the process will go smoothly.

**Lucy Woodall  
Practice Manger**

## Heacham Post Office



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We would welcome contact from anyone out there that feels they may be able to help us in our forthcoming hour of need.

If you have artistic flair but can't sew or if you can sew but don't have artistic flair , we would dearly like to hear from you .Please get in touch with us , you could be the one to apply the 'Stitch in time that could save us nine'.

We currently meet every Tuesday evening at Heacham Public Hall at 7.30pm or if you would rather speak to someone first, please give Lin Woodley a call on 01485 571749.

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## NEWS FROM CHOP 'N' CHANGE

December opening evening at the salon! A definite date for your diaries. Whether you are new to the area or an existing client, come along between 6pm and 8pm on the 3rd Dec to Chop n Change for advice on all your hair and beauty needs.

Christmas is fast approaching and with it comes the party season, time to put your glad rags on - but what to do with your hair and make-up?! We are here to give you ideas of how to get the best from your style or maybe advise you on a new style. You are under no obligation to book an appointment, we can try to show you how to create the look yourself at home. Sandra our beautician here at Beautymix is on hand to show you around the newly refurbished beauty room and advise you on all of the treatments available. She will also be providing us with a make up demonstration.

Free drinks and nibbles on the night and a fun free raffle. Prizes include a free manicure, various salon professional products, free cut and blow dry and more!

I know it's cold outside and you are all settled and cosy at home but spare a few minutes on 3rd Dec to come along and meet the friendly team here at Chop 'n' Change, or just if you want to have a nose around our new beauty salon. It will be worth the trip out just for the free raffle and the mulled wine!

Jaime Tooley



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## **Crampons Ahoy! In Aid Of Fridhem Residents**

An intrepid band of seven set off to Snowdon on a taster weekend in early October, officially beginning the training for an attempt at the three peaks challenge scheduled for next June, which will involve climbing Ben Nevis, Scafell Pike and Snowdon all within 24 hours.

Attempting to climb Snowdon was a real eye opener for the novice climbers among us like myself, boy was it hard work! Sadly we didn't make it to the summit due to 70mph winds, making the going too tough for us to continue. We made it to over half way up and the views were truly spectacular. Despite the disappointment of not making it to the top, and the equally challenging 'accommodation' / breakfast, a great time was had by all.



*Jo, Angela, Emma, Kerry, Dean & Luke*

I really want to be a part of the team who go ahead to the challenge next year, I think that it would be great to add funds to those already gained for the Fridhem residents to have really nice outings and activities, and the climbing would be a truly fantastic experience. But I need to be so much fitter than I currently am, so the challenge has already begun. Watch this space to see how we all get on.

**Kerry Long**

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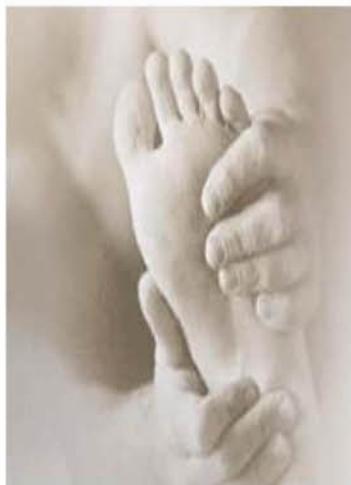
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## The Sandringham 10K Run & Plum Chutney

What a beautiful day it was. The sun was shining, there was a slight breeze and I was feeling quite confident with myself. The 10k at Sandringham has now been and gone for another year. There were about 1100 running this year which was a few more than last year. Dave and I were both wearing our blue T-shirts, shorts and running shoes ready with everyone else. There was the usual smell of hot dogs and burgers to greet everyone as they arrived. I hate these stalls because all I had for my breakfast was a slimming banana!!! I was hungry and my mouth was watering and everywhere I looked someone was eating greasy food.

Everyone that does the run has to follow an over enthusiastic fitness instructor doing star jumps and squats etc etc, trying to get you to follow what he does. Dave and I were just getting the hang of the star jumps (bumping into people in the process) when he goes and changes it to another kind of jump which is 10 times more confusing. I can tell you that with doing all the jumping and trying to work out what arm to put where and what leg to fold over what, I was cream crackered.

After this they put you into "fitness" groups. The super fit at the front, the averages in the middle the slower ones next and the fatties at the back. Dave and I went in the middle group (believe me I should have been bringing up the rear!!). After a massive count down, everyone was off and immediately I was overtaken by about 500 people. Not a good start. The terrain was forest to beginning with, it was like that for about 4k. I was going well, you just had to avoid the various holes there were in the ground. At about 4k I was still doing all right, I realised that I had no chance of beating last year's time of 1 hr 6 m, but I was plodding along singing along to my music and getting very strange looks. Half way round the course I was starting to slow even more and getting more and more tired, but this soon changed!! In the distance, just a blur, I could see belly dancers!!! I thought I was hallucinating! Belly dancers, on a 10k run for cancer, at Sandringham, surely not. I thought someone had spiked my drink. Anyway, I ran faster and quicker to go and find the belly dancers, and sure enough, there were belly dancers!!! Happy days. I felt all right after that. The terrain also changed to tarmac and we ran right past the Queen's house. There were some people inside who I waved to.... they didn't wave back.

At about 6/7k I was still feeling good, picked up the pace a bit, got chatting to a young lady who was struggling a bit and at about 8k the terrain changed back to forest. Before I knew it I could see the finishing line!! There were people cheering you on. I saw Dave in the crowd (who finished under an hour) along with Laura, Gaynor, Sophie, Brenda and Terry, cheering me on. I decided to high five a few random people in the crowd and along with Sophie (who jumped the barrier) I sprinted across the finishing line in 1hr 13m. Then I collapsed to the floor in a big mess.

It was great fun. I loved every minute of it. I'm not too disappointed with my time, although I would have liked to beat last year's time. I managed to raise about £325 and I think Dave managed to raise nearer £400 so between us we managed to raise tidy little sum. Thanks to everyone who came to cheer us on and to everyone who sponsored me and for my bosses for letting me have some time off to do the run and recover - the next day I could not walk! I have to climb some steps to get out of my basement flat and that was not easy.

On a different note and completely un-related, I was driving out of Docking towards Fakenham, behind a long line of cars. The car behind me was right up my boot all through Docking and on the straight going out of Docking; he decided to overtake

everyone..... There was a police man..... with a speed gun..... Justice!!

In the autumn time I go mad for chutneys. I love them. I always make them, to have with my cheese and biscuits. So here's a recipe for a nice autumn chutney that should keep in the fridge for a couple of months.

### Plum Chutney

500g plums  
2 shallots, chopped  
1 TBLS olive oil  
100ml white wine vinegar  
3 TBSP water  
1 cinnamon stick  
100g Demerara sugar

Cut the plums in half and take out the stone. Roughly chop the flesh into chunks. Place the shallots in a saucepan with the olive oil and heat until sizzling. Sauté gently for 5 minutes until softened. Add the plums, vinegar, water, cinnamon stick and sugar. Stir until the sugar has dissolved, then simmer for 15 minutes, stirring occasionally, until softened and slightly thickened.

Meanwhile, place jam jars in a pan of water so that they are covered. Bring to the boil and simmer for 10-15 minutes. Remove from the water with a pair of tongs and leave to drain upside down. Try not to let the inside of the jars or the rim come into contact with too many surfaces otherwise they will not be completely sterilised.

Spoon the mixture into the jars and keep in the fridge.

Again thanks to everyone for the sponsorship money and for coming to support me on the day!!

Happy cooking.

Michael Prince

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## Heacham Football Club Centenary Committee

On a bright hot day on Sunday 27 September, members of the Centenary Committee arranged a Tennis Tournament between themselves. For many of us who had not picked up a racquet for many a year, it was a gruelling two and a half hours of hard sweating effort. To others, running around was easy. After drawing for partners, a round-robin doubles contest ensued with some surprising results with the eventual winners being Mike Nobes and his partner Laura Turrell.

One man who stood out as a surprise wild card was Geoff Robinson, with some strokes that would have equally been at home at Wimbledon. A very enjoyable day was had by all.

My thanks to all who took part and to Janice Campbell for her expertise with the organisation (it should be noted that she and her partner Tracey Everett took the wooden spoon).



Please remember that we, as the Centenary Committee, are up for all challenges and if anyone would like to be involved please contact me.

We are holding a CHARITY QUIZ EVENING on Saturday 5 December 2009 at the Public Hall, starting at 7.00pm. Cost £2.50 per head. Proceeds will be divided between MIND and the Youth Club. Please come along and have some fun. Meet a TV personality! For further details, please contact me on 01485 570030.

Peter Sutton  
Centenary Committee Chairman

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## THE POTTING SHED

### GARDENING ORGANICALLY

*English homes would lose a great part of their charm without a flower garden but the hard times of today and the possibly harder times we may expect in the near future, urge on us the importance of giving food a preference.*

William Rowles in 1917; King George V subsequently replaced the geraniums outside Buckingham Palace with potatoes.

I really could not resist putting the above piece in for this month. I have two little books of gardening quotations and in view of all the furore about growing your own (which, strangely, our present "government" doesn't think is necessary) I thought this quote very apt. Especially as our present Queen has started her own allotment in her back garden. Mind you, I very much doubt if she's out there every day getting her hands dirty. Still the thought is good.

We are back from France having had a lovely time. Eileen decided that a Leylandii hedge which was there when I bought the place 14 years ago and had grown to enormous proportions despite yearly butchering, really needed cutting down. So, on the Tuesday after arriving, having had a super bonfire of the previous years cutting back etc, I unlimbered the chainsaw and got stuck in. There were 14 trees and I managed 4 before the pressing need for a small libation overcame me. Afterwards, I decided that it would be a good idea to cut up the fellings and get them on the bonfire. I'm surprised the local fire brigade didn't turn out, the pillar of smoke initially was a bit high. Then it really took hold and singed my eyebrows from 50ft. Eventually the pair of us felled all but one tree and I've left the chainsaw for Eileen to play with. I reckon that of the three weeks we were there, we only had one whole day off work. Great fun. Even my lovely Jill who can't walk unaided, got on her bottom and cleared about 100 metres of flower beds. And loved it. The bonfire burned for 16 days and was, in fact, still smoking when we left. I also tickled her veg plots with my Mantis tiller so the girl has a good start for the winter. Generally the plots are covered with porous plastic for the winter but she needs to apply a good mulch of compost first. I haven't asked her about progress yet as she does have a job as well and, being a Drew, is likely to get a bit grumpy if I nag!

My brother, a trained horticulturist, did a fantastic job in our absence. When we got back there was not much to do which was a good thing as the drive home from Dover was a nightmare. Anyhow, all is well now and I'm getting into clearing up for the

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winter. Several inches of rain would be very welcome but I suppose dried runner and french beans go well in casseroles and stews and I now have plenty of those. I really must practice more and better successional sowing next year and I think I will have to put a length of soaker hose in the runner beans if it's going to be dry again. I've got some somewhere in the mess that's my garage. Still, I've cadged some lovely runners from Brian and the New Zealand spinach has taken over part of the veg garden so I'm OK for green stuff for a while. Always, at this time of year, I realise what a mess I've made with crop planning and resolve to do better next time. I hope that next year, I'll be able to say how well I've done but don't hold your breath!

By the time you read this, we will be in November and time has almost run out as regards sowing veg at least (I'm not going to go on about flowers, shrubs etc. as generally you can't eat them – nasturtiums and day lilies are exceptions) and I'm not too clever with flowers anyway. However, there is still time to start a crop of some veg. especially if you can give them a bit of protection. The hard frosts of the past don't happen any more so you could be eating fresh vegetables right through the winter with a bit of ingenuity. In any case you just have time to plant winter onions and shallots if you can find them and also garlic can go in now. You may have to provide some protection but last year I planted my garlic in early November, in open ground with no cover and had a good crop. In fact, garlic needs a cold spell to encourage it to form cloves.

Other veg you can sow are carrots and lettuce (ideally in deep pots that you can easily cover or move into a warmer spot) and early maturing peas and broad beans (best to sow these in modules or small pots and plant out when about 5-6" high). You will possibly find these at our excellent M&H but if not, seed catalogues abound with varieties. Marshall's at Wisbech are quite close to visit but will send mail order. I've been inundated with catalogues already and by the time you read this, will have started to sort out seed orders for next year, no doubt spending more than I should. However, as I've said before, it's a very good idea to combine forces with friends or neighbours and share the cost of seeds especially potatoes. However the aforementioned M&H will happily sell you a few potatoes for seed and they have a good range in the New Year. But it's too late to sow potatoes anyway so wait until the spring.

I said last month that I would briefly discuss setting up a buying group to source fresh food directly from producers. We did have, for a short while, a farmers market in Snettisham but I believe it folded due to lack of interest. Anyway, if anyone is interested, here's how to go about it.

1) get together with a group of like minded friends/neighbours and decide exactly what it is you want to buy.

- 2) Find a local farmer producing your chosen product(s). Asking around at markets, searching on-line, or looking in the telephone directory is a way to find what you want.
- 3) Engage with the farmer/producer and ask if they would be prepared to sell produce to the group on a regular basis. There should be one order, one drop off point and one payment and explain that you will be placing a regular order every month worth a fixed amount.
- 4) Identify a suitable delivery site. This could be someone's home, a local Pub or whatever is convenient.
- 5) The farmer may deliver or one of the group could collect from the farm.
- 6) Payment methods must be organised so someone will need to act as Finance Officer.
- 7) Organisation. This has to be thought through. Setting up a bank account, Weighing out the produce etc. It all sounds a lot of work and it is better if a retired person or persons can take on the job. I have deliberately avoided mentioning Organic as not everyone wants or can afford to take this route.

Despite growing my carrots under fleece – which I put on a bit late – I had too much root fly damage this year. However one of my colleagues from WNOG has solved the problem by sowing his carrots in deepish containers and putting them 3 ft off the ground. The carrot root fly can't get above 2½ ft apparently so is unable to lay eggs near the carrots. I have a suitable table and as I'm only growing for one, I'll give it a whirl next year and let you know how it goes.

And that is it for this month. I've just realise that I've been doing these articles for nearly 10 years now! It's not surprising, I sometimes wonder what to say. Would anyone else like a go?

**Michael Drew**

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### Heacham Old Friends' Club

As long ago as 1956, when the village was smaller and its inhabitants fewer, a group of people got together to raise money for a hall to be built so that the over sixties could meet to socialize and do things together – play darts, carpet bowls etc. A piece of ground was donated and a large hut was erected in Sunnyside Close; and so Heacham Old Friends' Club was born.

Over the years, it became such a success that in 1980 more money was raised by jumble sales, raffles and a collection in the village to update the hall which resulted in buying a larger building with better amenities. It became so popular that there was always a waiting list of people wishing to join.

Over the years, many people gave their time to arrange things for the enjoyment of others. Mr Arthur Chesney (now no longer with us) organized holidays in England and abroad. I myself have some lovely memories of holidays with friends in Portugal, Spain and Malta.

Mr Fred Grice (also gone) regularly played the organ and with his wife Vera (now in a nursing home) entertained us with concerts and sing-a-longs and arranged days out for us.

Mrs Audrey Austin was our Treasurer for over twenty-four years and helped with our monthly lunches until her death in her eighties.

One by one over the years we have lost members either by death or going into care homes, or age making them unable to attend.

Mr George Sopp, the loveliest man I have had the privilege to know, was our chairman for over twenty-five years and now, at ninety-one, feels he cannot give of his best, but still attends our meetings every Wednesday and calls bingo!

For many years the day centre for the elderly have met in the hall and a band of willing volunteers have provided a lunch and given them lovely days away from their homes and from their, sometimes, lonely forgotten lives. Now, because of lack of support from Social Services, the day centre will have to close next year.

Our Club too, can see a time when without support and new members in the village we will have to close. From having a hall full of people we now have less than thirty members and, because of age, some are limited to what they can do.

At the moment, we meet on Wednesdays at 2pm, chat over a cup of tea, play cards, dominoes, have a raffle and bingo. Without a day centre and a club, the lives of the elderly will be even lonelier, and for those of us living alone there will be nowhere for us to go to be with other people. If you think this cannot happen to you think again. Old age catches up quicker than you think.

If you are over sixty and can help in any way to keep our club alive drop in any Wednesday afternoon for a cup of tea and a chat. Or phone me on 570892.

**Mrs V Morison, Chairman**

## Hunstanton & District Lions Club

Well, this year is regrettably drawing to a close. We know this because we held the draw for the two great bicycles that were the prize in our 2009 raffle. This draw took place at our car boot sale on Sunday October 11th and was kindly drawn by Christine Ernshaw, our Mayor. The pair of ladies' and gentlemen's 'Bottecchia 803' road bicycles were won by Angela Churchman of Snettisham and we're sure that Angela will have many, many years of miles ahead. Well done, and many thanks to all of you who supported this raffle and to Messrs Fat Birds who supplied and serviced the bikes.



Also, our very successful car boot sales have now ended for the year. These have been extremely well supported. We thank Joanna Bostrom and all the staff at Glebe House School for allowing us to use their premises. We are happy to announce that we will be back there again in 2010, starting around Easter. Dates will be published in this newsletter in the new year. These car boot sales have greatly helped Glebe House School and our funds which allow us to keep helping the local, national and international causes we do.

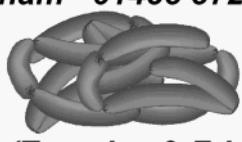
As the year end gets closer there are several events still to look forward to. November 20th is 'Children in Need'. Every year we support this charity and visit pubs and clubs in our area collecting money which goes directly to 'Children in Need'; so if you see us, please help this very worthy cause.

Sunday November 22nd is the town's 'Christmas Cracker', the event when the festive lights are switched on. It is a great afternoon for kids (and adults), so come along and visit all the stalls, and of course look out for us!! We'll be there.

For the first time, we are inviting **all** of our senior citizens to a special 'Turkey & Tinsel' lunch. The cost will be only £3 per head, with 'Lions' subsidising the balance. We are pleased to announce that this has been going well. Even as this article is being written, the first day is full up. It's on for a week

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commencing December 7th. We invite all senior citizens living in Hunstanton and the surrounding villages to join us. For further information and a booking form, please call 01485 533108.

Christmas in Hunstanton wouldn't be Christmas without the Hunstanton Lions 'Grotto'. Yes, it's back again in the basement of the town hall. This year the presents are really great, having been sourced by professional toy 'masters'. Bring all your kids down to the mystical world of Santa, escorted by our own elves to see the misty stream running, dark shady moonlit areas, all ending with Santa in his comfy armchair greeting you with his present. There may be other surprises – you never know with the Lions!

At the same time we are holding our craft fair in the town hall. There are still some stalls available if you wish to sell your wares, so please contact us on 01485 533108 if you are interested. If not, please come along and buy those extra, rather unusual, presents. There are great things available including woven novelties, jewellery, pottery, toys, decorations, plants, wreaths, home made produce and lots, lots more.

Finally our congratulations go to Miss East O'Keefe of Smithdon School who is this year's winner of our George Raines Trophy. Each year this is presented to the pupil who has shown excellence in not just sporting achievement, but also in the promotion of sport, as Miss East O'Keefe certainly has. If there is no worthy winner, the trophy is not presented, so of course winning it means that much more. Well done!

During 2009, and previous years, we have donated to many worthy causes, local and international as well as giving physical support and help to local families and groups. In the next month's newsletter we will let you know of some of these. Please remember that we are here to help, but we can't unless you let us know who may need us.

Peter Mills



## Is Your Child Moving Up To Secondary School In September 2010?

If so, please read on.....

At the end of September 2009, your child will have brought home an admissions pack containing the secondary school application form and a booklet called 'A parents' guide to secondary schools in Norfolk'.

### What should I do now?

Fill in the form before the closing date, as your child will not automatically get a place at any of your preferred schools.

### What if I don't reply?

Your child may not get a place at the secondary school you prefer, or your catchment school, but will be given a place at the nearest school that does have a place available.

**The form is important and should be filled in and returned in the freepost envelope, or completed on-line at [www.admissionsonline.norfolk.gov.uk](http://www.admissionsonline.norfolk.gov.uk) BY 13TH NOVEMBER**

For further information please contact the Admissions department on 0344 800 8001.

In partnership with Norfolk County Council's Admissions Service

**HEACHAM  
IN BLOOM**



**2009/  
2010**

The meeting was well attended on 24 September, with new groups pledging their support and more individuals coming on board as "gardians". Lots of ideas were discussed and the team are working on an action plan for 2010. This will be finalised after the Anglia in Bloom briefing in Norwich on 9 November. Our plans for winter planting have been somewhat curtailed due to a number of separate acts of vandalism to wall baskets and where these occurred we have taken the decision to remove the baskets until the Spring. We have, however, redone the display at Beekin's Garage, Parish Council Office, MIND and the War Memorial. The Borough Council have donated a number of bulbs which will be distributed amongst our In Bloom partners for a colourful spring showing. We will also be launching a photography competition in the New Year, the winning photographs will be included in the introduction section of the Heacham In Bloom Portfolio – the theme will be "What is special about Heacham"

In Bloom is all about Community involvement and every little bit helps. The Natural Environment Committee are holding a workday at the Saltings, North Beach on Sunday 15 November to work on the last remaining reed bed in Heacham and one of the few County Wildlife sites in the village. Parish Councillors will be joined by volunteers from around the County so please join them if you can.

Is there anyone out there who is willing to grow a tray of bedding plants for next year or would be prepared to do a bit of brickwork with carrstone, chalk etc? We look forward to hearing from you.

**Susan Richardson  
Chairman of Heacham In Bloom  
01485 572142 (Day time)**

# Kathryn Gigg

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**Mrs K H Gigg FCA on 01485 534800**

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# **E. W. WITTON**

## **FUNERAL DIRECTOR AND MEMORIAL CONSULTANT**

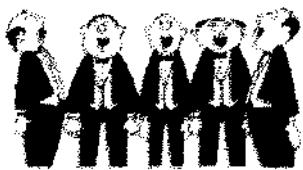
**26, Station Road, Heacham.  
King's Lynn, Norfolk. PE31 7EX  
Telephone 01485 570475**

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### **KING'S LYNN MALE VOICE CHOIR**



continues to seek new members, for the new season  
which starts on September 1<sup>st</sup>.

The Choir numbers around 30 enthusiastic, friendly men, who welcome new members, and has been performing and giving enjoyment to audiences for over 50 years.

**Why not come and join them?**

**Age is no barrier.**

Concerts are held in King's Lynn and surrounding towns and villages, and rehearsals are held on Tuesday evenings at 7.15pm. September to June, at Springwood High School, Queensway, Gaywood.

**Telephone Brian on 01553-672388**

**Or Maurice on 01485-570687  
For more information**

### **Heacham Football Club 2009/10**

The 1<sup>st</sup> team were obliged to field a weaker side than usual against a strong Docking side and we suffered our heaviest defeat for several years, being beaten by 4 goals to 1. However the same side arrived back with a 6-4 victory away to Sutton Bridge in the League Cup. For our game on 10th October the squad was strengthened by the return of Colin Friary (centre half), Jason Carter (back four), Chris Turner (midfield) and Wesley Auker (striker). The side had their last game of the season beating Ingoldisthorpe 7-1. Unfortunately our game arranged for 17th of October was called off because sickness forced Sandringham to ask for a postponement.

The reserve side are improving their performances as the season goes on and were a little unlucky to go down 2-0 to West Lynn Riverside.

A fair crowd regularly turns up at our home ground each week and a warm welcome will be given to any newcomers - remember there is no charge for entry to the ground.

Would all those who support the football club by giving small donations in recognition of the advertising boards at our ground please forward their donations to the Heacham Club. If you wish us to collect the donation please phone me at the Heacham Club on 01485 570776 and I will do so.

Finally, we are running a 'RACE NIGHT' at Heacham Public Hall on Saturday 21st November, entrance fee is £2.50. Although we are restricted for numbers, if you wish to attend please contact Debbie Knight or myself on 01485 570776. Here are the fixtures for November/December.

#### **1st Team**

Date	Kick off	venue	opposition	Match Sponsor
21.11.09	13.30	A	Wisbech Utd cup	Heacham Social
28.11.09	14.00	A	Sandringham	Heacham Bowls
05.12.09	14.00	H	Sutton Bridge	
12.12.09	14.00	A	Wisbech Utd	
19.12.09	14.00	H	Wisbech Utd	

#### **Reserve Team**

Date	Kick off	venue	opposition	Match Sponsor
21.11.09			To Be Advised	Heacham Social
28.11.09	14.00	H	Smithdon	Heacham Bowls
05.12.09	14.00	A	Snettisham	
12.12.09	14.00	H	Dersingham Rovers A	
19.12.09	14.00	A	Dersingham Rovers A	

**Secretary Heacham Football Club**

**Harry Hornsby**

## **H.M.S.**

### **Domestic maintenance and repairs**

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**Chris Mella**

9 Ingleby Close, Heacham  
**Tel.01485 570873**

[www.hmsheacham.co.uk](http://www.hmsheacham.co.uk)

# HEACHAM PARISH COUNCIL NOTICEBOARD

## Parish Council Meetings for October in Brief

**Councillor Cooption:** Mr Sean Sands was co-opted onto the Parish Council.

**Donations:** The Council agreed that donations should be given to MacMillan Cancer Care Norfolk and the Heacham & District Community Car Scheme.

**Foreman Close:** The Council reviewed the allocation of the new homes and requested further information on the nomination process. The Council also noted that the 4 shared ownership homes were now being marketed.

**Lamsey Lane Junction:** The Chairman drew the Council's attention to letters in the Newsletter. The Chairman reported that the Parish Council had been involved at the planning stage and had met with Mott MacDonald, the scheme designers. It had been explained to the Council that that the layout was planned to make it safer to turn into Lamsey Lane from the A149 as this was where the highest proportion of serious accidents had occurred and why funding had been made available. The Parish Council had raised concerns about the knock on effect of the slip road. The Council had taken the view at the time that it was not the perfect solution but that visibility and turning into Heacham off the A149 from both directions would both be improved. Council members noted that not all the letters had been complaints, but agreed to request the accident statistics and safety audit to review alongside the complaints at the next meeting.

**Flooding:** The Chairman reported that he would be hosting a multi-agency meeting on Thursday 29 October. This followed on from the Surgeries with residents the previous month. The Chairman said there were high hopes that at last the issue had been taken seriously and that it should be a productive meeting.

**Safer Neighbour Teams:** Mr Mallam reported that there continued to be additional police patrols to the football fields and PCSO Owen James reported on number of cases of vandalism.

**Brays Pit:** The Council noted that the Committee had reviewed the ROSPA report and was pleased to note that overall, the risks had been assessed as low. Work on the removal of the fencing on Staith Road, agreed last year, would now proceed. Plans to remove and improve seating would also be drawn up along with a scheme to tackle bank erosion.

**Twinning:** Mr Johnson reported that the visit to France had gone very well. Work on the reciprocal visit by the French next year was now underway.

**Recreation Ground:** The Council noted that the Committee was drawing up plans to replace the path and rejuvenate the area known as the Wham Garden.

**Next Meeting:** The next full Council meeting would take place on Tuesday 17 November at 7.30pm at the Parish Council Office.

## Heacham Allotments

The Parish Council would like to congratulate Mr C Deeble, of Church Lane who was awarded the Durrant Trophy in October by the Allotment Representatives. The award is given for the best kept allotment by a new tenant.

## Heacham Parish Library

What a better way to spend those dark winter nights than warm at home with a good book. Travel books whisk you away to warmer climates. Our biographies let you dip into the lives of the rich, famous and infamous. We have 1000s of books to help you escape the impending winter weather. We look forward to seeing you at the Parish Library in the former Barclays Bank Building by the Wheatsheaf Inn.

Open 10.00am-4.00pm

Monday

Wednesday

Friday

## Safer Neighbourhood Surgery

The next surgery will take place on Wednesday 11 November at the Parish Council Office from 10.00am until 12noon. At the surgery a police constable or PCSO will be on hand to assist residents with any concerns.



## YOUR PARISH – GRANTS

The Norfolk Association of Local Councils has secured £36,000 to give out to villages for projects that aim to bring communities together, through a variety of actions aiming to make a difference to their community. Applications are invited for up to £5000.

Bids have to be approved by and supported by the respective Parish Council and need to be received by 31 December. Groups will, therefore, need to submit their application to Heacham Parish Council by Tuesday 15 December so that they can be considered by a panel on Thursday 17 December. Please note that only one application can be put forward. Anyone which is shortlisted by the Norfolk Association will be required to give a presentation on Saturday 20 February to a "peoples' panel".

Guidance notes are available from the Parish Council Office.

## Heacham Parish Council

Jubilee Clinic

Pound Lane

Heacham

Norfolk PE31 7ET

01485 572142

Open 10.00am-12noon Tuesday to Friday

## HELP LINES

### **HEACHAM GROUP PRACTICE**

HEACHAM MON TO FRI 08.30 TO 13.00 14.00 TO 18.30  
 SNETTISHAM MON TO WED 08.30 TO 12.30 14.30 TO 18.00  
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.  
 OUT OF HOURS DOCTOR 01603 488488

A Doctor will advise on your emergency - Please think before calling  
**HEACHAM & DISTRICT COMMUNITY CAR SCHEME** 572777

### **HEACHAM CHEMIST**

OPENING HOURS MON TO FRI 09.00 TO 18.30  
 SAT 09.00 TO 17.30

Open 13.00-14.00 - prescriptions and certain other products only available if Pharmacist is in attendance

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### **HEACHAM PARISH COUNCIL OFFICE**

OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH Councillors (01485)

Mrs S. SMEATON 572528 / Mr A. MORRISON 518469

NORFOLK C.C. MICHAEL CHENERY 01328 823411

### **ONE STOP SHOP and LIBRARY**

OPEN MON WED FRI 10.00 TO 16.00

### **HEACHAM POST OFFICE**

OPEN MON TO FRI 09.00 TO 17.30 SAT 09.00 TO 12.30

### **EMERGENCY SERVICES**

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

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ELECTRIC 0800 7838838

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### **HUNSTANTON LIBRARY**

OPEN MON. TUE. WED (No lunch closure) 10.00 TO 17.00

THURS. 10.00 TO 13.00 FRI. 10.00 TO 19.00

SAT 10.00 TO 17.00 (All year)

### **HEACHAM COMMUNITY WEBSITE**

www.heacham-on-line.co.uk E-mail stella@heacham-on-line.co.uk

### **MOBILE LIBRARY**

#### ROUTE E4 (Tuesdays) ROUTE E3

3rd / 17th	November	10th / 24th	
COLLINGWOOD CLOSE	09.40	ROBIN HILL	10.25
SOUTHMOOR DRIVE	10.00	CHURCH LANE	10.40
SANDRINGHAM DRIVE	10.20	RINGSTEAD ROAD	10.55
CHENEY HILL (F/SIDE)	10.40	NEVILLE CT	11.40
WOODSIDE AVE	11.05	NEVILLE ROAD	12.15
HEACHAM INFANT SCH.	11.20	PINE MALL	12.30
NOURSE DRIVE	12.20	FIR CLOSE	12.50
ROLFE CRESCENT	13.50	SUNNYSIDE	14.15
BUSHEL & STRIKE	14.05	MEADOW RD	14.40
GIDNEY DRIVE	14.20	POPLAR AVE	15.30
BANKSIDE	14.40	GYMKHANA WAY	15.50
MARRAM WAY N CL	14.55	JENNINGS CLOSE	16.15
MARRAM WAY S CL	15.10	COLLEGE DR/G CL	16.50
MARRAM WAY/N RD	15.25		
CUNNINGHAM COURT	15.45		

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#### **MONDAY-FRIDAY**

LODGE	0658	0728	0806+*	0806s*	0806s	0909	0929*	0939
ROAD	0959*	1009	1029*	1039	1059*	1109	1129*	1139
	1159*	1209	1229*	1239	1259*	1309	1329*	1339
	1359*	1409	1429*	1439	1459*	1504	1546*	1616
	1631*	1646^	1651c*	1701*	1716	1731*	1746	1801*
	1816	1829*	1848	1928*	2028	2158*	2328*	

NORFOLK	0703	0733	0811s	0914	0944	1014	1044	1114
LAVENDER	1144	1214	1244	1314	1344	1414	1444	1509

1621	1651^	1721	1751	1821	1853	2033		
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#### **TO HUNSTANTON**

NORFOLK	0758	0841	0911	0941	1011	1041	1111	1141
LAVENDER	1211	1241	1311	1341	1411	1441	1531s	1541+

1611	1641	1716	1741	1811				
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LODGE	0640*	0728*	0748c	0803*	0846	0858*	0916	0928*
ROAD	0946	0958*	1016	1028*	1046	1058*	1116	1128*

1146	1158*	1216	1228*	1246	1258*	1316	1328*	
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1346	1358*	1416	1428*	1446	1458*	1526	1536s	
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1538s*	1546+	1616	1628*	1646	1658*	1721	1728*	
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1746	1758*	1816	1854*	1924*	1954*	2054*	2224*	2354*
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#### **SATURDAY**

LODGE	0709	0809	0909	0929*	0939	0959*	1009	1029*
ROAD	1039	1059*	1109	1129*	1139	1159*	1209	1229*

1239	1259*	1309	1329*	1339	1359*	1409	1429*	
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1439	1459*	1509	1529*	1539	1559*	1609	1629*	
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1639	1659*	1709	1729*	1739	1759*	1809	1829*	
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1848	1928*	2028	2158*	2328*				
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NORFOLK	0714	0814	0914	0944	1014	1044	1114	1144
LAVENDER	1214	1244	1314	1344	1414	1444	1514	1544

1614	1644	1714	1744	1814	1853	2033		
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#### **TO KING'S LYNN**

NORFOLK	0841	0911	0941	1011	1041	1111	1141	1211
LAVENDER	1241	1311	1341	1411	1441	1511	1541	1611

LODGE	0640*	0740*	0846	0858*	0916	0928*	0946	0958*
ROAD	1016	1028*	1046	1058*	1116	1128*	1146	1158*

1216	1228*	1246	1258*	1316	1328*	1346	1358*	
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1416	1428*	1446	1458*	1516	1528*	1546	1558*	
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1616	1628*	1646	1658*	1716	1728*	1746	1758*	
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1816	1854*	1924*	1954*	2054*	2224*	2354*		
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\* = via Hunstanton Road s = Schooldays only c = College days only

+School holidays only ^ = College holidays only \_\_ = via QE Hospital

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