ANNUAL CHARITY SALE

On Friday and Saturday, 11th and 12th May at 10 am, to 4 pm, in the Church Hall, High Street Heacham, In aid of Top Kids in Belarus and the N.S.P.C.C. Only new and good quality nearly-new and second hand items for sale. Books, bric-a-brac, furniture, pictures by local artists and much, much more. Please come and browse and help these really needy causes.”

Do Something Amazing Today

Save a Life

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

Wednesday 30th May 2012 at the Public Hall, Station Road. 1pm - 3.30pm and 5pm - 7pm.

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

Deadline for the next edition is 12 noon, Thursday 17th May
Dear Newsletter

**Road Safety**

I am very happy to let you know that my campaign – started in February 2011 – to get something done about the blind bend on the corner near the Methodist Chapel, Heacham, has come to fruition.

Sally Bettinson, Highways Engineer, rang me to say that the contractor has been instructed to commence work next week (week beginning 9 April) and install ‘SLOW’ markings on the road to make drivers aware.

This is a very satisfactory and happy outcome.

**M J Cox (Mrs)**

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**MOBILE HAIRDRESSING**

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Cuts, & Colours

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**WALSINGHAM FARMS SHOP & The Lavender Kitchen**

Aylsham Show 2011 Local Food Hero Champions  
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**Butchery Spring Specials**

- 5lb pork chops £12  
- 5lb spare rib chops £12  
- 5lb mince £12  
- 5lb best braising £14  
- 5lb diced beef £12  
- pure beef burgers 15 x 6oz £10  
- free range chicken now in stock

New: Evenings at the Lavender Kitchen  
Every third Thursday of the month  
beginning 17th May 6.30-9pm

A fresh, seasonal menu  
just £20 for 3 courses

Breakfast 8-11am  
hot lunches 12-3pm  
Snacks & the best cream teas all day

Wednesday: Seniors’ special £6.95

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LAVENDER KITCHEN 01485 571965  
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FARM SHOP OPENING HOURS MONDAY-FRIDAY 9AM-5.30PM  
SATURDAY 9AM-5PM  
SUNDAY 10AM-4PM

WWW.WALSINGHAMFARMSSHOP.CO.UK

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**Sandringham Drive**

Dear Newsletter,

**‘Your Norfolk’**

I've just received the latest copy of Your Norfolk, and I'm sure I speak for so many people in the west of the county when I say how wonderfully reassuring it is to read in First Words "Last year, thousands of you were involved in Norfolk’s Big Conversation, helping us set a direction to respond to the economic downturn..." and "Despite the difficult economic conditions, I will continue to focus on things that really matter to Norfolk."

Later in the issue I read "We asked, you said, we listened...," and it struck me how rare it must be these days for a large authority that really does listen to the people to whom it should be answerable and acts on their behalf.

Imagine, then, how surprised and disappointed I was to realise that these quotations do not refer to the question of the incinerator- they asked, 95% of us said No, and they went ahead anyway, and, I believe, signed a 21 million pound penalty clause into the bargain.

In fact, there was not, as far as I could see, a single mention of the incinerator anywhere. Nor, indeed- the "We asked" item referred to public transport- of the facilities at the park and ride stations now standing locked and empty.

Am I missing something, or did we receive a Newsletter from a different authority by mistake?

**Pete Widdows**

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**Road Safety**

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This is a very satisfactory and happy outcome.

**Phyllis Sanderson**

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Dear Newsletter

**Sponsored Walk**

The accompanying picture shows the end of the sponsored walk held on Easter Saturday on behalf of Arms Care Homes situated in Heacham, Norfolk Lodge in Hunstanton and Docking House in Docking. The walk started in Heacham and was organized by Mrs Shelley Ross and raised £1,035 to provide benefits for the residents.

We would like to convey our grateful appreciation to those members of the public who generously donated to this worthwhile cause.

Thank you.

R. Worth
(Representative)

**Litter Picking**

Was I seeing an apparition? - but no - at 7.30am on Sunday, 15 April, in the midst of a hailstorm, a male figure was proceeding along the Lane, with a large black plastic sack in one hand, and a pair of nippers in the other, picking up the surface rubbish and placing it in his sack. He was not wearing a fluorescent jacket and there was no Parish vehicle nearby. Was he one of our Councillors? Whoever he was, very many thanks for clearing up the Lane – always a mess after the Saturday evening revellers.

A very grateful resident

**BED & BREAKFAST**

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OUT OF SADNESS COMES REWARD…
A tribute to Bob Harrod and Family

Old ‘Heachamites’ will remember with sadness the recent death of Bob Harrod and the thoughtfulness of his family for supporting a local project. For all who attended Bob’s funeral, you will remember that the donations in memory of Bob, were to go towards the ‘Pavilion Regeneration Project’.

The final sum arrived – a staggering £1,000 which just goes to prove how the village wished to acknowledge Bob……… with fondness and in the highest regard.

Sadly, Bob will not see the finished project but Mary and his family will and will be able to take satisfaction in the knowledge that as a family and through Heacham’s generosity, the Pavilion Regeneration Project is a step closer to becoming a reality because of their input.

Prior to receiving this fantastic sum, we had considered the possibility of creating a Patrons Board, for sizeable, personal donations, to be housed in the re-vamped existing pavilion. This act of thoughtfulness and generosity secured the thought and we fully intend for Bob & Mary Harrod’s name to be at the head of that board. What a fitting tribute to Bob and Mary whom I’m sure many will remember just how much time and energy they both put into Football and Cricket in years gone by, not to mention the many other community events and activities they dedicated their lives to.

Bob’s family suggested and have allowed Heacham Club Charity to make this public announcement in the hope that readers of the Newsletter may well look back at their formative years and remember with fondness the many hours spent playing or attending sporting fixtures and maybe show their own support, in whatever way, to this much needed improvement. The old wooden pavilion sufficed in the early 1900’s; the brick-building in the 70’s and onwards. Today and for the future, Heacham sports people and visiting teams not only need but deserve a modern, functional facility.

We would like to thank the Harrod family for their support and in allowing us to publicly acknowledge their generosity and wish to pass on our heartfelt condolences along with our sincere appreciation.

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Tower Open Day

As part of the Jubilee Celebrations in Holme-next-the-Sea, the bell ringers of St. Mary’s church will be holding an open day on Tuesday 5th June. Visitors will be able to ascend the ancient stone stairs into the ringing chamber and discover just how the church bells are rung. Further up the tower the belfry will be also be open so that the bells can be seen close up. There will be demonstrations of ringing throughout the day and the bell ringers will be on hand to answer your questions.

The tower will be open from 10.30 a.m. until 4.00 p.m. and admission is free. Light refreshments will be available in the church.

Access to the tower is via spiral stone steps which are somewhat uneven in places and we regret that this visit is not suitable for children under the age of 10 - and all children under 16 must be accompanied by an adult.

This is a rare opportunity for everyone to get close to a wonderful part of our heritage. We look forward to seeing you there - you may want to bring a camera for some unusual photo opportunities!

Tony Foster
I got a shock when I heard that Treacle had been entered in this year’s Grand National. My 10 month old Treacle is gawkily speedy, but that race would prove a sticky one for her! And neither her rescued Donkey mum, Syrup, nor I, would want her to face such risks. Compared with her racehorse namesake, she is worthless, but to me she is precious and loved to bits.

The Value of Human Life

Now, we know that human life is priceless and each of us is a unique creation, but we can go further and see that all life is special.

Every dog, cat, cow etc., has its own D.N.A (Design, Not Accident). D.N.A is the Creator’s designer label and is so complex and diverse that, for example, every cow’s and dog’s nose print is as unique as our fingerprints. The R.S.P.C.A. has even used an animal’s D.N.A to incriminate prosecuted owners. So we cannot dismiss a creature by saying “it’s just a donkey/cow/sheep, so it doesn’t matter what happens to them”, as I have often heard. The owners and grooms of the two magnificent horses that were killed in this year’s Grand National would certainly not have that said. They knew them as loyal friends and servants that gave their best in the service of man. But what a terrible tragedy that they were pushed too far for the sake of fame and fortune.

Our first command from our Creator Lord was to be stewards, caring for His creation, but we have often fallen down on this. I applaud the owner of the winning horse, Neptune Collognes, who has immediately retired him for safety’s sake. And how the horse has earned his rest! Similarly, I applaud a dairy farmer I know who has found a retirement home for a 15 year old Holstein cow which had refused to get in calf again. She had given him 100 tons of milk and heifers worth thousands - and has managed to keep going well beyond the age when most of these cows are just worn out. She’s now enjoying a retirement with my stock.

Does our Creator Lord care about all this - surely He’s only concerned with people? Well….He told us He knows when just one sparrow falls to the ground and dies (and we don’t even notice!). He even chose a humble donkey as His visual aid on the way to His cross. There “He died to reconcile all things to Himself” * and save them from eternal death. The Greek for “all things” is all Creation. So Synchronise, the favourite runner who died yesterday will be in His heavenly pasture and we shall see him again if we, who have the dignity of free will, have trusted our Lord for His victory over death.

*Colossians 1, 20

The Parish Church of St. Mary:

Sunday Services in May

- 8.00am Holy Communion (Book of Common Prayer)
- 10.00am 6th May Morning Worship
- 13th May Holy Communion
- 20th May Morning Worship
- 27th May Morning Worship
- 10.30am Morning Worship at the Junior School
  (Holy Communion on 20th May)
- 6.00pm 6th, 13th, 20th, 27th Evening Worship

PARISH REGISTERS

Faithful Departed (Church Linked Funerals)
24/3/12 Vera Kathleen Dawkin 96
25/3/12 Leonard Geoffrey Davis 91
31/3/12 Queenie Dack 92
3/4/12 Ann Hudson 71
18/4/12 Alwyne Thomas 88
18/4/12 Fred Williman 98

“Blessed are those who mourn for they will be comforted”

We do extend our sympathy and condolences to all who have been bereaved. The church prays for friends and family at the Sunday morning services around the time of the funeral.

METHODIST CHURCH Sunday Services

10.30am Morning Worship

Preachers:
- 6th May – Kathy Fielding
- 13th May – Irene Garrard
- 20th May – Rev’d Alison Davies
- 27th May – Church Fellowship Service

Midweek Communion Service:
This is held on the second Wednesday each month and the May service will be on 9th at 10.30am. All who love the Lord are welcome to attend.

Regular Activities at the Methodist Church

- MONDAYS: Indoor Bowls 7pm – weekly
- TUESDAYS: Ladies’ Fellowship: 2.45pm on 1st, 15th and 29th May
- TUESDAYS: Hands and Needles Club: 7.00pm on 1st and 15th May
- THURSDAYS: Monthly Men’s Meeting at 7.00pm on 10th May. All men welcome to join.
- FRIDAYS: Indoor Bowls, 7pm weekly
- SATURDAYS: Weekly Coffee Morning, 9.30-11.30am

New members are welcome to all our regular activities.

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

Lay Reader at St. Mary’s Heacham Jenny Sparks

The Parish Church of St. Mary:
Midweek Special– Wednesday 2nd May at 3.30pm. Holy Communion (BCP) in St Mary’s followed by tea and cake (or similar)

ASCENSION DAY – Methodist and Anglican together
A special United Service to celebrate the Ascension of our Lord will be held at Heacham Methodist Church on 17th May at 7pm. The Service will be conducted by Rev’d Kim Nally. The preacher will be the Rev’d Steve Davies. Come and have fellowship together on this important day in the Christian calendar.

REGULAR ACTIVITIES AT ST. MARY’S CHURCH
Looking at the above information you might think that St. Mary’s is only open on Sundays, but it is a busy church with things going on throughout each week. There are Bible Study groups with people meeting in their own homes; there are Prayer Meetings; we have a Choir, and there are Music Groups; for very young children there is the Rainbow Circle Toddlers’ Group; all the women are welcome at Girls Together and there is a Men’s Group as well; all can be part of the Mothers’ Union; there are also Coffee Mornings and various other activities. So why not find out more about St. Mary’s and its regular activities – you might be surprised. The Sunday services act as a focal point when all meet together for worship, for fellowship, for support, learning, encouragement, challenge and growing. And on Sundays there are, of course, activities for children.

May Services: Nursing/Residential Homes
Tue 1st 2.30pm Rebecca Court
Mon 14th 11.00am Holy Communion at Millbridge
Wed 16th 2.30pm Summerville
Fri 25th 10.30am Fridhem

Diamond Jubilee Weekend, Sunday 3 June
On the Jubilee Sunday St Mary’s Church will host various activities (Detail page 34) but including tea and cake leading to a Songs of Praise with the Salvation Army Band (probably!). If you want something specific used that evening let the Church Office know – and include WHY you have made that choice; I will do my best to reflect any choices put forward. Links with the Diamond Jubilee will increase the chances of inclusion!

If you are housebound and a Catholic, or caring for someone who is a Catholic, and would like a visit from the priest, do please contact us. You do not need to have attended either of our churches previously – we still count you as part of our parish family.

We are always pleased to welcome visitors to our churches – both those from the local area and those from further afield. Refreshments are served after the 11.00am Mass every Sunday at the church in Hunstanton, and after the 9.00am Mass at Dersingham on the first Sunday of the month. Do come and visit – we’d love to see you.
What should I look for when choosing a complementary therapist?

Around one in five people in the UK have used some form of complementary therapy or treatment. All the evidence shows a massive rise in public interest in, and use of, complementary and alternative treatments. However, there has previously been no one central source of information for a member of the public to check if the complementary therapist that they are thinking of using meets professional standards of safety and competence.

The CNHC (Complementary & Natural Healthcare Council) was set up as an entirely separate and independent body in January 2008 and was funded until March 2011 by start-up monies from the Department of Health and registrant fees, income now comes from registrant fees alone. During 2008 it put into place the policies and procedures necessary for the effective running of a regulatory body, including an on-line register.

In October 2010 GPs were asked to recommend patients who are seeking complementary therapies to consult with practitioners who are registered with the Complementary & Natural Healthcare Council (CNHC), where it registers the professional discipline concerned. Its key function is to provide access to a list of practitioners that have been assessed as meeting national standards of competence and practice. Registration is currently voluntary and not all complementary healthcare practitioners from these disciplines are registered. This does not necessarily mean that they are not qualified, but it does mean that the CNHC knows nothing about their qualifications or experience. The CNHC will open the register to more disciplines over the coming years.

You can check to see if a practitioner is displaying a current certificate with the CNHC quality mark. (See below) Registered practitioners are able to display this in their place of work and can also use the quality mark on promotional literature such as leaflets, headed notepaper or on their website. The CNHC quality mark provides an independent seal of approval to well-qualified, responsible professionals in the complementary healthcare field. You can also check www.cnhc.org.uk or telephone 020 3178 2199.
Events at Hunstanton Library
For further information about any of these events please contact the library on (01485) 532280.

Knit and Knatter
Tuesday 22nd May, Tuesday 26th June, 2.00pm – 4.00pm
If you fancy having a chat to others while knitting come along to our Knit and Knatter sessions. Fourth Tuesday of the month, 2.00pm – 4.00pm. Refreshments will be provided but please bring along your own needles and wool.

Volunteering in West Norfolk
Are you interested in finding out about volunteering opportunities in your local community?
If so come along to West Norfolk Voluntary and Community Action Information Stand at Hunstanton Library, Friday 8th June 10.30am - 12.30pm. Refreshments provided.
For further information contact Hunstanton Library on 01485 532280 or WNVCA on 01553 760568.

Fix it Fridays
Look out for our Fix it Fridays coming soon – offering help using computers and the Internet.

‘THANKS TO MEGAN’
Megan Smith aged 6 from West Deeping, near Peterborough, thought our April front cover picture of three bunnies playing in a field was so lovely that she decided to colour it in.

Unfortunately, Megan, we did not in fact have a colouring competition but we thought your picture was so beautiful and so carefully coloured in that we would like to thank you publicly for taking so much trouble with such delightful results.

Story Lab –
The Summer Reading Challenge 2012
It’s not just our Olympic athletes going for gold this summer …
Thousands of families from across Norfolk will be taking part in the UK’s biggest free reading event for children: the Summer Reading Challenge.
Children of all ages and reading abilities can take part at their local library by reading 6 books collecting bronze, silver and gold stickers – as well as their very own medal.
The 2012 theme is Story Lab, a magical celebration of story and the imagination which is linked to the 2012 Olympics and the London 2012 Festival.
Children can choose any books they like: fact books, story books, joke books or picture books. Audio books and e-books count as well, so long as they borrow them from a library.
Parents and carers love the Summer Reading Challenge because children discover the joy of reading – and children love it because it’s lots of fun.
To sign up, just head to your local library at the beginning of the summer holidays. It’s completely free – and every child who joins will receive a Story Lab pack.
Look out for more details in the library, including special Story Lab themed events. For library opening times visit: www.norfolk.gov.uk/libraries
StoryLab will launch at Hunstanton Library on Saturday 21st July – look out for further details at the library.

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St Mary’s Church, Heacham

‘The Crucifixion’

As Eastertide draws nigh Choral Societies and Church Choirs across the country are preparing/presenting Sir John Stainer’s setting of the Revd. J. Sparrow-Simpson’s ‘Meditation on the Sacred Passion of the Holy Redeemer’ and this has been the case, almost regularly, since its first performance in 1887.

On Wednesday 28th March a performance was given in St Mary’s Church, by a choir of around eighty voices drawn from church members of the parishes of the Deanery of Heacham and Rising, to a packed congregation. The evening commemorated Desmond Greef MBE who did much to foster music in the deanery.

The soloists were George Braun (Bass) and John Bennett (Tenor), the organist was Adrian Flower (St Mary’s, Heacham) and the conductor was Max Dolby (St Edmunds, Hunstanton) and the collection was in support of the Bishop’s Lent Project helping to empower women of Papua New Guinea.

The organisers were anxious that the work should be seen as a meditation for the congregation as well as the musicians and accordingly they were requested to arrive early to practise the hymns that were included.

Considering that the choir had just five rehearsals the performance was of a very high standard and it is hoped that it will be the first of many joint ventures.
Incinerator Update

In the 1990s Americans abandoned their rush for EfW incinators finding them costly and inefficient. A Wall Street Journal article shows what happened (it can be read via www.farmerscampaign.org), there are striking parallels with the UK today. Economist Dr Chris Edwards identified similar weaknesses with the Norfolk PFI contract. A recent report on German incinators exposed their problems and influenced a change in German Government policy. They do not intend to build any new EfW incinators and are looking ahead to closing plants down. For a fraction of the cost of an incinerator more advanced technologies used by other UK authorities could deal with our waste. www.farmerscampaign.org features some of them.

West Norfolk Borough Council deserves praise and recognition for standing up to the County Council and challenging DEFRA’s decision to fund yesterday’s technology. If the Borough Council’s legal action leads to the DEFRA PFI subsidy being overturned it could save us millions. The business case is already flawed, without the subsidy it will be difficult for the County Council to keep ignoring much cheaper/better technology.

There will be a campaign Coffee morning (plus market) 5th May 10-1pm at Fairgreen Farms, Hill Road, Middleton, PE32 1RN Bric-a-brac and donations of cakes welcome.

Mike Knights

Used Postage Stamps Please

If you don’t already save your used postage stamps please consider saving them for the Leprosy Mission. Funds raised from the stamps help to provide education, medical supplies and treatment etc. We do not get so many stamps nowadays; it is a shame to throw them away when they could help some people have an improved way of life.

Please leave at least ¼ inch of paper around stamps to avoid damage to perforations.

Stamps can be left at:
The Christian Bookshop Heacham (Closed on Thursdays)
“Chop n Change”, High St. Heacham
Suttons Estate Agents, 29 High St, Heacham.

A Big thank you to all those people who already save them for me it is much appreciated.

Doreen Reed

TONY’S HOUSE MAINTENANCE

Kitchens & Bathrooms tiled
Painting - interior and exterior
Gutters cleaned, repaired or replaced
Fencing, patios, plastering, etc.

55, Marram Way, Heacham
(01485) 571038  M. 07932123781

Heacham & Criteuil-la-Magdeleine
Twinning Association

SATURDAY 12th MAY 2012
7.00 p.m. for 7.30 p.m. start
at
MAREA BARNS
49 SCHOOL ROAD, HEACHAM
(By kind permission of Mike and Betty Dix)
Admission £6.50 per person by ticket only
Including Bar-B-Que supper
Tickets available from:
Sue & Dudley - 01485 572252
Michael & Linda – 01485 579465

Bring your own drinks and glasses
Raffle

All tickets must be purchased by Friday 4th May 2012 for catering purposes

TONY’S HOUSE MAINTENANCE

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OPPOSITE THE LIBRARY
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the natural choice

crystal cave

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The Christian Bookshop Heacham (Closed on Thursdays)
“Chop n Change”, High St. Heacham
Suttons Estate Agents, 29 High St, Heacham.

A Big thank you to all those people who already save them for me it is much appreciated.

Doreen Reed

TONY’S HOUSE MAINTENANCE

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Painting - interior and exterior
Gutters cleaned, repaired or replaced
Fencing, patios, plastering, etc.

55, Marram Way, Heacham
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If you don’t already save your used postage stamps please consider saving them for the Leprosy Mission. Funds raised from the stamps help to provide education, medical supplies and treatment etc. We do not get so many stamps nowadays; it is a shame to throw them away when they could help some people have an improved way of life.

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Doreen Reed
Snettisham Beach Sailing Club
OPEN DAY 26th May 2012

Shrouds, sheets, sails and halyards, all seem to belong to a bygone age of Nelson and sailing ships, an exciting but confusing time, how on earth do they make that rigging work? In fact with a little help sailing a boat is not so difficult at all and at Snettisham Beach Sailing Club we are ready to help you do just that.

Whatever age you might be it’s never too late to try sailing. The youngest sailors we have are just four, the oldest in their seventies and we would like to introduce you to our sailing world. Over the last few years we have held an open day where you can meet the current sailors and try sailing for yourself. At Snettisham we are particularly lucky. Although the club looks out to the Wash and we can sail and race on the sea, we also have a large freshwater lake behind the club. This is more sheltered and ideal for younger and sailors new to the sport to gain the skills which will take them on to helming, steering, a boat themselves.

For our open day we will be using our club boats. We have fourteen different sorts of boats suitable for children from around age eight, right through to adults. Depending on the weather we will be sailing on the lake and sea and have boats for anyone to try their hand in all the while with an experienced instructor or member of the club to help. There will be lots of sailors around to chat about the club and sailing as well as an all day BBQ and a licensed bar.

If you can’t get to the open day but would like to know about sailing then we can offer a number of courses, to help you get into sailing. The club is a Royal Yachting Association training centre. We have expert instructors who deliver a whole range of courses from beginning sailing right through to racing and tactics. If you are not sure if sailing is for you we offer taster sessions and ladies training for non-members. All our other courses are open to members. All the details of our courses are Available from our club website:

http://www.snetbeach.co.uk/pages/training.php

Training is not the only activity at Snettisham beach sailing club however. During our sailing season from April to the end of September there is racing at weekends, and more relaxed sailing on Wednesdays and Friday evenings. The club house has a licensed bar for members and our catering staff produce delicious meals. There are regular social events often related to our racing calendar or when we have visiting fleets of different boats.

So please come along on the 26th May from 9 o’clock in the morning or visit our website http://www.snetbeach.co.uk/

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Thursday 24th May– 7.30pm

The West Norfolk members group invite you to an illustrated talk by Peter Pilbeam

Snow Leopards

Venue: Methodist Church Hall, Austin Street, Hunstanton

Cost: £1.50 members/£2 visitors

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NORFOLK WILDLIFE TRUST
I've told you that word before! Concentrate! You’re just guessing!

This sound familiar? – then you are probably a parent or grandparent trying to help a child to read. You want your little darling to learn and are frustrated by their inability to remember. Every time you open the dreaded book bag from school to listen to your child read it turns into a battle. The more they can't do it the more anxious you become!

If this is happening to you try a few of these tips or contact me for support:

§ Hearing a child read isn’t a test. It’s a unique time to enjoy sharing books together, an opportunity to praise your child for what they are trying to do and encourage them to try out their newly found skills.

§ It has to be FUN or neither of you will want to do it.

§ Looking at the pictures first, talking about what is happening, finding out the names of the characters together BEFORE trying to read a new book is not cheating, it gives the child invaluable information to help them work out what the words might say.

§ Sharing reading with the child, taking it in turns to read a sentence or page and reading difficult words for them, all help to keep the sense of what is being read and allows the child to remain engaged and interested in what they are reading.

§ Reading is about informed guesswork, using phonic or other clues such as pictures and story line to work out the words. Reading a word wrong doesn’t mean the child isn’t concentrating but it may mean the child is not using all the clues (just picture) or hasn’t yet got the phonic knowledge to be able to make use of the clues given by the letters in the word. Praise the effort (and imagination) shown and draw the child’s attention to the letters in the word. If this doesn’t help, tell the child the word and carry on.

§ Reading using phonics (the sounds in the word) is complicated especially when vowels are put together. For example ay (day), ai (rain), a–e (same), eigh (eight) all make the same sound. The same combinations of letters can even make different sounds in different words, ow (how) ow (low). Again praise the child’s effort and point them in the right direction. Say it could be that- try again. If that doesn’t help tell them the sound or read the word, don’t make it into an issue. If the child needs help with most words the book is probably too difficult. Move on to something he/she can be successful with, and take the hard book back to school.

Reading is a complex skill. It’s amazing children master it at all, but most do with example, encouragement and practice. If children see you reading and enjoying it, it’s a powerful incentive to master the skill and be able to do it themselves.

If you’d like to find out more about helping your child to read, contact me for details about my Learning Success Workshops. I also offer individual tuition for your child, programmes that help Dyslexia and Skype/telephone support for the times you want to scream!

Till next month
Happy Reading

Judy

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MOBILE : 07584 891 816
EMAIL : John_heath@hotmail.co.uk
A BUSY MONTH FOR THE PRINCESS THEATRE CLUB

As you may know, the Princess Theatre is lighting up again, promising a scintillating programme of entertainment this summer season. Hooray!! We of the Princess Theatre Club are delighted and wish the new management team every success. Our November production was the last event staged before the theatre’s darkening and our spring production will be the first to throw open the doors as a taster before the official grand reopening on 1st June. More about that production later.

First, congratulations and cheers to Sharon Yates, winner of our competition to ‘Write a One-Act Play’. Her hilarious hospital comedy, titled ‘Infirmary, Infirmary... (they’ve all got it infirmary)’ was judged to be the best of the entries.

Many people in Hunstanton will know Sharon. She has been a member of the Princess Theatre Club for many years and is equally active with the Lavender Hill Mob and the panto company. How she found time also to write a play, amid all her work and family commitments, is a tribute to her indomitable devotion to all things thespian. She will be directing her new play as our entry in this year’s Adjudicated Drama Festival, so watch for details of that — the drama festival is great fun to watch, very cheap, and deserves a bigger audience. Do try it.

And if you’re interested in taking part (Sharon needs a lot of people!!) please get in touch. Rehearsals begin right after our main production.

Anyway, well done, Sharon. We look forward to more scripts from you.

Thank you, too, to all the budding writers who participated. Get your thinking caps on again because we may hold another competition before long.

NODA AWARDS EVENT — PTC Nominated

Another happy piece of news concerns the NODA East Awards, distributed at a luncheon on Sunday 29th April, at the Radisson Blu Hotel at Stansted Airport. As I write, a small team of PTC members is poised to attend in hope of picking up the award for Best Production. Our version of ‘Allo, ‘Allo” has been entered in this category. Well done all, especially director Mick Yates.

What’s more, our printed programme for ‘Night Must Fall’ has already been awarded second prize in its section. Congratulations to Elaine Verweymeren, who edited the programme and designed the graphics for the cover.

‘POETRY FOR ALL’ — Town Hall, 16th May

Join us at the Town Hall on 16th May for a happy hour or two in good company, allied with some rhymes and reminiscences (mostly humorous) plus home-made cakes with tea or coffee. We start at 10.30 a.m. and, with a pause for refreshments and chat, we usually disperse around 12.30. These get-togethers are organized by the Theatre Club and led by local author Mary Mackie, assisted by husband Chris and other friends of the PTC. We are also indebted to the committee of Hunstanton and District Festival of Arts for their continued support.

We meet on the third Wednesday of every other month (that is, six times a year) and read or recite poems and rhymes of all kinds. Refreshments are available at minimal prices and, instead of an entry fee, we invite donations for club funds. A recent innovation, much enjoyed, has been sharing off-the-cuff memories inspired by our suggested theme of the day. In March, for instance, we celebrated ‘Memories’ and since some expert had announced that 1976 was the happiest year in the UK, we recounted personal memories of that year.

In May our suggested theme is ‘Childhood’ so we anticipate lots of amusing anecdotes along with readings to suit the mood. All YOU have to do is turn up and enjoy the fun. Just come and listen, if you prefer. Or look out a favourite poem and bring it with you to read aloud. No pressure, no boring ‘business’, just merry sociability. Come and try it. Everyone is welcome.

And watch for news of a very special ‘Jubilee’ version of our gatherings, as part of the town’s celebrations in June.
‘STEEL MAGNOLIAS’
Live at the Princess Theatre - 18th & 19th May

This merry month of May, the Princess Theatre Club affirms its determination to ‘keep live theatre alive’ in West Norfolk by presenting for your delectation a marvellous play which took the USA by storm. Later it became a successful feature film starring six of Hollywood’s best actresses and including (among much else) some gunplay, a pool full of stolen magnolias, a mangy dog named Rhett and — oh, yes, let’s not forget — a blood-red “groom’s cake” shaped like an armadillo! Now, six of our own local ladies undertake those same roles in the funniest play ever to make you cry — STEEL MAGNOLIAS, by Robert Harling. Its theme is the circle of life and the way people rally round to support each other in bad times and good, passing milestones such as love and marriage, birth and death, all seasoned with a lot of laughter, some gossip and scandal, and a few tears. Bring your tissues if you’re ‘mu-hearted’ (as we say in Norfolk).

Directors are Mick Yates and Jane Bean and the cast comprises Jane Bean, Kate Roberts, Mary Mackie, Elaine Verweymeren, Sharon Yates and Pearl Carpenter. Come and share the fun taking place in and around Truvy’s Beauty Shop in Chinquapin parish, Louisiana. ‘Y’all will be made real welcome, y’hear?’

(Pictured in rehearsal: Jane, Elaine and Mary.)

There will be three chances to see the play – Friday 18th May at 7.30pm and two performances on Saturday 19th May at 2.30pm and 7.30pm. Tickets cost £10, concessions £9, with an additional 10% discount for PTC members. They are available at the door before each performance or in advance from www.thelittleboxoffice.com/princess

For all enquiries, please contact 01485 533420.

If you have yet to enjoy one of our productions, why not give us a try? And tell all your friends. Live theatre is a precious asset in Hunstanton. Use it, or lose it.

Contacts:
Website: www.princesstheatreclub.co.uk
Email: ptc@princesstheatreclub.co.uk
Phone: 01485 541565 or 01485 570452
Wind Farms. More Lunacy! But Hope at Last!

The public enquiry, before a Government Inspector, in which the wind farm development companies RES and E.ON appealed against the rejection by West Norfolk Council of plans for Wind Farms at Jack’s Lane Stanhoe, and Chiplow Plantation near Syderstone finished earlier in the year, and I am told that the decision will come out in April, so by the time you read this you may already know what happened.

The Council had wisely rejected both applications because of the harm the turbines could do to those lovely chalk uplands and the surrounding area, but at this enquiry the Appeal Inspector had a duty to balance this against the supposed National Interest: the reduction of carbon dioxide emissions using renewable sources of energy like wind. On those grounds he may well have overturned the original verdict and one or both of these projects be given the go ahead. We’ll have to wait and see.

But in a recent report Professor Hughes of Edinburgh University a noted authority on energy economics and once an adviser to the World Bank, has reached the astonishing conclusion that not only are Wind Farms monstrous, noisy, bird killers, death to property values, and desecrators of the countryside, funnelling monstrous sums of money via the energy bills of ‘mugs’ like you and me into the pockets of rich landowners and foreign energy companies, but they almost completely useless when it comes to their main purpose of cutting down on carbon emissions!

In 2008 Parliament pledged to reduce carbon emissions by 34% before 2020 but Professor Hughes shows that doing this using wind power as the Government intends, will at the very best reduce emissions by a tiny 2.8%. This is because when the wind doesn’t blow, blows too much, or doesn’t blow enough, it will need ‘back up’ from gas powered power stations which, of course being fossil fuelled add carbon emissions to the atmosphere, and so reduce the effectiveness of the wind farms in cutting down on carbon.

Instead, he argues this 34% target could astonishingly be achieved without need for any further windmills by building a new range of gas powered stations with a much smaller ‘carbon footprint’ than their predecessors which at £13 billion, would be only one tenth of the cost of £120 billion for wind with gas backup. One such station is due to be built at Kings Lynn in the near future. He warns: ‘Unless the Government scales back on its commitment to wind power very substantially its policy will be worse than a mistake, it will be a blunder’. Or to put it more bluntly, yet another monumental ‘balls up’ by our politicians!

Professor Hughes is by no means alone in his views. An influential ‘think tank’, KPMG, comes to similar conclusions although its remedy is a combination of gas and nuclear. So, faced with such an overwhelming case any Government Appeal Inspector would surely have to concede this argument, and go home.

But this is not going to happen easily because of the infamous Climate Change Act of 2008 in which all but a handful of MPs, maybe thinking more about their lavish expenses than our expense, for incredibly the Bill had not then been properly costed, voted to commit the country by law to cut carbon dioxide emissions by 80% before 2050. This would set us back about £18 billion a year: a staggering total of at least £734 billion: likely to put an annual £800 extra on household bills; and that at a conservative estimate too!

I suppose that the Act could be repealed, but not at the very earliest, until the next parliament, so this would take some
time. In any case there are other massive pressures to keep the ‘rush for wind’ going despite the technology’s proven ineffectiveness. Some of these come from the wind industry itself which quite understandably wants to maintain the growth of the massive subsidies it receives straight out of our pockets via our household energy bills. For example Vattenfall, the Swedish energy company, is projected to receive £140 million a year from its British Wind Farms; Dong Energy, from Denmark, £111 million, and the German giant E.On £68 million. And that is only a few examples for the business is popular and extremely lucrative even though it doesn’t do us any good.

But there is a gleam of hope out there on the wind turbine strewn horizon. This comes from our financial crisis which as Dr Johnson might put it, is concentrating the minds of our Government wonderfully. There is a lot of talk about cuts, but these are not at present reducing our National Debt: they are slowing the rate at which it is growing and it is already past the incredible figure of £1 trillion and still increasing. So not surprisingly the Treasury is beginning to look at the unimaginable amounts of money being used and wasted on the failed technology of the Renewable and especially the Wind Farm industry with envious eyes.

In fact there is already good news. Greg Barker our Climate Change Minister has already signalled that enough onshore Wind Farms are already in the pipeline and any further applications would be blocked by the Government. So this seeming change of course is hopeful news for the brave protestors of Chiplow and Jacks Lane and certainly also for Heacham which would always have been vulnerable to applications for Wind Farms.

John Bird

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News from the Bushel and Strike
The Pudding Club

We had a wonderful turnout at the April Pudding evening and a large amount of assorted puddings produced – all most mouth watering.

Our thanks to Nigel Askew and Keiron Chick for judging the puddings on show. A wonderful evening for all friends present.

Next Pudding Evening is on Tuesday 8th May at 20.00 hours.
As usual, our big thanks to Tolly for all his hard work in organising these evenings.

Paula and Mark

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Paula and Mark
WHAT’S ON REGULAR EVENTS

MONDAYS

1st HEACHAM RAINBOWS Term time Girls 5 to 7 years old 5.00 to 6.00 pm. Tel: Mary Harpley 07813 014477 (PRH)
TABLE TENNIS 9.30 am Tel: Adrian 570477 (PH Top Room)
DRAMA JUNIOR CLASSES 4.15-5.15 pm Tel: 579074 (SG)
LINE DANCING 7-9 pm £3.00 Tel: 532317 (PH)
1st HEACHAM SCOUTS (boys and girls aged 10 to 14) 7.00 to 9.00 pm Tel: Rob 572239 or Julz 572890 (SG)

HEACHAM WIVES GROUP meets 2nd Monday of most months at 7.30 pm (HSC Top Room) Contact Mrs Wybourne Tel: 532396
HEACHAM TENNIS CLUB Junior coaching (weather permitting) from 5.00 pm
RAINBOW CIRCLE TODDLER GROUP 1.00 pm in school term time Tel: Pip 570812 or Karen 571837 (SM)
INDOOR BOWLS CLUB 7.00 pm (MC)
SUNNYSIDE CLOSE (Sheltered Housing for over 60’s) Coffee Morning 10.30 am Tel: 570492
ZOMBA GOLD Exercise to music 1.00 to 2.00 pm Suitable for all levels. 2.15 to 3.15 pm Gentle stretch & relaxation classes for all ages. Tel: Suzie Povey 07900 818311 (PH)
HEACHAM IN BLOOM Every 3rd Monday of the month in the Parish Council office at 7.00 pm
RESTORATIVE YOGA 6.00 to 7.30 pm at Heacham First School - Contact Sandee Tel: 01485 570485

TUESDAYS

HEACHAM DAY CENTRE FOR ELDERLY 9 am- 3.30 pm Transport may be available Tel: Geoff Speed 572584 (OFH)
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11.30 am Tel: Liz 571773 (SG)
ACTIVE FOR LIFE Exercise classes for those aged 60 or over, or at risk of OSTEOPOROSIS at Heacham Surgery Classroom 10-11am Tel: Pat 572414 or Audrey 542176.
CARPET BOWLS 10.30-12 noon Tel: 570776 (PH)
CARERS SUPPORT GROUP Run by W.N. Mind. Lunch, Coffee and Chat. Piece of Mind, 4 Poplar Avenue Tel: Hannah or Mandy 01553 776966
WOMENS FELLOWSHIP 2.45 pm Every other Tuesday (MC) LINE DANCING 1.30 to 3.30 pm Contact Diane 571116 (SM)
SLIMMING WORLD 6.30 pm Tel: Julie 528796 (SM)
WEIGHT WATCHERS 7pm (OFH) Tel: Alison 07796 904311
HEACHAM DIGITAL CAMERA CLUB meet 1st & 3rd Tuesday of the month 7.30 pm at Sandringham Club, West Newton. Email: heachamdigitalcameraclub@yahoo.co.uk or call Viv for info on 07906 056019
HEACHAM BOOK CLUB meet 3rd Tuesday of each month Tel: Beth 570479
POCAHONTAS PLAYERS Drama Group Pantomime rehearsals 7.30 – 9.30 pm Tel: 570402 (PH)
HANDS & NEEDLES GROUP meets every other Tuesday 7.30 – 9.00 pm Tel: Joan Careless 570363 (MC)
LIVE ENTERTAINMENT from 8.30 pm at Fox & Hounds LADIES KEEP FIT FOR OVER 50’s 10.30 to 11.30 am. Contact Kath Manning-Coe Tel : 01553 774343 (SM)
PUDDING CLUB 8.00 pm at the Bushel & Strike on the 2nd Tuesday of each month UNIHOC A form of Hockey in the Multi-use Games Area from 5.30 to 6.30 pm. Contact Janice Campbell 01485 572120/570776 or 07923 612187 for further information

WEDNESDAYS

CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH) LINE DANCING 1.30 – 3.30 pm £3.00 Tel: 532317 (PH) LINE DANCING FOR IMPROVERS – 7.00 pm to 9.00 pm. £3.00 per session. Contact Diane 01485 571166 (SM)
HEACHAM TENNIS CLUB Senior Club night from 6.00 pm. New members always welcome
PATIENT ADVICE & LIAISON SERVICE 2 – 4 pm on 2nd and 4th Wednesdays at Heacham Council Offices
WEST NORFOLK SINGERS 7.30 pm Tel : Heather Tictomb 01485 542960 (MC)
QUIZ NIGHT 8.45 pm Prompt start. New teams of up to 5 welcome. £1 entry pp Cash Prize & Cash Snowball (HSC) BINGO 7.30 pm Neville Court Grouped Home
CAR BOOT SALE. Heacham Sports Field car park from 7.30 am. No need to book. Just turn up £5 per pitch.

THURSDAYS

ACTIVE FOR LIFE – see entry on Tuesday TABLE TENNIS CLUB 10 am (PH Top Room)
1st HEACHAM BROWNIES Term Time Girls 7 to 10 years old 6.00 – 7.30 pm Tel: Sara (Brown Owl) 01485 517028 or 07876 564084 (PRH)
TREFOIL GUILD meets on 1st Thursday 2-4 pm Tel: 01485 579440 Mrs Christine Crisp (PRH)
CARPET BOWLS 10.30 am to 12 noon Tel : 570776 (PH) JUDO Beginners 6 – 7.30 pm Tel: 571164 (PH)
CUBS 6.45 – 8.30 pm Tel: Sam 572138 (SG) JUDO Advanced 7 – 9 pm Tel: 571164 (PH)
FLOWER CLUB meets 4th Thursday 7.30 pm. Flower arranging & demonstrations. Tel: Sandra Panton 571029 (SM)
RAO BUFFALOS 8 pm (HSC Top Room) QUIZ NIGHT Cash Prizes 9 pm at Fox & Hounds FOOTBALL Under 8’s 5.30 to 6.30 pm Heacham Field/ Astro turf. Contact Stephen Joyce 01485 579009
WRITING GROUP AT HEACHAM SURGERY meets 3.00 to 5.00 pm every other Thursday. For further details please ask members of staff at Heacham Surgery or Tel : Caroline Smith 01553 819460 on a Tuesday between 1.00 and 1.30 pm SUNNYSIDE CLOSE (Sheltered Housing for over 60’s) Bingo 2.30 pm Tel : 570492

FRIDAYS

SOLO WHIST – Don’t be solo – Go solo. Pine Residents Hall, Wilton Road, Heacham. 2.00 to 4.00 pm Entry £1 Congenial atmosphere
1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to 8 years. Term time 6.00 pm to 7.15 pm. Tel : Julie 571066
WILDFOWLERS CLUB meet 1st Friday 7.30 pm (HSC Top Room)
CASH BINGO 7.30 pm (PH) COFFEE AFTERNOON Fridhem Rest Home, Station Rd. Heacham. Last Friday of the month at 2.00 pm 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 Farger 01485 534741

SATURDAYS

GIGS from 8.30 pm. Free entry for Members (HSC) HEACHAM YOUTH CLUB Term time School yrs 6-11 Tel Tracey Swann 07833 307856 (SM)

CC = Cunningham Court
PH = Public Hall
NC = Neville Court
OFF = Old Friends Hall, Sunnyside
PRH = Pine Residents 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
HEACHAM DIARY

Saturday 5th May – GIG at HSC with WADDO from 8.30 pm
Saturday 5th May - Gig at Silver Sands with JULIANNE
Monday 7th May - HEACHAM WIVES GROUP – Bowling at Hunstanton

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

Friday & Saturday 11th & 12th May ANNUAL CHARITY SALE in church hall, High Street 10.00 am, 4.00 pm in aid of Top Kids in Belarus & NSPCC

Saturday 12th May - GIG at HSC with LLOYD E.MOON from 8.30pm
Saturday 12th May - GIG at Silver Sands with JULIE BUNN
Saturday 12th May – HEACHAM & CRITUEIL-LA-MAGDELEINE TWINNING ASSOCIATION QUIZ NIGHT at Marea Barns, 49 School Road Heacham. Admission £6.50 per person by ticket only, inc Bar B Que supper and raffle, 01485 572252 or Michael & Linda 01485 579465 and must be purchased by Fri 4th May for catering purposes.

* GIG – ‘Glam Metal’ tribute band POUT AT THE DEVIL at the Public Hall, Heacham. This is a real feelgood night out. Tickets £10.00 only from Trev Framingham Tel : 07747 156204

Tuesday 15th May – GIG – HONEY DRIPPER at Fox & Hounds from 8.30 pm
Friday 18th May - BEREAVEMENT SUPPORT IN HEACHAM 10.00 to 12 noon St Mary’s church Hall, High Street, Heacham. For further information please contact Renee Smith or Barbara Fargher. Tel : 01485 534741 or e-mail silverlinings@gmx.co.uk

Saturday 19th May - GIG at HSC with “ANNA” from 8.30 pm
Saturday 19th May - GIG Silver Sands - STEVE WHITEMAN
Saturday 19th May - TREFOIL GUILD – Subject – REGIONAL A G M at Wymondham High School
Sunday 20th May - MOUNT PLEASANT EQUESTRIAN CENTRE, Heacham from 11.00 am to 4.00 pm
Tuesday 22nd May – GIG – STONE PONY at Fox & Hounds from 8.30 pm

Friday 25th May – BUSKER NIGHT with DNA at Fox & Hounds from 8.30 pm

Friday 25th & Saturday 26th May – POCAHONTAS PLAYERS present ‘Another Night at the Theatre’. Friday at 7.30 pm & Saturday at 2.00 pm & 7.30 pm in the Public Hall, Heacham. All tickets £7.00. Saturday matinee only, £2.00 discount for children under 8 yrs. Tickets from Janice 01485 570402 or Jim 01485 571267. PLEASE NOTE THIS IS A CHANGE FROM THE ORIGINAL JUNE DATES

Saturday 26th May - GIG at HSC with MIKE PETERS from 8.30 pm
Saturday 26th May - GIG at Silver Sands withhy Mike & Terry
Tuesday 29th May – GIG – BACK PAGES at Fox & Hounds from 8.30 pm
Saturday 2nd June - GIG - at HSC with MARK STEELE from 8.30 pm
Monday 4th June - JUBILEE - GIG at HSC with “OUT TO PLAY” from 8.30 pm

OTHER EVENTS

Saturday 5th May – CRAFT FAIR at Town Hall, Hunstanton, 10.00 am to 4.00 pm Admission Free. Contact Lorraine Cannel 01553 671191 for details

Sunday 6th & Monday 7th May - RAF BIRCHAM NEWTON HERITAGE ROOM & Memorial Open Day at National Construction College, Bircham Newton from 11.00 am 5.00 pm. Fascinating history of this former RAF station. Free admission. Signposted off A148 & B145.

Monday 14th May - FOLK DANCING at Brancaster Staithes Village Hall 7.30 to 9.30 pm. Contact Janet Bowles 01485 210587

Saturday 19th May - CINEMA IN SYDERSTONE presents MY WEEK WITH MARYLIN (12A) at Amy Robsart Village Hall, Syderstone PE31 8RX. Start 7.30pm. Tickets £3.50 in advance. Contact 01485 578588 and 578171

Saturday 26th May – SNETTISHAM BEACH SAILING CLUB OPEN DAY - from 9 am. Visit our website www.snettbeach.co.uk /

Sunday 27th May - RAF BIRCHAM NEWTON HERITAGE ROOM - See 6th & 7th May for details

Saturday 2nd June – CRAFT FAIR at Town Hall, Hunstanton, 10.00 am to 4.00 pm Admission Free. Contact Lorraine Cannel 01553 671191 for details

Tuesday 5th June St Mary’s Church open day Holme-next-Sea

Friday 22nd June Heacham Junior School Summer Fete

Mondays – AL-ANON FAMILY GROUP – Hope for family & friends of problem drinkers 10.30 am at the United Reform Church Hall, Sandringham Road, Hunstanton Tel : 02074 030888. Website www.al-anonuk.org.uk

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

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

Wednesdays – YOUTH 45 GROUP meet at Ringstead Village Hall 7.00 pm to 8, 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

* SING FOR WELLBEING 10.00 to 11.30 am Snettisham Village Hall Tel : Carol O’Neill 01328 838316 or email carolone@homecall.co.uk

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

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

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

* RESTORATIVE YOGA 10.00 to 11.00 am Sandford Village Hall. Contact Sandee Tel : 01485 570485

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.

WEST NORFOLK TAI CHI – Regular weekly local Tai Chi classes . See www.west-norfolk-tai-chi.com for further information

Saturdays CHRISTIAN YOUTH GROUP 3rd Sat each month 10.00 am to 12 noon. Children aged 10-14. Cost £1 at Dersing-
Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution next month.

Solution to EASTER Newsletter SUDOKU

Cinema in Syderstone
On Saturday 19th May
Cinema in Syderstone
presents
My Week with Marilyn (15)
Venue: Amy Robsart Village Hall,
Syderstone PE31 8RX.
Start 7.30pm.
Tickets £3.50 in advance.
Contact 01485 578588 and 578171

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01485 543195 or 07584 251707
It seems incredible that it is already the summer term! It is exactly two years since the school’s headship changed and we believe the school has gone from strength to strength. Thanks are due to pupils, staff, parents and the community at large for a positive and effective partnership.

We are well subscribed with new admissions and are pleased to be able to welcome even more pupils into our school in September 2012; testimony to our success. We will increase our classes to five by reinstating the Swans class room, to accommodate everybody and will be recruiting a new member of staff.

On a serious note, part of our OFSTED success is down to attendance since there is a strong correlation between pupil performance and achievement and good attendance. After new Government guidance to improve National Attendance, our cluster of schools based around Smithdon High School has collaborated to change attendance procedures. All 13 schools and governing bodies in this area have adopted the same policy so that we apply the same practice to attendance and holidays. Our aim is to improve attendance in our area. We will be making changes to the way we authorise holidays taken in school time and will authorise a maximum 5 days holiday in the academic year.

At a parents’ meeting recently it was suggested that there should be more rewards for the children to help them know when they were making progress or reaching a milestone - we have responded by giving out star certificates and extra reward cups, so two children now receive the cup every week. The children have loved this and look forward to receiving awards in assembly.

Also to look forward to, the children have Jubilee celebrations and participation in the Norfolk and Norwich Art Festival; both taking place before half term. Our school will be open to members of the local community on 29th May to visit our site as a part of the open studios initiative. During this time we will be teaching arts activities around the theme of 1950’s. Looking forward to the Queen’s Golden Jubilee, on the 1st June, our families and children will be walking down to the Junior school wearing posh frocks and black ties for a joint celebration. The children will enjoy a barbecue and then there will be performances from both schools and entertainment by the Rollason Puppet Show. The day will end with a procession by the children and an award ceremony presented by Martin Johnson from the Parish Council.

Louise Jackson, Head Teacher
Janet England, Parent Governor
Obviously, IF either of the major funders fails to grant the amount requested, that would leave us in a big muddle BUT, we have been given very good and positive comments from both of these major Funders, so are quietly confident.

Bearing these fine thoughts in mind, we have to announce the fact that within the next couple of months or so, we will have to put a close on the Buy a Brick scheme to allow adequate time to order and have the bricks made, ready for when the building commences which, at this time we anticipate being mid to late Autumn.

We have received some sizeable, private donations from people who wish to help financially but do not wish to buy a brick and it has been decided that these must be acknowledged. To that end, we have decided to create a Patrons Board, which will be housed in the Community space of the re-vamped existing pavilion. If not for today, wouldn’t you like to be a part of Heacham’s history and have your name etched for prosperity for future generations to view and like our forebears, for them to say, ‘how wonderful that the last generation thought to provide this for us’……………….

As well as an information item, this is also intended to reach those people who we know would like to support this project but have been holding back because such a massive amount of money is required to meet the Football Foundation specifications. We doubted ourselves whether it would actually become a reality so quite understand those who felt the Pavilion Regeneration Project was a ‘pie in the sky’ notion!

The one thing left now is patience. The major submissions take at least 12 weeks to make their decisions. It will be a very long wait, but we turn to the old saying ‘if it’s worth having, it’s worth waiting for’. We have great faith that the village will help us in this final push and look forward to reporting in the near future (12 weeks!) that we have secured the necessary finances and we can announce when the building works will commence.

THE PAVILION REGENERATION PROJECT
Can Heacham produce?
With one final push we most certainly can!

Some many, many months ago we were led by the Football Foundation into the Pavilion Regeneration Project simply because, as a National funding body, they acknowledged the Heacham sporting community worthy of support. Over the past year, their support has not wavered; if anything, it has strengthened and they are keen to see this project completed. So confident are they that this will be a successful venture and, knowing that generally securing funding is very difficult at this time of economic depression, the FF have increased their initial financial support. We knew from the outset, if we didn’t grasp the nettle at this opportunity, it would be a very long time, if ever, that this chance would come around again; such is the state of general funding – that too, like the rest of the Country, is in decline.

Because of the financial input from the FF, they are confident that Sport England will also support this project. Do we, as Heacham people, think ourselves worthy of such huge financial input from National Funders? Damn right we do!

2 applications to Football Foundation will generate a total of £164,000. The Sport England application, should give us a further £50,000. Just think……. £214,000 coming into Heacham from National Funding Bodies and all we’ve had to do is follow their guidelines and fill in a load of application forms!

We have already been successful with a few smaller applications, which have brought in around £20,000 and with private donations and support for the Buy a Brick scheme; we are pleased to report that the shortfall (at time of submitting this article to the Newsletter) is now, no more than £25,000.

Those of you who have been waiting for some sort of positive indication before committing to buying your brick, that time is now here!

22
‘Come on baby, light my fire’ ...........
(1948 Olympic Torch comes to Heacham)

The first weekend in June is fast approaching and Heacham Club are preparing to welcome the 1948 Olympic Torch on to the grounds.

Heacham consider it a real honour to have been one of the few villages selected to actually have the 1948 Olympic Torch not only pass through the village, but actually stay on our grounds for ¾ hr on Saturday 2nd June.

The torch will arrive at the Sports field at 12 noon and leave again at 12:45. During its stay, there will be an opportunity for ANYONE, able bodied or not so able bodied, to hold the torch, walk/run/be pushed with it and have their photograph taken. There is a charge for this and names MUST BE submitted to the Stroke Association before the day. For your donation (£5 for under 16’s, £10 for over 16’s and £20 for a family and £2 for a dog!) you will receive a t-shirt, a medal and a certificate marking the occasion. It is hoped that you raise your own sponsorship for the event but there is NO set sum for you to raise, just do your best - proceeds going to the Stroke Association. This event is not open just to Heacham residents. It is very possible that people from other villages will be taking advantage of the opportunity and coming to Heacham to take part in this momentous occasion. However many people are registered, there will be time for ALL to take their turn in holding the torch. For more information regarding the Stroke Association Ramble, please pick up an application form from Heacham Social Club or apply direct by email to 1948torchtrails@stroke.org.uk.

Heacham Club have arranged with the Stroke Association to be the main distribution and collection point for all ‘paper’ entries and will be pleased to take your application form along with your payment. Once applications have closed, one cheque will be sent and all information passed on to the relevant people re size of t-shirts etc.

As Heacham Club Charity is primarily equipped for sporting events, it seemed sense that we capitalise upon the visit and maximise our sporting facilities. Planning is underway to provide ‘taster’ sessions in the majority of sports that take place under the umbrella of Heacham Club Charity, and add a few other, more diverse activities. Unihoc and shooting are 2 of the things already planned and there are others to follow. The Wildfowlers are supporting the celebrations and are going to run a Clay Pigeon shoot at the Chalk Pit – dates yet to be confirmed.

We have already purchased medallions for the young people who participate and hope that all events will be supported by all age groups.

A ‘fun’ mini-Olympics will be taking place on the field and this will be an unknown quantity because if proven popular, we may well be able to duplicate it the following day as well.

We are desperately trying to get the Foolhardy Circus back to Heacham for that weekend but at time of submission of this article, they had not been able to confirm booking.

The village are collectively making merry and celebrating this special weekend, which also happens to be the Diamond Jubilee weekend. The organisers of the regular Friday Bingo sessions are planning for a celebratory evening to add to the entertainments under the umbrella of Heacham Club.

The Pocahontas Players, though unable to perform on that particular weekend, are already working and rehearsing hard to again entertain the village with another superb performance but the weekend before (last weekend in May), though this will all be included in the ‘Heacham Diamond Jubilee celebrations’.

Though we cannot present an actual ‘timetable’ of events yet, posters and information hand-outs will be available closer to the time giving more detailed information as to exactly what will be taking place on Heacham Club Charity grounds and facilities.

The Parish Council are organising a Street Party on the afternoon of Monday 4th June and Heacham Club are operating an open door policy on that day and inviting all in for free evening entertainment provided by local band ‘Out to Play’.

We hope the weather will be kind to us for this special weekend and look forward to the whole of Heacham celebrating in a great variety of ways and we trust it will be a weekend of events that will be remembered for many years to come.

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Hello everyone!

Well rehearsals are going very well for this month’s production - 'Another Night at the Theatre' on 25th and 26th May - (for more information on times, tickets etc, please read The Pocahontas Players’ poster within this newsletter)

The songs and singing, with help from the representatives of 'HUNSTANTON COMMUNITY CHOIR', are sounding outstandingly good! The scripts are 'down', so the lines of Jim Race’s script, are nearly learnt and coming together. The costumes are just about finished. A few feather boas to put together with music hall hats, for a Mary Poppins scene. The energetic dance routines are learnt and polished off, including The Chimney Sweeps on the roof tops dancing to 'Step in Time' and Rafiki and the Lionesses dancing to 'He lives in you'.

The Animal Heads ?? Well what can we say ? - "Absolutely outstanding!!" A full Savannah of animals are now quietly grazing, whilst waiting for their cue for their first walk down, to Rafiki’s (Jaime Tooley's) beautiful voice , singing 'The Circle of Life' - (It is spine chilling, so good!!!!)

The Lighting and Follow spotlight plan has been constructed, to light up this spectacular show.

The last thing to be done is to paint the 5 huge new back drops. This has been down to our 'back drop' team - Dave Curtis, Janet and Jimma Race, Steven and Joanne Jackson. I have attached 2 photos (Jimma and his daughter Joanne Jackson) of the huge task they have undertaken. Dave projected the images onto the backdrop (via a video camera), while the rest of the team lined the images out on the canvas. These were then painted, as seen in photos.

There are huge amounts of work being put into this production for you all to enjoy. We all hope that you will leave at the end of the evening, saying "Wow!!"

Hoping to see you all there then - Thank You - from a very excited drama group.
THE HISTORY OF THE
POCAHONTAS PLAYERS

Part II

Further to the article that appeared in the April edition of the Heacham Newsletter, produced below is a picture of the trio whose brainchild it was to create the Pocahontas Players. The Group was formed in 1995, and the trio, from left to right is Janice Curtis, Jeannie Tooley and Jane Knight. The second picture was taken in 1995 when I am sure many villagers will remember this first performance and recognise many of the performers – some of whom are still with the Players.

Photographs by kind permission of the Lynn News.

Heacham Centenary Committee
Petanque Team Win Promotion

Presentation of the West Norfolk Petanque Winter League Division 2 Runners Up medals was reluctantly made by the Chairman of the League, Clive White, to the Centenary Committee Team gaining them promotion to Division 1. Clive plays for Heacham Social Club who were relegated this year from Division 1 along with The Strikers (Bushel & Strike, Heacham), which means that after only 2 years of competing, the Centenary Committee Team will become the only Heacham representative in Division 1 next season.

Pictured from left to right: Geoff Playford, Peter Sutton, Dave Page, Brian Faulkner and a sad looking Clive White!

Photographs by kind permission of the Lynn News.

MCB
The Saltings’ Open Day

It has taken many years by numerous members of the Parish Council, outside agencies such as Norfolk Wildlife Trust, Natural England, CITB and The Environment Agency and volunteers who have all worked tirelessly to create “The Saltings” that we see today. It was a great honour along with Martin Johnson, the Parish Council Chairman, to formally open The Saltings on Monday 9 April 2012. Unlike the previous fortnight it was wet and windy, but undeterred by the weather, Heacham Scouts, Cubs and Beavers attended the event and proceeded to collect stones and old rubble to create a series of habitat cairns for some of the Saltings’ cold blooded occupants such as toads, frogs, common lizards and grass snakes. A scavenger hunt was also completed in the newly cut reeds, with lots of interesting entries for something smelly. The newly cleared dyke was teeming with life, so the pond dipping was a great hit, especially the red midge larvae, although I am not so sure the fish spotted were as large as reported. We have begun to draw up an extensive picture of life at the Saltings thanks to regular moth surveys and keen birdwatchers. We are currently developing a system by which visitors can log their sightings. Last, but not least I would like to express my thanks to everyone who has helped over the years. In taking on this responsibility, the Parish Council said it was for future generations so it was fitting that the Heacham Scouts, Cubs and Beavers and their leaders attended on our open day.

David Chessum
Chairman, Natural Environment Committee

The Saltings’ Story

The Saltings, as its name suggests, was originally part of a tidal salt marsh, known as the Hinterland Marshes, running behind the shingle ridge at North Beach to Heacham Harbour where the river met the sea. When the outfall of the Heacham river was culverted at South Beach in 1932 the sea was excluded, and the area developed the freshwater wetland and grassland habitats you see today. The Saltings was abandoned as wasteland for decades and became a place used for dumping and fly tipping in spite of being designated a county wildlife site. In response to public concern about the loss of the last area of coastal habitat in the village, Heacham Parish Council intervened. It transpired that the land was ownerless, the previous owners having gone into liquidation, and as result it became part of the Crown Estate. Eventually, after a long legal process, ownership of the land was transferred from the Crown to Heacham Parish Council in 2000 for a nominal fee. This now allows the Parish Council to assume responsibility for maintaining the site for the benefit of future generations of both parishioners and wildlife. Much of the 8 hectare site is reed bed – wetland dominated by common reed whose long stems are traditionally used for thatching roofs in Norfolk. Coastal reed bed is a threatened wetland habitat important for birds such as reed buntings and bearded tits as well as for insects, toads and grass snakes. The drier southern end is part shingle and part rubble spoil dumped on the site. On the least disturbed areas coastal grassland has developed with characteristic plants such as birdsfoot trefoil, early forget-me-not and cornsalad, with occasional bee orchids. In other areas there is rough grassland with teasels and wild carrot, scrub with brambles and thorns, and areas of common weeds. Each of these habitats offers different benefits to wildlife, from shelter and nesting sites to weed seeds and autumn berries.

It is the Parish Council’s intention to maintain the site much as it is today as a local nature reserve. With advice from Norfolk Wildlife Trust and Natural England the site will be managed to maintain and enhance the wildlife and biodiversity of each habitat. This requires regulating the water levels to prevent the wetland drying out, and cutting reeds and grassland occasionally to maintain balance and limit encroachment by scrub and brambles.
Brays Pit Work Day

It is wonderful to see Brays Pit looking so good after the work day on 25 March. The event was very well attended and the good weather helped to make it a productive day. My sincere thanks to all who came to help. We spent much of the day opening up areas by removing dead and fallen branches. It was lovely to see primroses and violets growing amongst the daffodils. The pond has no natural water source and is suffering from the dry weather, but by removing the volume of leaves which fall into the pond we hope to bring down the levels of nitrogen in the water, creating a more hospitable habitat. The management of duck and goose eggs continues on an annual basis. Since opening up the pond on the Staithe Road side, the Committee are now looking at seating, signage and options for tackling the bank erosion.

David Chessum
Chairman, Natural Environment Committee
Ringstead Woodland Garden and Walks Group

Ringstead Woodland Garden and Walks Group have voluntarily transformed a disused chalk pit within the Ringstead Downs, into a now usable community amenity.

We completed the first stage of the project, the picnic area, last summer and have now completed the event space and have made good headway on the woodland garden. To celebrate this and the Queen’s Diamond Jubilee, we are holding a Vintage Tea Party in the chalk pit on Sunday 3rd June 2012 from 1.00pm to 6.00pm. There will be a bar, live entertainment, stalls, a hog roast, tea and cake, strawberries and cream and other light refreshments. The children can join in too and bring along a homemade decorated Jubilee Crown and take part in a parade to show off their designs. The competition will be split into two age ranges (0-5yrs and 6-11yrs) and the best design from each group will win a prize.

We welcome anyone who would be able to volunteer and help us on the day, with setting up the area, helping on stalls and making or donating cakes for our tea and cake stand. Also, if any musicians out there would like to perform on the day please contact Louise Howell on 01485 525606 or Star Brock on 01485 525792. If you are able to help us in any way, it would be very much valued and appreciated. All profits gained from the event will go towards the upkeep and continued transformation of the area.

Please come along and support this voluntary community project and have a great family afternoon out in this beautiful little hotspot in Ringstead. We look forward to seeing you there! (Park up at the Downs entrance at the Ringstead end and follow the signs.)

Louise Howell

Hunstanton and West Norfolk Lifeboats Guild

Our most recent event in the Guild calendar was the Fish and Chip Lunch at Sedgeford Village Hall and a highly successful function it was too! We increased the nett monies raised on last year by £109 to a total of £823. On behalf of the Guild, I have much pleasure in saying Thank You very much indeed to all those who have donated and helped in whatever way. From donations of the Raffle prizes to buying tickets to the event, from serving the assembled company to all the organising people have done. Most of all thank’s to those who attended the event and partook in the Raffle.

David Reeve gave a tremendous talk on “Protecting the Royals”, some of the outline of what was involved when he was responsible for the RPS unit at Sandringham and some highly amusing situations he was involved with. I must recommend getting David Reeve to give his presentation to any charity organisation you may be involved with. It gave a very interesting take on the Prevention of Terrorism. Unfortunately, terrorism is an ever present threat to us all and more so to the Royals. Thank God for people such as David, who have a tremendous commitment, carrying such responsibility.

Another feat executed with cool efficiency was the preparation of well over 100 servings of excellent Fish and Chips. Mick’s Plaice, the mobile “chippy”, did a wonderful job and Mick and his colleague Andy also made a donation. Super thanks and well done! I am more than prepared to recommend these two great fish and chip fryers for any function you might wish to provide with something unusual in the way of catering.

Going back to commitment, our crews, especially the new recruits, have that and we must equal that with our commitment to fundraising. “The Spirit of West Norfolk” our IRB and “Hunstanton Flyer” hovercraft, both need fuelling and maintaining, equipment needs replacing and training the crews is on-going. It’s wonderful to know that ‘the charity that saves lives at sea’ is there, but it needs constant income and local people and organisations have always been superb with their giving….. Please continue especially as we have no Government funding. We also need volunteers for collections at Tesco supermarkets in the area, more on that very soon. Details and who to get in touch with will appear in the next issue.

Incidentally, we will be very soon putting photos of people at events on a website, details soon.

Any questions please don’t hesitate to contact me.

John Marrow
Mob: 07970217225
Email: jm_lboatgpo@hotmail.co.uk

If I can’t help I will be able to point you in the right direction.

“STOP PRESS ….. STOP PRESS ….. STOP PRESS”

The dates for the Tesco’s Box Collections are Friday 18th and Saturday 19th May.

Please, we need volunteers for these and your help would be most welcome. Please advise a Committee member or myself and I will pass details on. We need to make a rota so please let us know when you are available.

In anticipation of your help, Many thanks.
Question - My neighbour is moving into a care home and wants to take some of her smaller, valuable antiques for her room. Does she need to take out insurance cover for these items or will they be covered under the care home insurance?

Answer - Some care homes may have insurance which covers a person's personal items under limited terms, but this is not likely to include a resident's antique items. Assuming the antiques were insured I would suggest that the same insurance company is contacted about the change of circumstances in the first instance. For anyone entering a care home, apart from obvious valuable items such as jewellery, it is worth remembering that lost items such as dentures and glasses can be expensive to replace and if the care home does not include the loss of such items in their insurance, then it may be worth having these items insured.

Question - My sister has just been diagnosed with diabetes. As a person who loves her food, this has come as a bit of a blow. Do you know of any cookery books that cater especially for diabetics?

Answer - Diabetes UK has over 250 recipes which can be downloaded from their website but there is also a cookery book from Anthony Worrall Thompson for diabetics. The title is Essential Diabetes Cookbook (Antony Worrall Thompson with Louise Blair BSc). The book description is: "200 delicious recipes that allow you to manage your diabetes without compromising on taste. Includes: breakfasts, snacks and starters, salads, pasta, main meals, vegetarian dishes, desserts and drinks that can be eaten by the whole family." It can be bought online from Diabetes UK and is priced at £18.99 Web site: www.diabetes.org.uk

Question - I have just retired and I am thinking of becoming a volunteer driver as we live in a rural area and I think many older people could benefit from having my car available. How do I go about setting myself up properly?

Answer - The first thing to do is to check with your insurance company that you have the appropriate insurance in place, do not assume that if you are fully comprehensive, this will be fine. If you contact Volunteering England (www.volunteering.org.uk) they have a form that you can send to your insurance company to make sure you are properly covered.

Question - My husband is losing his sight and I would like to find a package holiday if possible that caters for people with poor sight. Any ideas?

Answer - There is a company called Traveleyes which specialises in providing holidays for blind and partially sighted people. Holiday destinations cover Europe, Africa, Asia and the Americas. Individual brochures can be downloaded from their website either by word or by audio. To read more about Traveleyes and what they can offer visit their website at www.traveleyes-international.com.
THE POTTING SHED

The garden is never dead; growth is always going on, and growth that can be seen, and seen with delight.

Canon Ellacombe, from “In My Vicarage Garden”

Well, today 3rd of April, we have had some rain. Not a lot even though some of you may think it was a lot. About 10mm in total. So now, all we need is another 100mm (4”) and things will be OK for another year. I have to say that I never thought that I would actually long for rain. I suppose it’s all to do with this gardening bug that leaps upon the most unsuspecting folk and makes them grow things. When I came out of National Service, I offered to help my dad mow the lawn and suchlike but he was so dismissive of my efforts that I gave up helping him and went to the pub instead. He was a lovely man and worked so hard but I never could keep up with his standards. Now he is long gone and I truly wish I’d tried to help him more. Especially as I was no better and was hopeless at teaching our children to sail or drive etc. They never did learn to sail and my lovely Jill did virtually all the driving practice with them. And now I’m getting all maudlin.

Hopefully, you will all be in the throes of planting, weeding, pricking out and growing on, all the profusion of flowers and veg that will sustain you through the year. You will have collected an assortment of boxes and other containers to enable you to turn small plots into hugely productive food factories. You will have filled these containers with the lovely friable compost you made last year and by the time you read this, you may have even pulled your first fingerling carrots. And don’t they taste lovely? OK so some of you haven’t actually got round to doing this. Well, it’s your loss, cos I’ll happily bet that the crops you’d get from your collection of containers would taste better than the veg you bought at the supermarket. I can only throw these brilliant horticultural gems at you, what you do with them is entirely your affair.

Talking of horticulture, David Cameron, our Eton and Oxford educated Prime Minister, has recently said that he compares gardening with litter-picking as regards its educational component. As the man has probably never done an honest day’s work in his life, I suggest he gets out there and tries growing things for himself. As the man has probably never done an honest day’s work in his life, I suggest he gets out there and tries growing things. When I came out of National Service, I offered to help my dad mow the lawn and suchlike but he was so dismissive of my efforts that I gave up helping him and went to the pub instead. He was a lovely man and worked so hard but I never could keep up with his standards. Now he is long gone and I truly wish I’d tried to help him more. Especially as I was no better and was hopeless at teaching our children to sail or drive etc. They never did learn to sail and my lovely Jill did virtually all the driving practice with them. And now I’m getting all maudlin.

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I’m not doing so well with my French beans so far, either dwarf or climbing. It happens every year, I don’t know why, but usually, eventually they decide to germinate and away we go. This time I put beans in to soak for a few days in the fond hope that they would swell up and put out little shoots, then I’d be able to get them into pots until they were ready to plant out. I was watching anxiously for signs of activity. Finally, my daughter Eileen said, “Dad, do you mind if I throw these seeds in the compost bucket. They smell awful.” They did, so she did. Another failure. Actually, D.T.Brown sell little plants of these things all ready to plant out, but they cost quite a lot and it’s an admission of failure on my part. So I will soldier on. Or I could take up litter picking! And go hungry.

I had quite a good day a couple of days ago, planting squashes and cucumber seeds in modules and leeks and beetroot under cloches. My poor neighbour has had his potatoes, which were well up in the greenhouse, nipped by the frost. He has taken off the frosted shoots as they go all soft and disease can get in. They will recover but will be put back a week or so. Let’s hope they get a few warm days. My tomatoes will soon be ready to pot on to their final large pots but I think I’ll wait a while as I don’t want them hit by frost. I’m off on a little pilgrimage next week, the 15th, to see the place where I first met my lovely Jill on Anglesey. That’s if I can find the place as the former guide camp, on a farm, is no longer there. I have a vague idea but it was 50 years ago. Ah well, at least I can find Anglesey and the Bodafon is still there so I can get close. Hopefully, when I get back, I’ll be able to concentrate on the garden and the itch will have been scratched.

VEGETABLES AND THEIR CULTIVATION

I was interested to see what Mr. Saunders had to say about potato scab. Apart from soaking the tubers in dilute formalin – a very dodgy procedure as the stuff is now considered carcinogenic - the gentleman suggests that the disease is less likely to occur in limed soil. Now, I have found, over many years, that limed soil seems to promote scab formation. My solution, is to line the trench or make nests, with grass mowings if I have a supply. They will recover but will be put back a week or so. Let’s hope they get a few warm days. My tomatoes will soon be ready to pot on to their final large pots but I think I’ll wait a while as I don’t want them hit by frost. I’m off on a little pilgrimage next week, the 15th, to see the place where I first met my lovely Jill on Anglesey. That’s if I can find the place as the former guide camp, on a farm, is no longer there. I have a vague idea but it was 50 years ago. Ah well, at least I can find Anglesey and the Bodafon is still there so I can get close. Hopefully, when I get back, I’ll be able to concentrate on the garden and the itch will have been scratched.

“Beetroot (Beta vulgaris) First introduced to Britain in 1548. Cultivated extensively by the Greeks and Romans, prefers a
deep light soil preferably manured the previous year. The use of seaweed when digging the ground is beneficial” (but use of a seaweed based fertiliser is also good, easier and avoids digging at all). “Common salt can be applied at a rate of two ounces per square yard” (be very careful using salt as it is toxic to many plants except brassicas, onions and beets - which were originally seashore plants). Mr Saunders is a great believer in the use of sulphate of ammonia, superphosphate and other artificial fertilisers but I’m a great believer in blood fish and bone, also of chicken manure pellets, which are quite cheap.

“General management. When the seedlings are 2-3 inches high, thin them out to eight inches (20cm) apart in the row” (to me that is a long way apart, I generally thin to about 10cm max. and I suspect that nowadays the fancy is for smaller beets than of yore) “carefully transplant some of the thinnings to fill gaps. Future operations consist of keeping the soil between the plants hoed to aerate it and destroy weeds. Beetroot, being tender, should not remain in the ground longer than the middle of November. They should be lifted with great care so as not to break the tap root” (modern beets are almost all globe shaped and only have a small tap root but damaging the skin will cause them to bleed. Also exposure to frost causes bitterness). “When lifted twist off the foliage, do not cut it as the beets will bleed and lose their colour. They should be stored in a cellar or dark outhouse, laying them on the ground in layers with a layer of sand or soil between layers.” There is a picture of beets in black and white and to me they look much like parsnips!

“Silver beet (Beta cicla). This is a kind grown for the white mid-ribs of its leaves which are cooked and eaten like asparagus (lovely fried in butter or olive oil together with bacon). The leaves are a substitute for Spinach (we grow this plant as Swiss or silver chard). Seed should be sown in March/April which will yield a good supply of leaves and ribs for Autumn and Winter and again in August to supply the household for Spring. Seedlings should be thinned to a foot apart when 3 inches high (I grow mine in pots and plant out when about 6 inches high). The soil should be rich and well manured and the plants should be well supplied with water. When gathering the leaves, pull rather than cut them. Protect the plant with litter in severe weather.” Nowadays there is a variety of Chards available such as ruby or rainbow chard. However, I prefer the silver variety as the ribs are more tender. The coloured types are useful though to grow in flower beds as they are very pretty as well as edible.

That’s it for another month. Next time we delve into the brassica section which is very extensive. Enjoy your gardening and especially enjoy the fruits of your labours.

Michael Drew
Heacham Digital Camera Club News

Our Photographer of the Year 2011 is Clive Hollingworth. For the second year running Clive has taken stunning scenes and captured eventful moments which have given him this award.

As a photographic club, we are taking on new ventures throughout 2012, one being our Gooderstone Water Garden project, where we are capturing nature and owners’ progress during a year in the life of Gooderstone Water Gardens. We are looking to take on other similar local projects in the future. We also have at least one outing each month to take photographs because, as we all know, everything improves with practice! Our May visit is to Elgoods Brewery for a tour of the brewery and gardens and yes, beer tasting too.

We always welcome new members including holidaymakers as we do not have an annual subscription, we just pay £2 per meeting per person and we meet at 7.30pm every 1st & 3rd Tuesday throughout the year at The Sandringham Club, West Newton.

There are competitions which are externally judged, speakers, tutorials and members’ evenings where holiday, event and interesting photographs can be shown by all members, via our projector. We aim to include all members both male and female, with the varying events and projects we take on and you can view some of our work on our new website: www.heachamdigitalcameraclub.co.uk

Viv Walker, Chairperson

E. W. WITTON
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OPEN EVERY FRIDAY, SATURDAY & SUNDAY AND EVERY DAY DURING SCHOOL HOLIDAYS

SEE WINDOW FOR OPENING TIMES
1st Heacham Cubs

On the last week before we broke up for the Easter holidays we had a Judo demonstration from Snettisham Judo Club. The Cubs were taught some warm up routines and then some basic moves before finishing the evening playing games; they also seemed to like King of the Ring when they could try and throw a partner out of a circle. A bit like Sumo. Thank You to Simon and Jack who came up and ran the evening, the Cubs really enjoyed it and would like you to come back again!

We also had an Easter Egg Hunt. All the Cubs were given a name of a character from the Jungle Book then had to go out into the garden and find a slip of paper with their character name on to receive their egg.

At the end of the evening we said goodbye to Jacob Saunders who is moving on to Scouts and were able to present Daniel Noakes, Harry England, Toby Quilter and Jacob Saunders with certificates for 100% attendance.

We also presented Jack White with a certificate of Achievement for the Spring term for his "Smart Uniform, Politeness, Good Sportsman & Team Player" with a small box of sweets. We are hoping to do this at the end of the summer term as well.

On a very soggy Bank Holiday Monday, Cubs joined Scouts and Beavers at the Saltings, North Beach, in Heacham. Despite the rain they made insect cairns for them to shelter in, they also went pond skimming in the marshes and found some little fish and shrimps plus some baby frogs. The biggest find were 2 grass snakes taking shelter under some corrugated metal sheet which had been put up for them to nest under. They all had a hot drink then went off on a scavenger hunt and finished the morning off with chocolate! The Cubs who came will have a tick against their Global Challenge.

Over the Easter holidays we started on our garden so "Thank You " to John (Baloo) and Michael (Rama) who dug out the squares for me just how I wanted it and Well Done to Jack and Jemma who also helped with the digging and re-laying the turf. It will probably do very well with all the rain we have had. A Big Thank You goes to everyone who donated tools etc to our project. We just need a couple of watering cans then we are just about sorted. The plan is to try and grow some tomatoes, beans and sweet peas (in the pots we were given ) but we will just have to see how green fingered our Cubs are.

Over the next term we hope to go away for the weekend and go on a compass walk and do some more of our Communicator and Scientist badge.

Happy Scouting to all our Cubs

Sam (Akela), John (Baloo), Michael (Rama) & Jack (Kaa)

Heacham Judo Club

March and April have been great months for us so far this year. On the 18th March we travelled to Birmingham to take part in the A.J.A. National Championships. Clubs from all over the country attend this event and the players all did very well. After a long day we came home with 2 golds, 3 silvers and 4 bronzes, Ryan Percy fought well but missed out this time. In April we also did well with the club gaining Instructors, a County Referee and a Dan Grade. Congratulations to all for their achievements.

Winners were:
A.J.A. National Championships
Gold Shannon Tucker and Harry Sands
Silver Astrid Hubbard, Georgia Rudd and Bethany Gedge
Bronze Joseph Tucker, Jacob Hewson, Courtney Cobb and Charlie Morgan

Assistant Junior Judo Instructor Liam Howard and Bethany Gedge
Senior Judo Instructor Nicola Denyer
County Referee Thomas Lawrenc
Dan Grade Shirley Tucker

Christina Thain & Co
Solicitors

Conveyancing, Wills and Probate

Please note that our new address is:-

‘Beamish’
68, High Street,
Ringstead,
Hunstanton, Norfolk PE36 5JU

Telephone No: 01485 525458

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

The same friendly, efficient service - only the address has changed!
HEACHAM'S BIG WEEKEND
There are lots of activities happening around the village on the Jubilee Weekend, many residents and groups have their own events planned. However, the Diamond Jubilee is a great opportunity for communities to come together and celebrate and in Heacham there are lots of key events for young and old alike.

Friday 1 June
Heacham Infant & Nursery School and Heacham Junior School are combining to organize a garden party for pupils. Families will also be invited to join in the celebrations, which will include a BBQ, performances from pupils, a huge game of pass the parcel and a presentation to the children of their Jubilee Medals after the grand procession and toast to the Queen.

Saturday 2 June
This will be a festival of community sport with local torch bearers, carrying the 1948 Olympic Torch through the village on its trail of West Norfolk………..

Sunday 3 June
St Mary’s Church will be holding a special Diamond Jubilee service at the Church in the morning.

Monday 4 June
Heacham Parish Council have organized a Village Street Party in the High Street. Tickets for the event are £5.00 per person and include hog roast, jelly and ice-cream and jubilee cake as well as activities and entertainment for both young and old, finishing with a last night of the proms sing-along. The Street Party starts at 3.00pm. Tickets for the event are available now from the Parish Council Office or Parish Councillors. The event numbers are capped so they will be allocated on a first come first served basis.

DIAMOND JUBILEE SUNDAY
St. Mary's will be celebrating with a number of activities in the church and grounds - tree planting in the Spinney - a tea dance with cream teas - competitions for the most interesting Jubilee hat and the best 1950's outfit - outdoor games including races for the children - culminating with a Songs of Praise. No charge - just come along and join in the fun. More details from Mary Sanders 570264.

HEACHAM LIBRARY
BOOKS • INFORMATION • TELEPHONE • NEWS • INTERNET
The feature author for May is Wilbur Smith. I think even Wilbur Smith has forgotten just how many books he has written, he has been so prolific over his 50 year writing span. His books are sheer adventure, not too amazing considering Wilbur’s childhood in Zambia, roaming in the bush with a grandfather who fought Zulus and survived.

Sponsored by the Borough Council, there are 3 computers available for use at the Library with internet access. If you would like to learn the basics of how to get online and use the internet, we would also run free courses at the Library on Thursdays. If you would like to book a place, please ring 01485 572142.

Heacham Library Opening Hours
Monday, Wednesday, Friday – 10.00am-4.00pm
Saturday - 10.00am – 12.00noon

MOUNT PLEASANT EQUESTRIAN CENTRE HEACHAM
Sunday 20th May - From 11.00 am to 4.00 pm. Fund Raising for Alderman Peel School, Wells-next-the-Sea.
Various equestrian based events including farrier & dressage demonstrations.
Stalls manned by pupils from the school.
Hot Dog Barbecue. Admission £1, under 10's free.
April Meetings in Brief

Village Sign: The Chairman was pleased to report that the Sign had been refurbished and was now atop the new base. The Chairman also thanked Heacham In Bloom for the spring planting around the sign.

Saltings: The Chairman added his thanks to those who attended the open day, remarking that Committee members, past and present, should be proud of what had been achieved to date.

Jubilee Street Party: The Chairman was pleased to receive a grant from the County Council of £100 towards the event. It was hoped that a further £200 would be made available by the Borough Council.

Brays Pit: The Council instructed the Clerk to invite Burnham Willow to provide costs for a scheme to repair the eroded banks at the pond.

Old Friends Hall: Miss Swann, Chairman of the Hall Committee, thanked Mr Peter Drinkwater and Mr Joe Bates for their assistance in building a walk in store in the hall.

Development: The Council heard the report on the presentation given by developers who hoped to develop land off School Road. The developers, which included Broadland Housing, were keen to work with the Parish Council to shape the development. The Council confirmed that it was not in favour of any large scale development and stated that it would wait until the Borough Council had reported on the next stage of the site specific consultation before reviewing that position.

Traffic Management: The Council noted that Highways had put on hold the Parish Council’s request for double yellow lines outside Tesco, until a full Traffic Management Review had been carried out. There was no date set for the review.

New Parish Councillor: Mr John McIntyre of Torrey Close was co-opted onto the Parish Council to fill the recent vacancy. The Parish Council was now at full compliment.

Police Report: The Council was pleased to note that two arrests had been made in connection with the spate of anti-social behaviour and vandalism in the village.

Parking Fines: The Council noted that parking officers had been in the village and to date two tickets had been issued.

Calling all Heacham Sportsmen and women

This year’s West Norfolk Village Games will take place on 24 June at Lynn Sports. A wide variety of sports form the basis of the competition, please see the website for the full list of events www.intervillagegames.co.uk. If you would like to take part or require any further information you can contact me on 01485 571536 or mobile 07732877088. Please note that to be part of Team Heacham you must live in the village.

Sean Sands
Village Sports Coordinator

Police Warning

Police are urging residents in the West Norfolk area to be alert after receiving reports of a scam involving someone calling and claiming to work for the Ministry of Justice in order to swindle cash out of unsuspecting householders. Callers state that the potential victim is entitled to a rebate of over £4,000 but given no reason why. They are then asked for their bank account details. Officers are advising everyone to be alert to this – and other – scams. Never hand over money in order to claim cash, never give out your bank account or card details to unsolicited callers and be extremely cautious when dealing with anyone who appears to be trying to confuse you with a money changing scam.

Heacham Carnival Parade and Fete 2012

This year’s Carnival Parade and Fete will be held on Sunday 5 August. The Parade will be led by the Peterborough Pipe Band. Applications from local community groups who would like to benefit from the parade collection should be made as soon as possible to the Parish Council. Any group will need to provide a suitable number of collectors. Forms to register your float which include parade timings and route will be available from 1 June.

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

PUBLIC NOTICE

The Parish Council has been granted a licence to treat Greylag Goose and Mallard Duck eggs. The licence permits the Council to treat nests on private property in the village, but only at the invitation of the property owner.

The Parish Council’s policy of humane management is not a quick fix, but with Parishioners’ support it will maintain current numbers and the flock can be maintained at naturally sustainable balance.

The Parish Council continues to urge residents not to feed the ducks or geese. This is particularly important to prevent mother ducks bringing ducklings off the ponds and onto the roads.

Heacham Parish Council
HELP LINES
HEACHAM GROUP PRACTICE 01485 572769
HEACHAM MON TO FRI 08.30 TO 13.00 14.00 TO 18.30
SNETTISHAM MON TO WED 08.30 TO 12.30 14.30 TO 18.00
THURS/FRIDAY 08.30 TO 12.30  Closed p.m.
OUT OF HOURS DOCTOR 01603 488488
A Doctor will advise on your emergency - Please think before calling
HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777
HEACHAM CHEMIST 570297
OPENING HOURS MON TO FRI 09.00 TO 18.30
SAT 09.00 TO 17.30
Open 13.00-14.00 - prescriptions and certain other products only available if Pharmacist is in attendance
DUTY CHEMIST NOTICE DISPLAYED ON DOOR
HEACHAM PARISH COUNCIL OFFICE 572142
OPEN TUES TO FRI 10.00 TO 12.00
STREET LIGHT FAULT REPORT 572142
BOROUGH COUNCILLORS
Mrs S. SMEATON 01485 572528
Mr C. MANNING 01485 523287
NORFOLK C C MICHAEL CHENERY 01328 823411
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WED. 10.00 TO 19.00
THUR and SAT 10.00 TO 13.00
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DENTIST Emergency only for patients not registered with a dentist 01553 769264
COMMUNITY MIDWIFE (Ask for Hunstanton M/W) 01553 613613
POLICE 101
Samaritans 01553 761616
ELECTRIC 0800 7838838
ANGLIAN WATER 0845 7145145
GAS ESCAPE 0800 111999
EMERGENCY 24hrs VETERINARY CLINICS 01485 570065
HUNSTANTON LIBRARY 532280
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HEACHAM COMMUNITY WEBSITES
www.heacham-on-line.co.uk
E-mail admin@norfolk-on-line.co.uk
www.heacham-village.co.uk
E-mail inquiries@heacham-village.co.uk
www.heachamgrouppractice.org
www.heachamnewsletter.org.uk

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

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Service 11
Via: Hunstanton Road, Fox and Hounds and Lodge Road. 0853 first bus to Kings Lynn then 33 min past the hour. 0810 first bus to Hunstanton then 0917 then 24 min past the hour.

Smithdon High School Bus
Service 401
Via:- Folgate Road/Fenlegate, Station Road 0816 to Smithdon School 1530 from Smithdon School

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

All Bus Enquiries
www.norfolkgreen.co.uk.
Tel: 01553 776980

Main pick up points for The Heacham Newsletter. First Saturday each month except January.
Jennings, Cooks Butchers, Heacham Bakery, Heacham News (Olivers), Post Office, Parish Council, Church, Co-op, Tesco’s, Fish Bar.

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

MOBILE LIBRARY
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15th / 29th  May 8th / 22nd
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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
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BANKSIDE reverse in 14.40 GYMKHANA WAY 15.50
MARRAM WAY N CL 14.55 JENNINGS CLOSE 16.15
MARRAM WAY S CL 15.10 COLLEGE DR/G CL 16.50
MARRAM WAY/N RD 15.25
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