



THE HEACHAM NEWSLETTER

February 2015



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

Heacham Cricket Club

ANNUAL GENERAL MEETING

Heacham Social Club
Monday 16th February at 8.00pm

The meeting is open to EVERYONE who is interested in playing for, or supporting, the Cricket Club.

NEW PLAYERS WELCOME!

If you are unable to attend and would like to know more, please contact HCC Chairman Kevin Dix on 07827 447219 or email: kevduxie83@live.co.uk



HEACHAM IN BLOOM QUIZ NIGHT



Monday 23rd February 2015

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Starts 7.30pm

FOX & HOUNDS, STATION ROAD

**£2.50 per person, includes sandwiches
and nibbles (max 4 per team)**

To book your place

Tel: 01485 572130

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

letters...



Old Harlow, Essex

Dear Newsletter

Recently, having travelled 100 miles to visit sick friends in College Drive, Heacham, our car was parked on the forecourt of our friends' garage, off road, when some 'kind' person severely damaged the passenger side of our car causing nearly £1,000 worth of damage with their tow bar. Needless to say they never left a name, address or phone number.

We hope this irresponsible person can sleep at night and it never happens to them because then they will know how it feels. We are two very upset pensioners.

John French



Bishops Stortford, Herts

Dear Newsletter

Austin Seven

My friend restores old cars. Last year he bought an Austin Seven and it is now beautifully restored to its original condition. Luckily the car came with some papers which showed its previous owners.

Its second owner, from July 1950, is listed as **Mr Leslie E F Groom (Fred)** of Penrose Cottage, High Street, Heacham who later moved to Neville Road Bakery, Heacham. He is buried in St Mary's churchyard.

My friend would like to know if anyone could add to its story. Is there anyone who knew Mr Groom or can remember the car? He would like to put together a brief history of the car's life and its owners to display with the car when he takes it to vintage car rallies.

Thank you for your help in anticipation.

Mrs S M Harris

(NB: If anyone can help Mrs Harris in her quest, please get in touch with the Newsletter and we will gladly pass any information received).





Linn Chilvers Drive

Dear Newsletter

Pet Obituary

It is with utmost sadness Teresa and Mary have said farewell to 'Miss Abigail'. A black puss who was so very much loved by all who knew her. Never forgotten.

Mary Nye & Teresa



Sandringham Drive

Dear Newsletter

Council Services

Which bright spark on the council comes up with all the big ideas?

First of all, we have the revamped Tuesday Market Place - looks very nice, but has lost several parking slots. We went down there for Christmas shopping to find half the square taken up with coaches. Result? A half hour slot in King Street and far less shopping than planned. Consequence? Less trade for town shops and less revenue for the council.

Recently, I went up to Heacham recycling centre to learn that as of April, it will be on a 4 day week instead of the present 7, and we will be charged £2 per visit for the privilege. Result? I, and I suspect many others, will no longer use the facility. Consequence? I doubt whether the cash generated will compensate for lack of parking revenue, let alone penalty payments for the incinerator (another bright idea!) and I very much doubt whether the recycling figure will be anywhere near the 83% they were publishing up there.

Pete Widdows



Heacham

Dear Newsletter

Heartfelt Thanks

Following Paul English's leg break during a football match at Mattishall in November, we would like to thank everyone in Heacham who have kindly helped us during this difficult time. We have been overwhelmed by the support we have received and a special thanks to Scott Cawthorne (Heacham Minors), Louise Rudd, Rachael Sandle and Hollie Ashley who all organised Christmas hampers and a coffee morning, and thank you to anybody who contributed to the hampers or attended the coffee morning. We have been touched by the kindness and generosity of everybody.

By the time you read this, Paul will have had his third operation on his leg and hopefully just about walking again, although returning to work will still be a long way off.

Thank you.

**From: Paul, Victoria,
Maisie & William English**



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Paola, Malta

Dear Newsletter,

'Another Visit To Heacham'

As an admirer of the late minstrel Al Jolson and also as the Representative of The International Al Jolson Society in Malta, it was time to attend another Jolson Festival held in Bromley, Kent, which the society organise every year in October.

So I decided to pay a visit to England in 2014 and naturally to visit Heacham once more. So between Monday 27th and Thursday 30th October, I visited Heacham several times.

It was my pleasure to roam the roads of Heacham more and more



as the weather was really fine. I paid a visit to Ron and Moira Barnes and it was really my pleasure to have met again such a wonderful couple.

I also had an interesting meeting with the

wonderful lady who, at the moment, owns the 'High House'. I am referring to Ms Patricia Longmate who had never met me or knew about my visit. After I decided to ring the bell of her house she kindly accepted me in and we had a really wonderful and a long talk about the 'High House'. I will never forget such a meeting with Ms Longmate and once more I want to thank her publicly for her great welcome.



Hope that my visit to Heacham in October 2014 will not be the last one.

In the summer of 1966 I worked at the 'High House' as a waiter who was employed, beside two other Maltese workers, by the then owner of the 'High House', that is the 'Workers Travel Association'.



Enclosed I am submitting a number of photos in connection with the 'High House' as a guest house and also postcards of Heacham.

Vince Williams

Proprietor: Nickie Bantoft FCCA

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News & Events in the Community...

Events at
**FRIDHEM REST HOME
HEACHAM**

**Restaurant Evening
13th February – 7.00pm**

Please book your table for the Restaurant Evening on 01485 571455, Limited spaces available.
3 Course pre-order menu £22 per head.

Raising funds for our Residents' Entertainment

For more information like our Facebook page:
www.facebook.com/fridhemresthome



Change of camera club name to:

Heacham & Sandringham Camera Club

Heacham Digital Camera Club will now be known as Heacham & Sandringham Camera Club. If you have any difficulty contacting us while we are making internet changes, please call Viv Walker on 07906 056019.

FRIDHEM EASTER BINGO

Monday 30th March 2015

Eyes down 7.00pm sharp



**Refreshments
Come and join us**

**Fridhem Rest Home
79 Station Road, Heacham**



LIMEHOUSE LIZZY

**Heacham Public Hall
Saturday 4th April 2015
Doors open 7.45pm**

During the yearly visit to Heacham by one of Europe's top rock tribute bands 'LIMEHOUSE LIZZY', now in their 18th year of touring Britain and the continent, the boys will deliver a 2 hour set of classic 'THIN LIZZY' in spectacular fashion. The band sells out wherever they go, such is their popularity, and it shows no sign of slowing down either. They were voted the hardest working band in Britain last year.

Tickets £12.50 are now on sale from me TREV FRAMMINGHAM - 07747 156204, or over the bar at the Social Club. A great show not to be missed. Support for the evening will be provided by the excellent 'TATTOED LIES', who will be very familiar to local rock fans.

Trevor Frammingham

Santa's Grotto



Once again, the Old Friends Hall was transformed over the weekend 20th / 21st December into a Santa's Grotto complete with a present arch, oodles of trees, masses of Christmas lights and Santa's special room resplendent

with a flickering fire. A rather large bear, elves, a snowman and fairy were in attendance to assist the youngsters with either their colouring activities or in writing a letter to Santa before they went to meet the great man. On confirmation of their impeccable behaviour throughout the year, they opened Santa's magic basket and each received a Christmas stocking filled with traditional festive treats. To see such joy on the faces of the children was truly magical and they all went away happily grasping their gifts.

As always, there are so many people to thank for the transformation of the Hall, for supplying the trees, the lights, the ginger bread bears, the stockings and contents, the erectors, the dismantlers, the youngsters who helped over the weekend (Rory, Tom, Ellen and Tanner), the parcel wrappers and local businesses, Tescos and others. Without all their effort it wouldn't have been possible so our thanks go to them and, hopefully, they may be around in 10 months time when we might do it all again.

Above is a picture of one happy visitor to Santa's Grotto.

Roger Drinkwater

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Thank You Sue & Dave



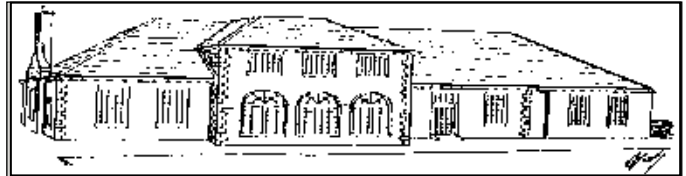
All members of 'Friday Night is Bingo Night' in Heacham Public Hall would like to say a huge 'Thank You' to Sue and Dave, along with their team of helpers, for giving us Friday nights of fun and of course the chance to win some cash. We very much appreciate all you do to make these evenings special including our Easter and Christmas party nights, they are extra special. We also realise that you haven't had a Friday night off for more than a year, that's dedication, thank you.

For anyone new to the Heacham area, eyes down for bingo is 19.30 with a late session which ends around 22.00. Come along and make new friends.

Viv Walker

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As a social entity we hold weekly bingo sessions, have 2 big screen TVs (Sky & BT Sport), weekly quiz, monthly poker evenings and obviously the traditional 'pub' sports

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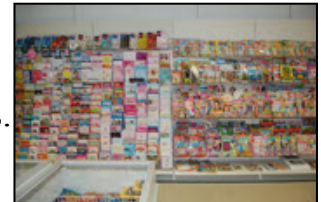
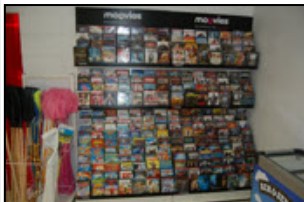
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CHURCHES TOGETHER IN HEACHAM

I like watching television – I do really; the Vicar of Dibley, Midsomer Murders, Allo Allo (oh yes! I can find them on the box if I try hard enough), but then the serious stuff, the news, panorama, week in week out, bring me back to more worldly matters, and I wonder, and sometimes despair, where they are all leading us. Whether it is war, violence, intolerance, abuse, fraud, environment etc. etc. there is always something; sometimes the world seems to have gone mad and bent on its own destruction. Then on a Sunday I worship God and tell him I am thankful for all that he does for us. Ummm! Is there something wrong here? Can we be thankful always; well be honest can we?

Paul tells us to rejoice always, pray without ceasing, give thanks in all circumstances for this is the will of God in Christ Jesus for you. Do not quench the spirit. Do not despise the words of prophets, but test everything; hold fast to what is good.

To be thankful we need to be able to see God in all things, but when we watch some of the pictures unfolding on our television screens, God is not the most obvious thing we see. So how are we to see God in all things? Well Jesus tells us we must pray, pray using our whole selves so that God may reveal to us those things we are unable to see. Prayer is about communication with God; it is about asking the hard questions; it is about requesting his intercession; it is about arguing with Him, making ourselves heard when all around us seems to be utter chaos. But most of all praying is about rejoicing always that God does not, cannot and will not let us down even in tragedy, and I can tell you that from first-hand experience as I suspect many of you can.

In praying without ceasing we bring before God our heartfelt desire for a better world, and through that desire God calls us to action. It may seem a long way from all the needs of the world, but in its own way it enables us to communicate our deepest concerns and make a difference, not only to those whom we pray for but also in our own lives as we pray.

In prayer we can change things, but to do so it takes action and it is all our actions that can change things – that's the circle, there is the challenge.

So if the community of Heacham decides one evening to join together in prayer let me know; I will even give up Midsomer Murders to join you.

Rev'd Steve Oliver
Methodist Church, Heacham



METHODIST CHURCH Sunday Services

10.30am **Morning Worship**

Preachers:

1st February - Jenny Sparks
8th February - Heather Brown
15th February - Mary Uttin
22nd February - Elizabeth MacLeod

Holy Communion Services

A midweek Holy Communion Service will be held on Wednesday 11th February at 10.30am. All who love the Lord are welcome.

Midweek Activities at the Methodist Church

Monday: Indoor Bowls, 7pm weekly
Tuesday: Hands and Needles Club, 7.30pm 3rd and 17th Feb.
Friday: Indoor Bowls, 7pm weekly.

We welcome new members to all our weekly activities.

New Members Join the Church

The Stewards are delighted to welcome two more new members who join us by transfer, having moved into the area. They are Pam Swan and Jill Oliver. Welcome, Ladies, and may the Lord bless you and your families.

Have you thought of becoming a member of the Methodist Church? To find out more, contact our Minister, Rev. Stephen Oliver.

THE PARISH CHURCH OF ST. MARY:

Sunday Services in February 2015

8.00am		Holy Communion (BCP) (except Sunday 15th February)
10.00am	1st	All Age Worship
	8th	Morning Prayer
	15th	Holy Communion
	22nd	Morning Prayer
6.00pm	1st	Evening Prayer
	8th	Evening Prayer
	15th	Evening Prayer
	22nd	Evening Prayer

Feb. 2015 Services at Nursing/Residential Homes

Tuesday 3rd February 2.30pm Rebecca Court
Monday 9th February 11.00am Holy Communion
at Millbridge
Wednesday 18th February 2.30pm Service
at Summerville
Friday 27th February 10.30am at Fridhem

Church Contacts: (telephone code: 01485)

Methodist Church	Rev'd Stephen Oliver	570232
St Mary's Church	Rev'd Veronica Wilson	570697
St Mary's Church Office		* 572539

email: heacham.church@googlemail.com

REGULAR ACTIVITIES AT ST. MARY'S CHURCH

Looking at the above information you might think that St. Mary's is only open on Sundays, but it is a busy church with things going on throughout each week. There are Bible Study groups with people meeting in their own homes; there are Prayer Meetings; we have a Choir, and there are Music Groups; all the women are welcome at *Girls Together* and there is a

Men's Group as well; everyone can belong to the Mothers' Union; there are also Coffee Mornings and various other activities. So why not find out more about St. Mary's and its regular activities – you might be surprised. The Sunday services act as a focal point when all meet together for worship, for fellowship, for support, learning, encouragement, challenge and growing. And on Sundays there are, of course, activities for children. Also for children, usually on the last Saturday of each month, there is *MESSY CHURCH* with crafts, games, singing, Bible stories and lunch.

ST. MARY'S CHRISTIAN BOOKSHOP

Please come and visit our bookshop which is opposite the Methodist Church in Station Road, Heacham. It is open from 9am-4pm on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays till the end of March, and 9am-5pm throughout the summer months. We have an interesting selection of Christian books and a wide range of greetings cards. It is well worth a visit.

USED POSTAGE STAMPS

If you don't already have anywhere to send your used postage stamps the LEPROSY MISSION would be very grateful for them. Save them up and when you have a number take them to **The Christian Bookshop** in an envelope marked LEPROSY MISSION and they will arrange for them to be sent on.



Hunstanton Catholic Parish

We would like to extend to you all our very best wishes for a happy and healthy New Year.

Both Churches looked beautiful over the Christmas period, thanks to the hard work of the volunteers who cleaned, set up the cribs and prepared the floral displays in both churches.

We will be arranging our social calendar shortly for the coming year. The first social occasion is usually the Pancake supper at St Cecilia's on the evening of Shrove Tuesday. Look for details on the website or the bulletins, which are displayed at both churches.

We are still collecting for the Food Banks in Hunstanton and King's Lynn, which provide help to those in very real need in the local area. There is a box for donations in the porch of both Churches. There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. For more information contact Caroline Brooks on 01553 673069.

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome. Our daily Masses are held at St Theresa's Convent, 27 Sandringham Road, Hunstanton, except on Wednesday when it is usually at 10.15am at St Cecilia's, Dersingham. Please check for dates and times on Church notice boards, website or phone. Sunday Masses are 9am at Dersingham and 11am at Hunstanton. The Parish telephone number is 01485 534675. If you require a Priest urgently please telephone Fr Peter Rollings on 01553 772220 or email: parishpriest763@gmail.com

Website: www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org

CALLING ALL

Heacham Wives & Ladies!

Enjoy light hearted social evenings of Talks, visits & dining out with the Heacham Wives Club

We meet on the second Monday of every month

At 7:30pm in the Heacham Social Club Station Road, Heacham

Come along and meet new friends

For more info call: 01485 572252

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

Fun from the fabulous Forties

This month we're cranking our musical Tardis all the way back to the 1940s. Crikey, I wasn't even born then! No, really I wasn't ... whatever your cruel and heartless suspicions to the contrary may be!

Of course, just because we're turning the clock back three-quarters of a century, it doesn't mean the music wasn't simply magnificent at times. It was just ... different to anything you might hear today. Very different!

Hey, different can be good, you know! Let me prove it to you ...

• ENJOY YOURSELF (IT'S LATER THAN YOU THINK)
Guy Lombardo And His Royal Canadians (Decca 24825, 1949, No 10)

"You work and work for years and years, you're always on the go / You never take a minute off, too busy makin' dough / Someday you say you'll have your fun when you're a millionaire / Imagine all the fun you'll have in your old rockin' chair"

There's a spirit of fun, and an irreverent streak of humour, running through some of the selections this month. And why not? As featured singer Kenny Gardner says, enjoy yourself ... before it's too late!



Guy Lombardo

If you've not heard the warm, rich voice of Kenny Gardner, let alone Guy Lombardo or even His Royal Canadians, well I'm hardly surprised. But you might well have heard the song, with its gentle swing and wry humour, performed by anyone from Bing Crosby or Louis Prima, right up to the Specials or Jools Holland.

Gaetano "Guy" Lombardo, a Canadian-American bandleader of Italian descent, formed The Royal Canadians in the Twenties with, among others, his brothers Carmen, Lebert and Victor.

Billing themselves as producing "The sweetest music this side of heaven," they achieved international success – and no less than Louis Armstrong was a big fan. Estimates suggest they sold somewhere between 100 and 300 million records in their lifetimes (the upper end of that scale would put them on a par with Madonna and Michael Jackson).

Lombardo's version of Enjoy Yourself was released at the end of 1949, and became a hit at the beginning of the following year, spending a total of 19 weeks in the charts.

• I GOT THE SUN IN THE MORNIN' (AND THE MOON AT NIGHT) Doris Day (Columbia 36977, 1946, No 2)

"Got no mansion, got no yacht / Still I'm happy with what I've got / I've got the sun in the morning / And the moon at night"

Well, it's hard to top Irving Berlin, isn't it? Add to that a voice as pure and clear as Doris Day's, and it just makes you feel all warm and fuzzy inside!

The song is from the musical Annie Get Your Gun, where it was originally performed by Ethel Merman.

Doris' version only lasts two and a half minutes – and the first minute of that is Les Brown's Band Of Renown playing their way through the song on their own. But somehow that only makes it all the more magical when Doris comes in.

Born Doris Kappelhoff, in Cincinnati, Ohio, to German immigrants, she changed her name after bandleader Barney Rapp told her: "It's a very nice name, but a little too long for the marquee outside." He suggested the stage name Doris Day after hearing her rendition of the song Day After Day.

Doris struck gold with the song Sentimental Journey in 1944, and went on to make over 650 recordings – all with the same label, Columbia.

Her wholesome appeal and glorious voice not only helped carve a career as one of the most popular singers of the 20th century, but she also appeared in 39 films – becoming the biggest female box-office star of all time.

Beat that, Beyoncé, Rhianna, or anyone else you care to mention!

• STRIP POLKA (TAKE IT OFF! TAKE IT OFF!) Andrews Sisters (Decca 71105, 1942, No 6)

"Take it off! Take it off! Cry the boys in the rear / Take it off! Take it off! Soon it's all you can hear / But she's always a lady, even in pantomime / So she stops ... and always just in time"

Hey look, this is The Andrews Sisters! You didn't expect anything too naughty, now did you? Shame on you!



Doris Day

While I strongly suspect that in certain quarters the PC Police could have you arrested for even playing this song today, that would be both a shame, and missing the point – because this song is just tremendous fun.

The Andrews Sisters were characterised by an irrepressible zest for life, and a pure joy of singing, which shone through all of their recordings, especially in the snappy phrasing of lead singer Patty. It created an image of girls that Allied soldiers were desperate to win the war and come home to.

Add to that the kind of close harmonising that only siblings can bring, and its little wonder the talented threesome ended up selling over 75 million records, and are regarded as the most popular girl vocal group of the first half of the 20th century.

Patty (the youngest), and sisters LaVerne, and Maxene, were born in Minnesota, daughters of a Greek father and Norwegian mother. They had a penchant for off-the-wall songs (There's A Fella Waiting In Poughkeepsie is a particular favourite!), and recorded many duets with another useful singer with a wry sense of humour – Bing Crosby.

They were by no means a novelty act, though. Perhaps their best-known song, Boogie Woogie Bugle Boy, is a peerless example of vocal gymnastics that's covered to this day. But I've chosen Strip Polka – about "Queenie, the cutie of the burlesque show" – because it simply makes me smile every time I hear it.



The Andrews Sisters: from left, Maxene, Patty and LaVerne

• **FEEDBACK:** If you have any views, comments or suggestions you'd like to make about the column, feel free to contact me at: oldlowestoftboy@gmail.com Next month I'll be going back in time to the Fifties. Hail hail, rock 'n' roll!

Stephen Gibson
Heating & Plumbing Engineer

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The Philippa Gregory series Order of Darkness is now available to borrow at the Library: Changling, Stormbringer and Fools Gold "The year is 1453, and all signs point to it being the end of the world". A reminder that you can pick up copies of both the Heacham Newsletter and Hunstanton Town and Around from the Library. The Library also sells copies of the Village Map, beautifully drawn by Kerry Long.

Free online courses are held on a Tuesday morning or afternoon. The courses are aimed at helping you to use the internet to search for information, shop, compare prices and emailing. Depending on experience, we offer three sessions of one and half hours in small learning groups. Please ring 01485 572142 to book your free place or just to have a chat about what "Learn my Way" entails.

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

NEWSLETTER SUDOKU No. 88

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

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

Solution to
Newsletter
SUDOKU
No. 87

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



The Kitchen Gardener

February – late winter. Recycled citrus, the dance of the trees and a warming apple pudding.

I recently heard a Michelin chef describe one of the most memorable dishes he'd eaten - three ingredients all at the peak of perfection combined in the simplest possible way to let them speak for themselves.

Not dissimilar to a grower's idea of a contented well balanced garden consisting of happy healthy plants at their best, in the right place at the right time. Rather too many lost, semi-dead or plain unhappy plants failing to thrive have encouraged me to think more carefully about what will be a good doer in my hardy perennial bed. The soil is thin, chalky and 90% in full sun.

Careful observation of the micro-climate has given me a chance to plant the odd one or two semi-shade loving plants and I have to content myself with that. Regretfully lush exotic beauties are not for me.

The generosity of shared wisdom and encouragement from other gardeners has taught me not to be afraid of moving plants and young trees that are not faring well in their present positions. I've moved all sorts, taking the attitude that I've got nothing to lose and will at least gain an empty spot for another plant or tree. I've seen other gardeners successfully move plants at the height of summer, but have never had quite the courage to do that.

My simple rules are to move the plant or tree while it is dormant, water it the day before moving, so the roots slide out of the soil easily, and keep the amount of time the roots are exposed to an absolute minimum. That means having the new planting hole mostly prepared, once the root ball is visible some alterations are sometimes necessary.

If the plant or tree grows away I always nurse it carefully for the first year, light feeds, plenty to drink in hot dry spells and allow to flower lightly. If it is a fruit tree I enjoy the blossom, and the moment it begins to fade I remove it with scissors. I want a fruit tree to make good roots – its structure for all future growth and crops - so am happy to sacrifice what would have been a motley few apples as an investment for future years.

This winter has been a dance of the fruit trees, new ones going in, a shy one moved to a fence to be espaliered (a nothing to lose moment, but I admit my heart was still in my mouth as I chopped the trunk back to 18 inches). A move along the fence for a fan pear – big risk, it's getting on a bit and has been moved twice already I talk to it regularly, words of apology and encouragement.

I've discovered that woody herbs do very well along the front edge of the HP bed so keep an assortment of thymes who thrive year round. Low lying, with a variety of foliage, they provide a visually stimulating lead in to the bed. Fresh spring leaves of the lemon thymes are lovely sprinkled onto salads or fruit dishes - a promise of the lighter late spring and summer treats to come. They jostle for space with the roses, hardy perennials and five apple trees which demonstrate the versatile semi-dwarfing root stocks of our modern trees. A tiny fly in the ointment is keeping a clear area of about a metre around the base of each tree as the dwarfing rootstock does not like competition.

This month I'll be continuing to dig organic matter into the vegetable plot when the weather allows, scrubbing paths to keep warm and feel vaguely virtuous, sowing the broad beans, first of the more robust outdoor lettuce, peppers and parsley, putting potatoes to chit, planting the shallots, pricking out pak choi and lettuces sown last month for a late spring/early summer crop in the polytunnel.

One wise sage recently commented 'spontaneity is wonderful – but it does have to be planned'.

Brings to mind one of my less successful, spontaneous experiments. Towards the end of last summer I cut back a rampant lemon geranium. I'd been using the leaves very effectively to infuse milk with a lovely lemon flavour for making custards. This time I layered the leaves in a jar of sugar. When I went to use it a couple of weeks later there was a rock solid lump which had to be chipped apart and the multitude of forlorn bits of broken leaves picked out. Sigh.

This was a stark contrast to my very successful experiment of layering orange peel in jars of sugar – just like we do with vanilla pods. I usually let the peel dry out a bit for a couple of days, and once in the sugar it flavours it beautifully and lasts for ages. For those who cannot eat sugar a vanilla pod will do exactly the same job in a jar of powdered sugar substitute as it does in sugar.



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Another splendid use for well dried orange peel – as we are in the citrus season now, and it's a shame to throw stuff away – is to drop it into meat or tomato dishes as they cook, remembering to give the skin a good scrape to release the natural oils when you fish it out before serving.

Orange zest to replace the lemon in the breadcrumb custard in a Queen of Puddings, and marmalade to replace the layer of jam between the custard and the meringue is a pleasing little combo too. Some freshly bashed cardamom seeds in the meringue or the custard don't go amiss either.

Thinking of citrus season and using up what's kicking about in the larder, this is a nice little apple pudding recipe to use up some leftover mincemeat, some apples from the winter store and a precious lemon from my little tree – the cost of which I really wouldn't like to work out. Rather like the eggs from a dear friend's chicken that had to go to the vet!

Finely zest a large lemon, place zest in a pan with all the juice, 1 tablespoon golden syrup, 4oz/125g sugar and 7fl oz/200ml water. Warm gently to melt the sugar and leave to one side.

Take 1lb cooking apples and either peel and chop them, or quarter and core them and then grate from the cored side until there's just empty peel between your fingers and the grater. (I cut tomatoes in half then use this method rather than the endless boiling water and peeling chore when preserving them in huge batches in the late summer).

Mix into the apple any spices that you fancy or that need using up before the flavour dies. Some candied peel or marmalade or a bit of chopped stem ginger and a good tablespoon or two of mincemeat or dried fruit. This is the sort of filling you can adapt to suit yourself.

Rub 2oz/50g margarine into 8oz/225g self raising flour and a teaspoon of baking powder. Mix to a dough with milk. Roll out to a rectangle roughly 8x5 ins/20x13 cm and about ¼ in thick. Spread the apple mixture on the dough.

Roll the whole thing up like a Swiss roll and cut into slices about 1in thick. Lay the slices in a greased ovenproof dish – so the swirls with the fruit mixture are facing up (like a Chelsea bun).

Pour the lemon mixture over the slices.

Bake for about 30 mins at Gas 6, 190C. A careful lifting of a bit of the centre of the pudding with a sharp knife to check the dough is cooked through is worthwhile as it can be a bit soggy and take longer to cook. Sometimes I bake this dish with half the syrup poured over, then about 10 mins before cooking time is up I spoon over the rest of the syrup.

This is nice served with custard, no doubt mine will have bits of lemon geranium leaf in it.

Hilary Dellar-Lane




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1st Heacham Cubs

Back on a cold but sunny day in December (28th), Heacham Cubs and Beavers went to Wolferton campsite for the annual sausage incinerating day. After a quick do's and don't talk, the Cubs and Beavers made fires in fire pits, going off and getting the wood from the wood pile and then, with kindling and paper, were shown how to build a fire. It is always a surprise to see how many of them do not know how to strike a match, but it is not the sort of thing children learn now.

Once the fires were alight, they were shown how to keep them alight, that a fire needs oxygen to keep going and that dumping a lot of damp wood on it is not such a good idea - unless you want to be covered in lots of smoke! They went off to find sticks to cook the cocktail sausages on, thin sticks not thick branches. After the cocktail sausages it was onto the marshmallow and lots of sticky fingers.

For lunch it was hot dogs with cheese and cake, followed by a quick run round the field playing while leaders tidied up. After everything was washed up and put away we went for a walk round Dersingham bog. There was a bit of a groan when, after all the Cubs, Beavers and Adults had climbed over the gate (it was funny to watch the different styles of getting over a gate!), Akela opened the gate and walked through it. Well no one asked me if it was open?!!!

Cubs started back in January, a small pack now but just as lively. On the first night back we renewed our Law and Promise then

had a chat about getting the Cubs through their Silver Awards before it changes.

As there were no Cubs on the 22nd January due to leader First Aid training, we took the Cubs and the Beavers bowling in Hunstanton on Friday 23rd. The rest of the term are completing parts of the Community and Global Challenges with a Fundraising Evening, learning about Hazards & Dangers and Recycling.

The Cubs as always are looking forward to the lighter evenings when they can get out and about.

Happy Scouting to all our Cubs.

Akela (Sam), Rama (Michael), Ziggy (Julie) & Chil (Sam L)
Young Leaders : Hathi (Jemma), Rikki (Tommy) & Mang (Jack)

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Would you like to learn Bridge?

First of all, Happy New Year to everyone. January is of course the time for New Year's resolutions – what about a resolution to learn a new skill and 'master' the greatest card game. After all, the weather is not much to write home about. At the time of writing, I am almost being blown off my chair by the high and mighty winds.

In the last article I introduced you to the purpose of Tricks and gave you a hand to play. If you have another look at the hand in question you can see that South had 17 points, West 8, North 10 and East 5. Since the partnership of North/South had 27 of the 40 points in the pack, you would expect them to make the most tricks. They would in fact make 9 or 10 tricks – 5 spades, 2 hearts, 1 or 2 diamonds and 1 club. The number would depend how East and West played their cards. Try it.

In this article I am going to introduce you to Trumps and if you are a whist player you will be familiar with this concept. A trump suit is a suit which, for the duration of the hand, becomes the most important suit, the master suit if you like. When you are playing a hand, you have to play the same suit to the one lead by your opponent and the highest card in that suit wins the trick. However, if you cannot follow suit, as it is called, and you have a trump, you can play the trump and it will beat any of the other cards in the suit played – even the Ace.

Choosing the trump suit is a key part of the bidding process undertaken in each hand during a game of bridge and I will elaborate on the process soon. In the meantime, the best way to learn about the power of trumps is as follows: Deal the cards and work out how many points each hand has. Check that the total points add up to 40 otherwise the maths is wrong! For now we will let the partnership (North/South or East/West) with the most points between them choose which suit they want to have as the master suit – the trump suit. For this exercise you can show each other your cards (which of course you cannot normally do) and look for a suit which you and your partner hold at least eight cards between the two hands. Eight is an important number as it shows that you and your partner hold a clear majority of the suit. Seven cards is adequate but that still means that the opponents will hold six trumps.

If you find that you have no suit with more than seven cards between you, you may decide to play without a trump suit – i.e. no trumps. However, for the sake of this exercise, if you come across this situation steal a card from one of your opponents so that you have eight cards in your chosen trump suit (remember to give him one of your cards otherwise you will have fourteen cards).

Now, to see the power of trumps, I have set out below the previous Newsletter's hand with some alterations.

<ul style="list-style-type: none"> ♠ 9, ♥ J,9,5,3,2 ♦ J,9 ♣ A,K,10,3,2 	W		E	<ul style="list-style-type: none"> ♠ Q,10,5,3 ♥ A,8,6 ♦ A,7,6,5,2 ♣ 6 ♠ 8,6,2 ♥ 10,7 ♦ K,10,8,3 ♣ Q,9,5,4
<ul style="list-style-type: none"> ♠ A,K,J,7,4 ♥ K,Q,4 ♦ Q,4 ♣ J,8,7 				

You can see that NS have 26 points between them (one less than the previous Newsletter's hand) but they can in fact make more tricks because of the power of trumps. NS will choose spades as trumps because they have nine of them. Since South dealt, West will lead and will probably lead his A♣ which will win the trick. He will then lead his K♣ which he will hope will win as well. However North has no more Clubs and therefore cannot follow suit. He will therefore trump the K♣ with 3♠ and will win the trick.

Similarly when South comes to play he can win his A♥ and K♥ however, if he tries to win Q♥, East will win the trick with 2♠ - a trump as he has no more hearts.

This leads to an important principle in bridge, that if you are playing the hand the majority of the time you should play your trumps first to get rid of your opponents' trumps so that they cannot trump your winners as explained above. There are many people living a lonely life walking the embankment in London having been banished from their homes by their husband/wife because they did not draw trumps! Beware!

If anyone would like further information on the game of bridge, please do not hesitate to phone me on 01485 572708 or email me on brb.carrick@gmail.com

Bob Carrick

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A fond farewell to Philippa Sewell.

At the end of January, Heacham Parish Council said farewell to Philippa Sewell.

Philippa has been, for the last 15 years, the very 'Heartbeat' of all that the Council has done. Not only in her official role as Parish Clerk, but as a vital member of our community. Philippa's influence around our village is, not at first, an obvious one. Think of how beautiful the village looks in the summer. The lovely ladies at the Library. The Lunch Club in the Old Friends Hall. Philippa has been a fervent member of Heacham In Bloom. She organises and volunteers herself in all that's involved in running the Library. When the Parish Council took over the Old Friends Hall, Philippa ensured that the transition from the wonderful people who began the lunch club to the great team running the club now, was concluded as smoothly as possible. She has also been for many years an active member of the Ladies Circle. Almost certainly, I will have missed a lot of other things, but all these things were managed in addition to her 'official duties'. Without her, sometimes, very stretched patience, our annual carnival parade would not run so well, the Parish beach parties likewise. Philippa was the driving force behind both the Jubilee street party and the Coronation tea party, both of them fantastic village events. For the last 2 years, Santa's Grotto would not have been such a success without 'Elf in Chief'. In short, Heacham Parish Council, myself as current Chairman and my predecessors over the last 15 years and all who have been parish councillors owe an awful lot to the wonderful Mrs Philippa Sewell. I must also mention Mark, Greg and Rory, Philippa's husband and sons, and thank them for sharing her with us.

I am sure that alongside the Parish Council, the entire village would like to wish Philippa all the very best wishes for the future. I know that whatever she turns her considerable talents to next, will undoubtedly profit immensely. Thank you for all of your hard work Philippa.

Peter Colvin Chairman, Heacham Parish Council

Chairman welcomes new Parish Clerk

Parish Council Chairman, Peter Colvin and Vice-Chairman, Michael Williamson, welcomed Heacham's new Parish Clerk Lynne Butters to the Council Offices at Jubilee Clinic on her first day. Mr Colvin said that the role of Parish Clerk in Heacham was both wide ranging and challenging and the Council had been very pleased to appoint Lynne, a local resident, to the post. The Council would make good use of Lynne's financial experience, administrative skills and local knowledge.

Lynne has had a long association with Heacham - generations of her family having holidayed at the beach bungalow 'Luxor' on North Beach. Lynne read Economics at Nottingham University and, after graduating, she worked in Nottingham County Council's Treasury and Clerk's Department, where she gained experience in accounts and local government administration.



In 1989 Lynne went back to Nottingham University as the Departmental Administrator for their Adult Education Department with responsibility for servicing committees and managing staff and budgets. In 2003, Lynne and her partner Grahame moved to Heacham to start a B&B, whilst Lynne joined Norfolk Council as a relief homecare worker for Heacham. In the twelve years she has worked for Social Services, she has come to know Heacham and its

residents very well. Sadly, Grahame died in 2012 and, since then, Lynne has been working as part of the Council's Reablement Service in West Norfolk.

To assist her in her work, Lynne will also be undertaking specialist training and is looking forward to serving the community of Heacham in her new role.

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Heacham Green Team

Heacham Green Team are asking residents if they realise just how much heat they are losing through

their roofs if it is not properly insulated. All reports indicate that substantial savings can be made to your heating bills by having a properly insulated roof. Heacham Green Team want to encourage residents to insulate their homes as it is good for people's pockets and good for reducing carbon emissions.

The Team realise though it is not that easy for everyone to go to the local DIY store and nip up the loft themselves. The Team want to copy the scheme run in Reepham Norfolk, where a bulk buying discount was negotiated for the village with a reputable company for materials and installation. Residents had a free survey to check if work was required and advice given to those who might qualify for a grant to cover the cost. The scheme meant that, as well as a good price, residents wary of being caught by rogue traders or hard sell techniques could have peace of mind. In order to set up a similar scheme for Heacham, we need to know if there is enough interest.

will draw up a scheme, details of which will be published in the Newsletter.

Heacham Green Team – Loft Insulation Scheme

Yes, I would be interested in a local loft insulation scheme.

What type of house/bungalow do you live in:-
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Name and Address (optional):.....
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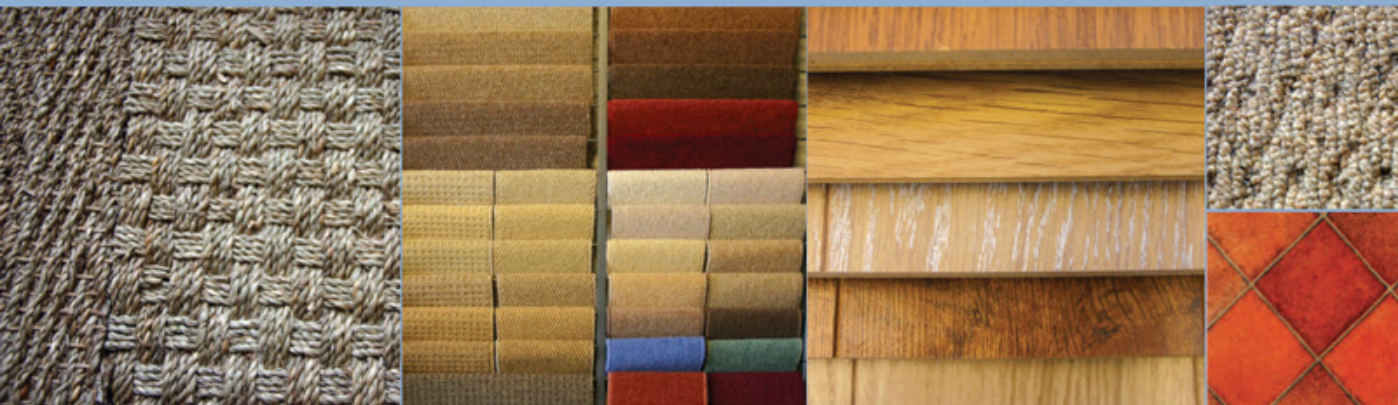
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Heacham at Night

Happy (what remains of) New Year. Christmas 2015 beckons.

We had a few clear nights in the last two months, pity about the gale that seemed to accompany most of them. In the middle of January, I captured Venus and Mercury in conjunction (apparently close together) from Heacham south beach. It was a pity no-one else was there as Venus shone brightly, the spark of Mercury could just be discerned as an, averted, naked eye object and it became clear to see in binoculars.

Since then, Mercury has been whizzing around the sun (88 days to go all the way) getting lower in our evening sky. It would be in the dawn sky during this month if it was not too low to observe. On the 24th it is at its greatest western elongation (furthest west from sun as perceived from Earth) whereas on 14th January it was at its greatest eastern elongation - 32 days of travel. Not 44 days, as you might think, because the position of Mercury as seen by an observer on Earth depends upon several factors not the least being that the observer is also moving. The Earth has moved about 1/12 of its journey around the sun between each observation.

Anyway, this month: Venus continues to climb higher in the western sky and is a very bright object. It sets about 90 minutes after sunset at the start of the month and increasingly later as the year progresses – 10pm by the end of March. On the nights of the 20th and 21st of this month, at 6.30pm, there is a close conjunction of Venus with Mars and both hang below a crescent moon. Mars will be very faint as it right on the other side of the sun – around 250 million miles away. Binoculars should show it. Just scan the sky immediately to the north of bright Venus.



Beagle 2 as it should have deployed. One panel has not opened and traps the antennae.

If you do see Mars, ponder the dream of Professor Colin Pillinger (Open University) who died last year (see image below). He was the driving force behind Beagle 2, the British Mars probe which disappeared on Christmas day in 2003. An announcement this January revealed that Beagle had been discovered, intact, in an image taken by NASA's Mars Reconnaissance Orbiter. Failure to signal home is now considered to be poor deployment of solar panels rather than failure of the landing mechanism. The European Space Agency will launch its ExoMars Rover Mission in 2018; technology on that has been developed from work on Beagle 2 by many of the same scientists and engineers.



Jupiter is a fine sight this month. It has climbed higher in the sky throughout January and actually reaches opposition – the point where it is opposite the sun from our perspective and thus fully illuminated by it – on the 6th, the day before this publication emerges. However, a few days make little difference so turn steady binoculars, bird spotting scopes or telescopes to it. You will see at least the two widest cloud belts and, possibly, the four Galilean moons, Io, Europa, Callisto, and Ganymede. If you only see one it will likely be the largest, Ganymede.



Regular readers will know that these moons orbit Jupiter quite rapidly and observations just 20 minutes apart can see this 'dance'. Occasionally moons will 'vanish' as they pass behind Jupiter or in front of each other. The image is of the Galilean moons as they appeared one night last February. Which is which?

Saturn is an earlyish morning object. Look about due south at 6am and, around 20 degrees above the horizon is Saturn. It will be easily seen as a horned blob through binoculars. A telescope will show the rings. The bright star between it and the horizon and a little to the left is Antares.

During this month, before the skies unfortunately lighten, using binoculars scan the along the track of Jupiter to the west. At 10pm in the middle of the month, 9pm at the end, the beehive cluster (Praesepe) is a hand-width or so to the right of Jupiter. Carry on in a slight rising curve and above you will be the Milky Way. You may see many clusters but one right in the track of Jupiter is M35. Beyond that, about as far again, is the spectacular cluster, The Pleiades. This can be seen with the naked eye though probably just as a smudge. In earlier(50+ years ago), darker skies, people tested their eyes by counting how many individual stars they could see in this cluster. Seven was the norm – The Seven Sisters seeing nine was very good. There are many more to be seen in binoculars. In good viewing they will be electric blue as they are 'young'.

Take a good look at Orion too. Most people know the hunter. Look at the three 'belt' stars. Just below the middle one is the



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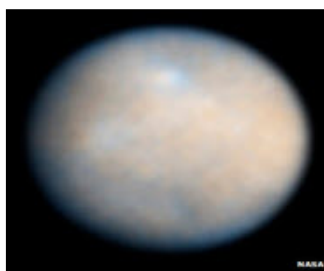
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hazy patch of the Orion Nebulae – a swirling mass of gas illuminated by the stars formed and forming within it.

Whilst looking at Orion go straight up and left – crossing the track of Jupiter but keeping to the right of it. Look for the famous twins Castor and Pollux (stars in Gemini).

What else to see? Well, no meteor showers though odd meteors are always possible. No comets that I know of. The latest Comet Lovejoy is in the skies as I write this (18th January). In very dark skies it has been visible to the naked eye, somewhat to the right of Orion's belt. I managed to see it through binoculars, as a fuzzy ball, from Heacham. To date I haven't managed to catch it in the restricted field of view of my telescopes. Friends of mine near King's Lynn have and have photos to prove it.

This is the year of the dwarf planet. NASA's Dawn space probe which orbited the SSSB (small solar system body – sometimes minor planet, sometimes asteroid) Vesta during 2012/13 reaches the dwarf planet Ceres in early March. Ceres is icy and primitive. Vesta is rocky and more developed. Both were prevented from evolving into planets by the huge gravitational presence of Jupiter. Both are designated as protoplanets. Dawn is propelled by ion engines – their first extended use. Electricity is provided by a large solar array and the propellant is charged particles of Xenon gas.



Ceres on the left, Vesta on the right (not to scale). The roundness of Ceres tips it towards dwarf planet whereas Vesta's elongated shape helps make it a SSSB. A bit silly, as Ceres is icy and more likely to end up like a snowball.

New Horizons makes a flyby of dwarf planet Pluto on July 2nd. If you want to know the differences between a planet, a dwarf planet, and a SSSB (sometimes minor planet or asteroid), please write in and I will have one printed. Otherwise use Wikipedia or even a modern reference book, though both sources tend to confuse.

Things to see and do: 9th February Tottenhill Village hall 7.30pm, a talk on Uranus (the one given last year at Heacham). On 4th March, bright Venus is in conjunction with dim and distant Uranus. Dark skies and/or at least a spotting scope should give you a chance of catching Herschel's planet.



The Milky Way over Habbema Lighthouse – not Hunstanton's – by Andy Smith

Last thing – dark skies. The Campaign to Protect Rural England (CPRE) held an international conference last year to look at street lighting equipment and its operation to see if its impact on the night sky can be sensibly reduced. Following on from this, a survey of councils is taking place across Norfolk. Hunstanton Town Council has decided not to respond as its lights are controlled by the County. As an earlier survey of dark skies by a national astronomy association revealed that Hunstanton appears to be a blot on the otherwise reasonable night sky scape of West and North Norfolk, I think more attention needs to be given to them.

Terry Parish



PS: - I spotted comet Lovejoy through binoculars on 22nd January and also managed to view it through a telescope; a grey fuzzy ball in both. I also got a few images with a camera attached to the 'scope. Nothing dramatic – viewing was through a growing haze caused by the thickening frost. The blue green colour showed up between 30 second and two minute exposures. This one is one minute - brighter for printing. The comet moves in that time faster than the planetary motion the 'scope copes with, so there is some blurring too.

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A Career in Pathology

Preamble by Michael Drew

I was born in King's Lynn (Avenue Road) in 1937. We moved to Wootton Road when I was one year old. I went to St James Primary School at the age of 4½ and then to the Junior School at age 7. The second of these schools was close to the General Hospital and is, of course, still there. I passed my 11plus (then called the Scholarship examination) at age 11 and went to the Grammar School. Apart from National Service and working for a while in Leicester – see below – I have lived in Norfolk all my life.

I am currently an elected governor (since April 2013) at the Queen Elizabeth Hospital. I put myself forward for election because I was distressed at the way the Pathology Department has been emasculated in the last three years. There is still a token blood sciences laboratory with equipment capable of processing approximately 10,000 samples a day. Because all the blood samples from the local GP surgeries are now sent for processing at the Norfolk & Norwich University Hospital, only some 3,000-4,000 specimens are processed 'in house' at QEH. All the Microbiology and all the Histopathology work is now done at the N&N and at Addenbrookes Hospital in Cambridge. No, I don't understand why this is but it has caused much distress amongst the few staff still working at the QEH laboratory. Needless to say, I have been completely unsuccessful in changing anything.

I decided to write the following article to tell the story of my career and to show, in a way, how things have changed in the last 57 years. I wanted to tell the story before my ageing brain forgot the wonderful times I had in my 38 years of work.

A CAREER IN PATHOLOGY

I finished my schooling (at the old Grammar school, now KES) in 1955 and, as I had to do National Service, I decided that,

instead of going to university - I hadn't a clue what I wanted to read - I would get it over with. Despite putting the Royal Navy first and the RAF second in order of preference, I was sent to join the Royal Norfolks at Britannia barracks in Norwich. I won't dwell on my 104 weeks service, except to say that it helped me to mix with my fellow men and overall I quite enjoyed it.

When I was finally discharged in September 1957, I decided I would have a month or so loafing about and enjoying my freedom. After a couple of weeks with no money (you didn't save much from army pay of £1pw with a huge increase in the last six months of an extra 10/- (50p) pw!), I was bored senseless. I had three fairly indifferent 'A' levels in Chemistry, Botany and Zoology from school but had absolutely no wish to go to University. So I went to see the local Vicar (yes, I had been in the church choir at South Wootton and the Vicar, Dr Bartlett - an ex medical doctor and a truly lovely man - had coached me though my zoology exams). I explained my plight and he said, "Well, Michael, have you thought of doing pathology?" I had no idea what he was talking about so he explained and offered to get me an interview with Mr Ben Curtiss the hospital secretary at the General Hospital in Lynn.

Delving into my fragile memory, I seem to recollect that the hospital at that time was run by a management committee consisting of a Chairman, The Hon. George Dawnay, The Hospital Secretary (CEO equivalent) and an assortment of hospital consultants and local business worthies. It all seemed to work quite well and Mr Curtiss kept a very tight rein on things. Anyway, I had a nerve-wracking interview with him and then he sent me to the laboratory to see Mr Price-Jones the chief technician. He agreed to take me on as a student technician (on a temporary basis as he really wanted a senior technician) and I started work a week later at a salary of £10/month. Riches beyond the dreams of avarice!

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So, the following week I arrived at the pathology laboratory at the General Hospital. I was just 20 years old and hadn't a clue what was in store for me. The laboratory was an old ex army 'spider hut', built of wood and the floor shook as you walked over it, of which more later. I presented myself to Mr Price-Jones and he in turn introduced me to the other staff, all two of them. Elizabeth (Biddy) White, the older of the two and about a couple of years older than me was to be my 'teacher' and Diane Kendall, about 18 yrs old was the other learner even though she had been working in the Lab for about nine months. She was very interested in the male sex, (not me!) and it transpired that she was dating a chap called Freddy Forsyth who was a reporter on the EDP. The romance didn't last apparently which was her bad luck! Yes, it was that Frederick Forsyth!

My first job was to clean and re-sterilise the syringes used for taking blood. This involved washing out the syringes and needles with saline and distilled water, then dismantling them and cleaning them with Xylene to remove the lubricant and Acetone to remove the Xylene and allow the syringes to dry. They were then re-lubricated with liquid paraffin and re-assembled. The cleaned needles were re-sharpened on an oilstone (I still have it) and a clean stylette (a thin piece of wire) inserted to keep the bore patent. Syringe and needle were then reassembled, a protective sleeve put over the needle and the whole assembly placed in an aluminium tube. A ball of non absorbent cotton wool was inserted the tube was capped and the assembly was sterilised at 160 Deg.C in a hot air oven for an hour. I had to do about 40 of these a day and it was my first job in the morning. To check if the needles were satisfactory, one poked them through a piece of cloth stretched over a jar to make sure they slid in and out without catching. I became quite good at sharpening needles and in fact was still sharpening bone marrow aspiration needles many years later until Peter Coates

arrived as our new consultant haematologist and eventually persuaded me to buy disposable aspiration needles.

A Mrs Elgood worked in the Lab as general washer upper. A nasty smelly job but she never complained. We had no disposable petri dishes and, after use, these were sterilised in a gas heated autoclave, washed then packed into copper canisters for re-sterilising. Mrs Elgood also washed and dried all the glass slides used for microscopy. This was not the age of disposables!

Biddy White had the job of teaching me how to do the various tests then in use. She taught me how to take blood by finger prick and eventually how to perform venepunctures. To do finger pricks we used a sacking needle with the hilt embedded in a rubber bung. This assembly was kept in a 25ml McCartney bottle filled with 50% Industrial alcohol. We kept the needles sharp ourselves and I think I still have mine somewhere.

Biddy was good at showing me how to do tests like blood sugar (glucose and other reducing substances) blood urea, electrolytes and the like. However she was not able to tell me the reactions taking place. So I bought a book called "Introduction to Medical Laboratory Technology". This took me quite a while to understand and no one else seemed to know much about it either. Mr Price-Jones just got on with whatever he was doing and paid me little or no attention in the early days. I found out later that he was busy trying to get a new laboratory built and in this he was successful. As I have said the old place was quite wobbly so that if someone was using the flame photometer to read off the values for serum sodium or potassium everyone had to stand still as the slightest movement would cause the galvanometer to jump all over the place.

(To be continued).

Michael Drew

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Old Heachamite
THE ZEPPELIN RAID ON HEACHAM
19th January 1915

The photograph of the bomb dropped on Heacham on the night of 19th January 1915 by the German Zeppelin airship, L4, reminds me that I first published details of this incident in the Newsletter in December 2005. However, it may be of interest if I repeat some of the pertinent details in the current Newsletter with the permission of the present editor.

The bomb illustrated was dropped on marshy land in an area approximately adjacent to the main road garages. The authorities were unaware of its presence until alerted by two teenaged young men who found it. One of these was the young Sidney Robinson, his father, Mr George Robinson, ran the well-know antiques business patronised for many years by the late Queen Mary.

The bomb was of a high explosive type, weighing approximately 100lbs and was approximately 3ft long. It obviously did not explode, possibly because of the softness of the ground on which it fell. Postcard views of this bomb were available for sale locally, proceeds to aid the war effort. It was at some stage taken to the garden of 'Home-mead House' and again photographed with, in the background, a gathering of 'interested parties'. These include an armed guard complete with ammunition bandolier, and 'service' rifle, assorted villagers in workaday clothing, Police Sergeant Brookes, various uniformed soldiers, 'off duty' by the looks of them, and lastly the two youngsters who found the bomb. (The young Sidney, wearing a tremendously long woolly scarf). Everyone looks slightly apprehensive; after all, to find a bomb in 1915, of any sort, let alone a German one, was not exactly an everyday occurrence.

At the time, January 1915, 'Home-mead House' was occupied by officers of the 'Royal Gloucester Hussars Yeomanry' regiment, one of many houses requisitioned for military use in the village and the reason as to why the bomb was taken there for photographing.

A second bomb was dropped on to the village but this one was known of instantly. It was a much smaller incendiary type and, fortunately, fell into the rainwater butt of widow Pattrick's house in Lords Lane. Had it not been for the quenching effort of the rainwater, the bomb might well have ignited and by the time the horse drawn fire engine would have arrived, burnt the house down! (The house is now the home of Mr and Mrs Goodwin).

The airship was flying over Heacham and the surrounding area for nearly an hour at an extremely low altitude and was clearly seen and heard by people who came out into the streets to see what was happening. Such an airship would have been approximately 500ft long and 50ft in diameter with at least four large petrol engines making a very loud noise. Unlike an aeroplane, it had the ability to remain stationary in mid air, which it did so whilst dropping the bombs. In 1915 very few people had seen an airship, although by then the exploits of the German army and navy airships had become known and their destructive capabilities probably exaggerated. All this had an absolutely terrifying effect on the inhabitants of Heacham; this monstrous machine of unimagined destructive powers was overhead, seen and heard in its awfulness and NO ONE COULD DO ANYTHING ABOUT IT.

At the time of the Zeppelin raid, there was a fear amongst the population generally that German spies were operating in the country and passing information on military and other matters back to Germany. This supposition was correct. A total of nineteen spies of varying ineptitude were apprehended and executed at the Tower of London. The first of these was Carl Hans Lody, an officer in the German Naval Reserve, who was said to have spent some time travelling about Norfolk and to have visited Hunstanton!

One reason for his visits to the area was to set up a network of 'agents' who would be in place to operate a 'guidance system' for the Zeppelins when they began their bombing operations over England. These 'agents' would be equipped with fast, powerful motor cars on which would be mounted brilliant lights which could be positioned to shine directly up into the sky. The 'agents' would be informed of the arrival of the raiding Zeppelin over the English coast, would await its appearance, position the car to be as close to the underside of the Zeppelin as the road network allowed, switch on the upward shining lights, await a responding signal and then drive off to the intended target. Once the area to be bombed was reached, the car would halt in a

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nearby secluded position and the bomb, or bombs, would be dropped.

This sounds fanciful to us nowadays, but was accepted as fact in 1915 for at least two good reasons. Firstly, Miss Hilda Gurney of Norwich, had friends in Germany with military 'connections' and spent a year between 1912 to 1913 as their guest in Potsdam. Whilst there, she attended a demonstration by military and saw the system of signalling from motor cars to a Zeppelin overhead and it appeared to be a workable proposition! Secondly, the villagers of Heacham saw the system in actual use and suffered the consequences. Powerful cars with 'sky directed' lights were seen driving through the village at a tremendous speed. Powerful cars were seen stationary in the village, shining their lights into the night sky. These seem to have been parked in the hollow at 'Heacham Bottom'. On the approach of another vehicle or person, they drove rapidly off.

Glimpses of the occupants revealed that there were usually three or four men who were heavily muffled up, presumably to avoid identification but, in one instance, one of the occupants was said to be a huge man, had a large moustache and was of 'Germanic appearance'.

Mr Herbert Callaby leaving Caley Farm riding stables at about 9.30pm was nearly knocked down by a furiously driven motor car heading down Station Road. Shortly afterwards, when walking past 'Drapers Hole', he was nearly knocked down a second time by either the same car or a different one of similar appearance.

Other villagers saw and heard these mysterious cars tearing about, saw their lights, saw and heard the Zeppelin and not unexpectedly, were terrified. Miss Black of Church House was one such person, Mrs Spencer, the baker's wife, another. Canon and Mrs Phillips and Mr and Mrs Daw saw a stationary light shining vehicle at 'Scrattons Corner' Mr F K Sayer, cycling along by 'Heacham Bottom', came upon a stationary vehicle which, as he approached, drove rapidly off. Miss Bath, whose properties in High Street and Station Road were occupied by the military (to her subsequent financial loss), saw mysterious lights and, of course, became aware of the Zeppelin and, as were so many others, terrified.

In October 1886, Clement Holcombe Ingleby married Jane Neville Rolf and came to live at Heacham Hall. This was the 'old' hall and was in such a bad state that the family moved to Sedgeford Hall and, at the time of the Zeppelin Raid, were living there. At the time of his death in 1926, Holcombe Ingleby had been mayor of King's Lynn on four occasions, had been a Member of Parliament between the years 1910 to 1918, had been County High Sheriff, and had held numerous magisterial appointments. He had also taken a keen interest in the affairs of the village in the paternalistic way of his times and undoubtedly had done an enormous amount of good for the village, much of which we still benefit from today (Heacham Public Hall for one).

Naturally he was highly incensed at the depredations of the marauding Zeppelin and made himself acquainted with all that had occurred on that desperate night. He felt that the response from the government was negligible and as an MP raised the matter 'in the house' only to be fobbed off! He was referred to the Home Secretary, as possibly the police force could have stopped and investigated the occupants of those mysterious cars? No, they said and referred him to the Admiralty as those Zeppelins had crossed the sea to get to England! "Nothing to do with us" said the Admiralty and referred him to the War Office as, at the time in question, there were soldiers from various regiments billeted in the village and they should have been able

to do something, even if only to take a pot shot at the Zeppelin. (In fact two soldiers had tried to stop one of those mysterious cars and nearly got run over for their pains!). The War Office responded to the effect that Lord Kitchener was far too busy a person to be bothered by such a trivial matter and that was that!

Holcombe Ingleby was, of course, highly annoyed, but apart from waging a campaign in the press, and later on writing and publishing a small book on the subject, had to let the matter drop.

Later in the war, a 'Home Defence' force was set up. Squadrons of fighter planes relocated to the London area and so on, but only after considerable agitation and near panic from the population. This followed bombing raids by German Gotha aircraft, airships having proved to be particularly vulnerable to attack by modern, improved fighter planes firing Brock incendiary machine gun bullets. Airships were supported aloft by millions of cubic feet of highly flammable hydrogen gas which combusted violently when the incendiary bullets passed through it in sufficient concentration. The airship would then descend slowly to earth as a massive funeral pyre for the crew, a horrible death for undoubtedly brave men. I wonder what the people of Heacham thought to hear of the destruction of the first airship to be shot down by an aeroplane over Potters Bar. No doubt the words "Payback time" arose in some minds!

Heacham remained bomb free until the time of the Second War, but again escaped damage. It was a Heinkel bomber this time, military airships no longer existed and mysterious motor cars were no longer required.

On the night of the Zeppelin raid, other villages in the area had bombs dropped on them and also had visitations from those mysterious motor cars. Evidence of their activities was gathered by Holcombe Ingleby and formed part of his submission to Parliament, but, as we have seen, was ignored!



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WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room
SUNNYSIDE CLOSE (Sheltered Housing for over 60's)
Coffee Morning 10.30am Tel : 570492
RAINBOW CIRCLE TODDLER GROUP 1pm in school term
time Tel: Pip 570812 or Karen 571837 (SM)
FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey
07900 818311 (PH)
FITSTEPS 1.15 - 2.15pm To book Tel:Jaime 571395 or
07765433100 or email jaimefitsteps@gmail.com (PH)
ROLLASON STAGE SCHOOL Dance Classes 6yrs+
Ballet/tap/modern 4.15-5.15pm Junior Street 5.15–6pm
Tel:579074 (PH)Top Room
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5
– 6pm Contact Tel: Jenny 534107 (MC)
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School
Contact Sandee Tel: 01485 570485
1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs)
7 - 9pm Tel: Rob 572239 or Julz 572890 (SG)
HEACHAM IN BLOOM 3rd Monday Monthly @ 7pm (PC)
INDOOR BOWLS CLUB 7pm (MC)
LINE DANCING 7-9pm £3.00 Tel: 532317 (PH)
HEACHAM WIVES GROUP – 2nd Monday of most months at
7.30pm (HSC) Top Room Contact Sue Scott Tel: 572252

TUESDAYS

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

WEDNESDAYS

WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar
Ave Heacham £35 per day or £20 part of a day (personal budget
holders & self-funders welcome) Tel: Joyce Armstrong
07704338775 www.westnorfolkmind.org.uk
SCALLYWAGS PLAYGROUP Term Time 9.30 – 11am £2
Tel: Clare 07816913657/Jo 07521447284 (SG)
CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)

THE OLD SCHOOLGIRL FRIENDS of Heacham School meet
for a 'Coffee and a Chat' every 3rd Wednesday of the month
10.30am at Norfolk Lavender Tel: 570742 or 579126
LINE DANCING 1.30 – 3.30pm £3 Tel: 532317 (PH)
PATIENT ADVICE & LIAISON SERVICE 2 – 4pm on 2nd
& 4th Wednesdays monthly (PC)
HEACHAM LITTLE DRAGONS Korean martial arts of self
defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)
FOOTBALL Under 8&9's 4.30-5.30pm Contact Mark
07561303886 (HSC) playing fields
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–
8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek
01553 674779 (PRH)
LINE DANCING FOR IMPROVERS – 7 - 9pm. £3.
Contact Diane 571166 (SM)
BINGO 7.30pm Neville Court Grouped Home
HEACHAM TWINNING ASSOCIATION 3rd Wednesday
monthly @7.30pm New members welcome Tel: 579465.(PC)
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)
WEST NORFOLK SINGERS 7.30-9pm For info Tel: 541851
Peter Gray www.westnorfolksingers.org.uk/
(MC)
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5
welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older
people dementia friendly) 9.30–3pm For info see Wednesday
TABLE TENNIS CLUB 10am (PH Top Room)
ACTIVE FOR LIFE see entry on Tuesday
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)
MOTHERS' UNION 4th Thursday monthly 2pm (SM)
TREFOIL GUILD 1st Thursday monthly 2 - 4pm
Tel: 07813014477 Mary Harpley (PRH)
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for
over 60's) Tel: 570492
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC)
5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)
1st HEACHAM CUBS ages 8 – 10yrs
Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)
FLOWER CLUB 4th Thursday monthly 7.30pm Flower
arranging & demonstrations Tel:Alayne Seymour570560 (SM)
RAO BUFFALOS 8pm (HSC Top Room)
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon
3rd Friday of the month Contact Renee Smith or Barbara
Fargher silverlinings@gmx.co.uk or Tel:534741 (SM)
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last
Friday of the month at 2pm
1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to
8 years Term time 6 - 7.15pm Tel : Barry 570767 (SG)
TAI CHI & KUNG FU 6-7pm Beginners Tai Chi
7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu
Tel: Derek 01553 674779 (PRH)
CASH BINGO 7.30pm (PH)
WILDFOWLERS CLUB 1st Friday monthly 7.30pm
(HSC Top Room)

SATURDAYS

HEACHAM YOUTH CLUB Term Time School years 6-11
Tel: Tracey Swann 07833 307856 (SM)

HEACHAM DIARY

Tuesday 10th February GIG 'Stone Pony' 8.30pm at the Fox & Hounds Station Road

Friday 13th February 'Restaurant Evening' 7pm at Fridhem Rest Home Station Road Heacham 3 Course pre-order menu £22 per head. To book Tel: 571455 Limited spaces available

Monday 16th February Heacham Cricket Club 'AGM' 8pm at Heacham Social Club Meeting is open to everyone that is interested in playing for, or supporting the Cricket Club

Tuesday 17th February GIG 'Cruiser Blues Band' 8.30pm at the Fox & Hounds Station Road

Monday 23rd February Heacham in Bloom 'Quiz Night' Starts 7.30pm at the Fox & Hounds £2.50 pp (max 4 per team)

Tuesday 24th February 1st Heacham Girl Guides 'Beetle Drive' 6 to 7.30pm at Heacham Methodist Church Hall £3.50 Proceeds to the Methodist Church Hall

** GIG 'Phil Selby & the Shunters' 8.30pm at the Fox & Hounds Station Road

Friday 27th February GIG 'Jam with DNA' 8.30pm at the Fox & Hounds Station Road

Saturday 28th February 'Messy Church' at St Mary's Heacham 10am-12 noon Book in advance Tel: Brian/Josephine 571348 or email griffin568@btinternet.com


Tuesday 3rd March GIG 'John's Blues Crew' 8.30pm at the Fox & Hounds Station Road

Friday 6th March GIG 'Reckless Jivin' 8.30pm at the Fox & Hounds Station Road

Monday 30th March 'Fridhem Easter Bingo' at Fridhem Rest Home Station Road Eyes down 7pm sharp Refreshments All welcome

Saturday 4th April GIG 'Limehouse Lizzy' supported by 'Tattooed Lies' at Heacham Public Hall Doors open 7.45pm Tickets £12.50 from Trev Frammingham 07747 156204 or from the Social Club Bar

Saturday 2nd & Sunday 3rd May 'Spring Art Show 2015' at the Old Friends Hall Sunnyside For more information contact the Parish Council Office Tel:572142

Please turn to the next page for 'Other Events' 

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Planning your diary for 2015:

What a year 2014 was for us. Being awarded the 2014 EDP Best visitor attraction (under 50,000 visitors) was a fantastic way to finish the year. Who knows what 2015 will throw at us, all we know is that we are planning for it to be even better!

We have just launched 'CRAFTY TOTS' where you can bring out the creative side of your toddlers. Wednesdays 10am and will involve toys, singing and of course a craft. £6 per week but you will receive free, hot and cold drinks and a snack. ADVANCE BOOKING LIMITED SPACES.

We have introduced our 'ADULT ONLY EVENINGS'. These will be on the first Saturday of every month from 7.30pm. So why not try an evening with a difference? Enjoy some quality time with your friends, wife, husband or even just pop along for a night out. We're really friendly! ADVANCED BOOKING AND DEPOSIT.

Decopatch 'TASTER NIGHT' on Thursday 5th February @ 6pm. Come along and try a new skill for just £5 including a drink. ADVANCED BOOKING REQUIRED.

Something which not many people know is that WE CAN ALSO COME TO YOU. We have some relationships with local schools, nurseries, retirement homes, individuals and fêtes. We now regularly attend these types of venues and offer an activity for residents, help with a special occasion or even as a learning tool.

Don't forget that annual themed events, Valentines Day (14 February), Mothers Day (15 March), Easter (5 April), and Fathers Day (21 June). We already have a number of bookings relating to these events

As we move through the year we will be introducing some further 'Experiences' and OFFERS. Keep in touch on Facebook, Twitter and sign up to our newsletter via our website. Did you know that we now have our own moulds? Would you be interested in learning how to make the items we sell?

So get your diaries out and give us a call to book or discuss your requirements. Our opening hours are currently Wednesday - Saturday 10-4 (term time) but you can make contact with us 7 days a week. Telephone 01485 534340 or email paintmeceramics@btconnect.com.

OTHER EVENTS

Tuesday 10th February Brancaster Camera Club 'Monochrome Print Competition' 1 + 2 'Reflections in Water' plus 'Open' Choice Judge R Makemson 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Friday 20th February 2015 Anmer Village Social Club Film Night 'The Hundred Foot Journey' 8pm Tickets £3 For more info Tel 579465 or email films@anmerclub.co.uk

Tuesday 24th February Brancaster Camera Club Slide Presentation by David & Judy Hodgson DPAGB BPE1*/CPAGB BPE1* 'Winter Wonderland – Yellowstone Park' 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Thursday 26th February Norfolk Wildlife Trust 'AGM' and talk 'Ramblings of an Ancient Photographer' 7.30pm at Hunstanton Methodist Church Hall Austin Street Cost £2 (members) £2.50 (visitors)

Saturday 28th February Cinema in Syderstone presents 'Mr Turner' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel 578588 or 578171 or email cinema@syderstone.com

Wednesday 18th March Princess Players 'Poetry Morning' 10.30am to 12 noon at Hunstanton Town Hall basement Entry £2 More info from Ann McKimm Tel: 533933

Friday 27th March Carole Brown Health Centre PPG & Friends of St Nicholas' Church 'Quiz Night' 7.30pm at St Nicholas Church Hall Dersingham Entry £5 per person (max 6 per team) includes refreshments For tickets Tel:541450 Tom Morris / Tel:540865 Edgar Cooper / Tel:540081 Nigel Sisson

Saturday 28th March Hunstanton & District Lions Club 'Country & Western Night' Dancing and Entertainment to the music of 'MT Allen' at Heacham Public Hall

WANT TO PLAY BRIDGE? Hunstanton Bridge Club welcomes players of all levels and ability. Please call Roger Pearce 01485 572121 for more information

SEDFORD PRE-SCHOOL - Toddlers from age 2+ Mon to Fri mornings 8.45-11.45am (with optional 'wraparound' from 11.45am to 12.30pm) and **Tues & Thurs** afternoons 12.30-3.30pm (term time) Sedgeford Primary School Ringstead Rd Sedgeford – Tel: Jane 01485 579489

Mondays

U3A HUNSTANTON meets 3rd Monday monthly (except Aug & Dec) 2pm at Hunstanton Community Centre for details Tel: Chris (Chairman) 535065 or Barbara (Secretary) 571484 FITSTEPS 6.30 – 7.30pm at Ingoldisthorpe Village Hall To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

Tuesdays

BRANCASTER BABY & TODDLER GROUP Simms Reeve Inst.Hall Brancaster 9.30-11.30am(term time) £2 per family For info email: brancasterbabyandtoddlergroup@yahoo.co.uk

KEEP FIT FOR OVER 50's 10.00 to 11.30 am Ringstead VH Cost £3.50 Tel: Val Barnes 01328 864358

COASTAL STROKE GROUP 10.30am – 12.30pm at Hunstanton Methodist Church Austin St For more info Tel: Julie Manning 600930 or Gemma Smith 01366 377803

SLIMMING WORLD 5.30pm & 7.30pm at Hunstanton Community Centre Avenue Road Tel: Jo 07942 818059

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence 'all ages' 6.30 - 8.30pm at Smithdon High School For details contact Ian on 07806 622154

HUNSTANTON COMMUNITY CHOIR Rehearsals 7-9pm at Hunstanton Town Hall £3 per session Inc. refreshments For info Tel: 532392

Wednesdays

DOCKING MARKET 9am - 1pm in The Ripper Hall Local Produce Craft and Gift Stalls Tel: 576233

RESTORATIVE YOGA 10 - 11am Sedgeford Village Hall Contact Sandee Tel: 01485 570485

SING FOR WELLBEING Snettisham Community Choir 10am–12noon at St Mary's Church Hall Snettisham For info Tel:Carol O'Neill on 01328838616

LYMPHOEDEMA SUPPORT GRP meets the 2nd Wednesday monthly 10.30am-12noon Any enquiries please telephone Sue: 01485 570823

NICE & GENTLE Fitness 1-2pm £3 pp Inc's Tea or Coffee at Hunstanton Community Centre tel: Michelle 579074

CATKINS TODDLER GROUP – Wed afternoons 1.00-3.00pm term time only Sedgeford Primary School Ringstead Rd Sedgeford – Tel: 01485 579489

ROLLASON STAGE SCHOOL Dance Classes under 6yrs Ballet/tap/modern 4.30-5.15pm 12yrs+ Ballet & modern 5.15-6.15pm Senior street crew 6.15-7pm at Hunstanton Town Hall Basement Tel: 579074

YOUTH 45 GROUP meet at Ringstead Village Hall 7pm-8 pm for ages 7-14 Cost is £1 per evening and the contact is Mr T Large 11 Holme Road Ringstead Tel: 01485 525480

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

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

Thursdays

LINE DANCING 10.30am – 12 noon at Hunstanton Community Centre £3 Tel: Diane 571166

ROLLASON STAGE SCHOOL Musical Theatre class All ages 4.30 – 5.30pm at Hunstanton Town Hall Basement For info Tel: 579074

CHILLATES 6-7pm £4 pp at Hunstanton Town Hall Basement Tel: 579074

FITSTEPS 6.15 - 7.15pm at Snettisham Memorial Hall To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

KINGS LYNN & DISTRICT OSTEOPOROSIS SOCIETY meet in Kings Lynn 4th Thursday monthly at 7.30pm Door to door taxi service - £2 For more info Tel: Pat Reilly 572271

Fridays

BRANCASTER BABY & TODDLER MUSIC GRP Simms Reeve Inst. Hall Brancaster 10–11.30am(term time) 1st & 3rd Friday monthly £1.50 per family (see Tuesday for info details) ZUMBA at Docking Ripper Hall 6.15-7.15 £4 pp for info Tel: Michelle 579004

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon High School Hunstanton For info Tel: Ian 07806 622154

Saturdays

CHRISTIAN YOUTH GROUP 3rd Sat monthly 10am-12 noon ages 10-14 Cost £1 at Dersingham Church Hall More info from Karen Creedy 07717231096

ROLLASON STAGE SCHOOL with Lucy Rose Musical Theatre Group 11am Street dance under 12's 12noon Drama Group with Ann McKimm 1pm Musical Theatre 2pm at Hunstanton Town Hall Basement For information re attendance Tel: 579074

INDIE ARTS CLUB 2nd Sat monthly 1-4pm at Hunstanton Town Hall Basement Entry & Membership free Tea or Coffee 50p Book in advance via email: bookings@wattsington.com

around and about...

A Good Reason to go for a Walk –

Snettisham Footpath number 35

The secret is out: now you can tell everyone!

Following a public inquiry last summer and order confirmation, Snettisham Parish Council's success means the coastal footpath at Snettisham Beach, Norfolk, is a public right of way. Footpath 35 starts at Snettisham Beach Car Park, joins public Footpath 26 from Heacham to RSPB Reserve Snettisham, joining up with FP29 coming from Dersingham. Footpath 35 is level, on fairly firm shingle and mud free. Walking distance is ¾ mile and can be extended by walking around the RSPB reserve and back again.

Promotion of this newly registered public footpath is essential, enabling everyone to benefit and enjoy the wonderful views across The Wash. The magnificent displays of Knot flying will keep your eye fixed at the wonder. Many other waders are to be found busying themselves in the mud whilst you walk by. On a clear day you can see the Lincolnshire coast. Watch the sailing boats from Snettisham Beach Sailing Club; all this and more can be seen from this newly registered public right of way.

Why not try it for yourself, take the dog, family and friends.

WALKING THIS COASTAL FOOTPATH IS A GREAT WAY TO EXERCISE IN A GREAT PLACE.

Lilian Richardson



Now possible to walk along the coast on registered public footpaths between Hunstanton and Dersingham via Snettisham RSPB Reserve.

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and
Friends of St. Nicholas' Church

QUIZ NIGHT

27th March 2015
at 7.30 pm

in
St. Nicholas Church Hall
Dersingham

6 members per team - (maximum)

Entrance fee £5 per team member
(includes light refreshments, tea and coffee)
Wine and soft drinks also available

Details, entry forms and tickets from:

Tom Morris (541450), Keith Blythe (01553 631124),
Edgar Cooper (540865) and Nigel Sisson (540081)



Princess Players

Special Edition Newsletter

Hello, this is a special edition of the newsletter due to the fact that the editor is out of the country.

You may have heard that due to the sale of the property where we store our scenery, we have had to move our props, flats and other equipment to a commercial store in Heacham costing £100 per month. You will appreciate that the players cannot afford this kind of expenditure on a long term basis. Therefore we are desperately looking for a new store; if you know of anybody who may be help us please let our chairman Mick Yates know on 01553 674218. We are looking for minimum size of 40 ft x 8 ft.

Happy New Year to you.

Your Committee:-

Chairman – Mick Yates Tel: 01553 674218

Secretary – Ann McKimm Tel: 01485 533933

Committee Members - Sharon Yates (membership secretary), Rae Steward (publicity), Della-Marie Reed, co-opted member Mary Mackie



New season of Princess Players

Poetry Mornings

The new season of Princess Players Poetry mornings began on 21st January and will continue every other month until November.

Everyone is invited along to the cosy Hunstanton Town Hall Basement venue between 10.30 and 12 noon to read poems, share experiences and have some fun. Poems can be brand new, or old favourites, or you can just sit and listen and enjoy a cup of tea and some homemade cakes.

Entry is just £2.00, and there will be a chance to buy a copy of the newly published original poetry booklet 'Seasons' written by the group members.

2015 dates are: Wednesdays March 18th, May 20th, July 15th, September 16th and November 18th.

Our first meeting was under the title of 'New Beginnings' – but other themes are welcome. Everyone is welcome.

This event is sponsored by The Hunstanton & District Festival of Arts.

Further information can be obtained from Ann McKimm – 01485 533933.

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TIDE TABLES FOR FEBRUARY & MARCH 2015

HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT) BST begins Sun 29th March									
February 2015					March 2015				
Date	Morning		Afternoon		Date	Morning		Afternoon	
Time	m	m	Time	m	Time	m	Time	m	m
1 SU	04 23	6.2	16 40	6.4	1 SU	02 59	5.6	15 17	5.7
2 M	05 16	6.4	17 25	6.8	2 M	04 08	5.8	16 15	6.2
3 TU	05 59	6.6	18 05	7.0	3 TU	04 59	6.2	17 03	6.6
4 W	06 36	6.6	18 42	7.2	4 W	05 39	6.6	17 42	6.8
5 TH	07 11	6.8	19 17	7.2	5 TH	06 14	6.7	18 18	7.0
6 F	07 40	6.8	19 47	7.2	6 F	06 45	6.8	18 51	7.0
7 SA	08 08	6.8	20 16	7.0	7 SA	07 14	6.9	19 23	7.2
8 SU	08 37	6.7	20 44	6.9	8 SU	07 41	6.9	19 53	7.0
9 M	09 06	6.6	21 12	6.7	9 M	08 09	6.8	20 21	6.9
10 TU	09 38	6.3	21 45	6.4	10 TU	08 38	6.8	20 48	6.8
11 W	10 15	6.0	22 26	6.1	11 W	09 07	6.6	21 19	6.6
12 TH	11 03	5.7	23 20	5.7	12 TH	09 41	6.3	21 59	6.2
13 F			12 11	5.5	13 F	10 27	6.0	22 51	5.8
14 SA	00 39	5.5	13 44	5.5	14 SA	11 27	5.6		
15 SU	02 25	5.6	15 02	6.0	15 SU	00 06	5.5	12 55	5.5
16 M	03 41	6.1	16 04	6.4	16 M	02 05	5.6	14 31	5.8
17 TU	04 42	6.7	16 56	7.0	17 TU	03 26	6.1	15 38	6.4
18 W	05 35	7.0	17 44	7.5	18 W	04 27	6.7	16 34	7.0
19 TH	06 24	7.4	18 30	7.9	19 TH	05 20	7.2	17 24	7.5
20 F	07 10	7.6	19 16	8.1	20 F	06 07	7.5	18 11	7.9
21 SA	07 51	7.8	19 58	8.1	21 SA	06 50	7.6	18 57	8.1
22 SU	08 31	7.6	20 40	8.0	22 SU	07 31	7.8	19 40	8.1
23 M	09 10	7.3	21 23	7.6	23 M	08 08	7.6	20 22	8.0
24 TU	09 52	6.9	22 08	7.0	24 TU	08 46	7.4	21 04	7.5
25 W	10 38	6.3	23 03	6.3	25 W	09 24	6.9	21 49	6.9
26 TH	11 38	5.8			26 TH	10 05	6.4	22 40	6.2
27 F	00 14	5.7	12 51	5.5	27 F	10 58	5.8	23 49	5.6
28 SA	01 38	5.5	14 08	5.5	28 SA			12 12	5.5
					29 SU	01 12	5.2	13 33	5.4
					30 M	02 31	5.4	14 45	5.6
					31 TU	03 38	5.7	15 44	6.0

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Arthur Groom and the Boer War

You may remember me writing about my grandfather Arthur Groom and his service in WW1 in the Newsletter last year. I mentioned in the article that he was known as a professional soldier having joined up and served in the second Boer War.

Readers may be interested to know that when I was discussing him with my family and looking for his WW1 medals, I came across a special cup awarded to him by the Parishioners of Heacham in 1902. The cup looks to be made of horn with the inscription in solid silver and is a very well made piece to be presented to a local teenager. The Parish Council Office kindly went through the Parish Council minutes of the time but there was no mention of the presentation, so I am none the wiser as to whether my grandfather was the only local recipient or who might have instigated this honour.



I understand that many communities, recognising the harsh conditions in which the soldiers had to endure, made presentations to their returning soldiers in the form of special medals, pocket watches or clocks, but I have yet to find a cup like my grandfather's.

Jimmy Groom

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Hunstanton & District Rotary Club

Rotary Matters



We don't like to think how vulnerable we might be, living on the coast, in times of war, when invasion is threatened. Recently we welcomed John Smith, a local history expert, and well-versed in the knowledge of the **Lovat Scouts**. John told us that the Scouts had been billeted in Hunstanton for a time during World War One because of the invasion threat. The Scouts were a Scottish Highland Regiment which had been formed around the turn of the twentieth century and were composed of Scottish Highland land owners and gamekeepers. As such, they were experts in observation, tracking, patrolling and shooting, being well-practised in these attributes. The one regiment later became two. The Lovat Scouts eventually became the forerunners of the SAS (the Special Air Service). The name, Lovat, came from the fact that the regiments were formed by the 14th Lord Lovat. They fought in the Boer War and were heavily involved in World War One. This was when, because of the threat of coastal invasion along the east coast of Britain, they went to Skegness, Sutton on Sea and they were, in fact, billeted in several coastal towns, including Hunstanton. They served abroad, fighting at Gallipoli and elsewhere. Their activities abroad resulted in a considerable loss of life amongst the Scouts. Perhaps they are best known, however, from their activities in World War Two.

Lord Lovat's son, Simon Frazer, the 15th Lord Lovat, was a true hero and led commandos onto Sword Beach on D-Day. He instructed his personal piper, Bill Millin, to pipe his commandos ashore. This was shown in the film, 'The Longest Day'. The Germans apparently thought he was mad and could not shoot him! Part of Lovat's brigade advanced to Pegasus Bridge where they helped relieve the Sixth Airborne Division who had arrived by glider in attempting to take the bridge. Sadly Lord Lovat was severely wounded though he recovered and after the war became active in politics. He died in 1995 when his piper, Bill Millin, played at his funeral.



John Smith, our speaker, illustrating his talk

The Rotary Club members were pleased to welcome Julie Manning recently to give a talk to the Club on the Stroke Association. She gave a good and interesting talk; some of the work of the Association involves on-going treatment for stroke victims. The Club is pleased to give a financial contribution to assist the work of the Association.

Once a month the Club holds a Business meeting at which we discuss our programme and who we are able to assist. At its recent meeting we agreed to financially support a wider project which is designed to help to fit smoke alarms into vulnerable households in the Hunstanton area.

Amongst numerous items discussed, it was agreed that the club hoped to put on a poetry event again in the Spring. This has been done for the last two years and has proved locally popular.

We have an interesting programme ahead of us, with several talks planned. One of these will be on Wills and Probate. Another talk is to be on the work of the National Autistic Society. Then, in March we will be having one of our two 'black-tie' events when our Rotary President, Peter Atterbury and Inner Wheel President, Rosemary Bowett, hold a joint event for the two Clubs.

We are always pleased to answer any questions you may have about Rotary. We have two categories of membership – Full Members and Associate Members. Both are popular categories and you can find out more by contacting either our President, Peter Atterbury, tel 01485 534820 or Rotarian Phil Newell, tel 01485 533864, or any Rotarian.

Our website is: www.hunstanton-rotary.org.uk

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Hunstanton & District Lions Club

Christmas Lunches for Senior Citizens:

Thank you to all those who supported the Club's annual 'Turkey Tinsel' Lunches held at the United Services Club, Hunstanton in December 2014. We welcomed 638 senior citizens over 7 days to enjoy a delicious three course Christmas lunch. Raffles, with up to 10 prizes, were held daily and the main prize, a lovely Christmas Hamper, was won and claimed by a very happy winner on the last day. We are most grateful to those who generously donated prizes.

Of interest, the following numbers attended from the Club's catchment area;

Hunstanton - 275
Heacham - 114
Snettisham - 94
Dersingham - 85
Brancaster/Burnhams - 21
Sedgeford - 12
Old Hunstanton - 8
Bircham - 8
Holme - 6
Ingoldisthorpe - 6
Ringstead - 2
Docking - 1
Thornham - 0

If you or someone you know lives in Thornham or one of the other smaller villages, please do come to this year's event – you will be most welcome! The dates and booking forms will be advertised well in advance so that you can save the dates, apply for seats and, if necessary, make transport arrangements. The only limitation is numbers - a maximum of 90 people each day - and we maintain a reserve list to call you if there is a cancellation.

Christmas Cracker:

Thank you to all those who supported our Tombola stall at the Hunstanton Christmas Cracker in November 2014, helping us raise over £200. We were delighted that so many of you won a cuddly toy lion, of varying sizes, and felt for those who did not. However, a goodie bag of sweets seemed to console the little ones – some adults too! A particular success was our bucket of bunched mistletoe which emptied as fast as the witty banter of one of our members!

Children in Need:

Having toured local pubs, clubs and hotels in fancy dress, we were delighted to present a cheque, on the night, at the Princess Theatre for £507.43. Many thanks to all of you who kindly donated.

DATES FOR YOUR DIARY:

Saturday 28th March 2015 – Lions Country & Western Night at the Heacham Public Hall. Dancing and Entertainment to the music of 'MT Allan'. Everyone is welcome. Posters will be displayed soon advertising ticket sale outlets.

Saturday 4th April 2015 – Lions Easter Egg Hunt for the children at The Spinney, Hunstanton. Further information to follow.

Saturday 4th July 2015 – American Independence Day Dance; further information to follow.

New Members:

We are continually seeking new members to help with events and activities. If you have some time, no matter how large or small, that would be well used and much appreciated in supporting our community, please do get in contact. No particular skills or specialist talents are required – just time and enthusiasm. Please contact Chris Holt on 0845 8335738.

Angie Keightley

Searles Leisure Club



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The West Norfolk members group invites you to
A brief AGM, followed by
an illustrated talk by Steve de Roeck

Ramblings of an Ancient Photographer

on
Thursday 26th February – 7.30pm

Venue: Hunstanton Methodist Church Hall, Austin Street
Cost: £2.00 members / £2.50 visitors

Community Cinema

**On Saturday 28th February
Cinema in Syderstone**

Presents

“Mr Turner” (12A)

Mike Leigh’s biography of the British artist J.W.W. Turner. Timothy Spall delivers a majestic performance, arguably his best in a rich career, capturing both Turner's quicksilver intelligence and energy but also his coarse manners. Possibly director Mike Leigh's best film to date.

Venue: Amy Robsart Village Hall,
Syderstone PE31 8RX.

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578588 or 578171

Email: cinema@syderstone.com

The CAROL SINGING PLAYERS!

On Friday 19th December a few of us got wrapped up warm with bobble hats, woolly scarves, gloves, a few reindeer antlers with bells on and borrowed Mr Alan Rudd's truck (thanks Alan) and had a fun ride round the pubs of Heacham to raise money for our Drama Group, The Pocahontas Players.



What fun we had ! We started off at the Friday night Bingo; sung a few carols during their interval. It was great to hear the Bingo crowd joining in. Then onto The West Norfolk . We think the private party in there enjoyed our 'turn'. (Thank you for your donations, whoever you were!)



Then we piled back onto the truck and follow-up cars and onto The Fox & Hounds. Great reception in there, with many customers joining in. On to the Bushel & Strike. This is where we had a welcome drink. (Yes, thirsty work this Carol Singing!) After this, we all congregated in the car park and got into cars and drove to The Rose & Crown in Snettisham, where there were lots of 'youngsters'. It was fabulous, listening to them all joining in.

Great night was had by all. Thank you very much to all these businesses who welcomed us. We raised £200.84!

Janice Curtis



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A149 Hunstanton - Cromer Road Surfacing Scheme & King's Lynn Road Puffin Crossing

The programme of works along with traffic management is as follows: -

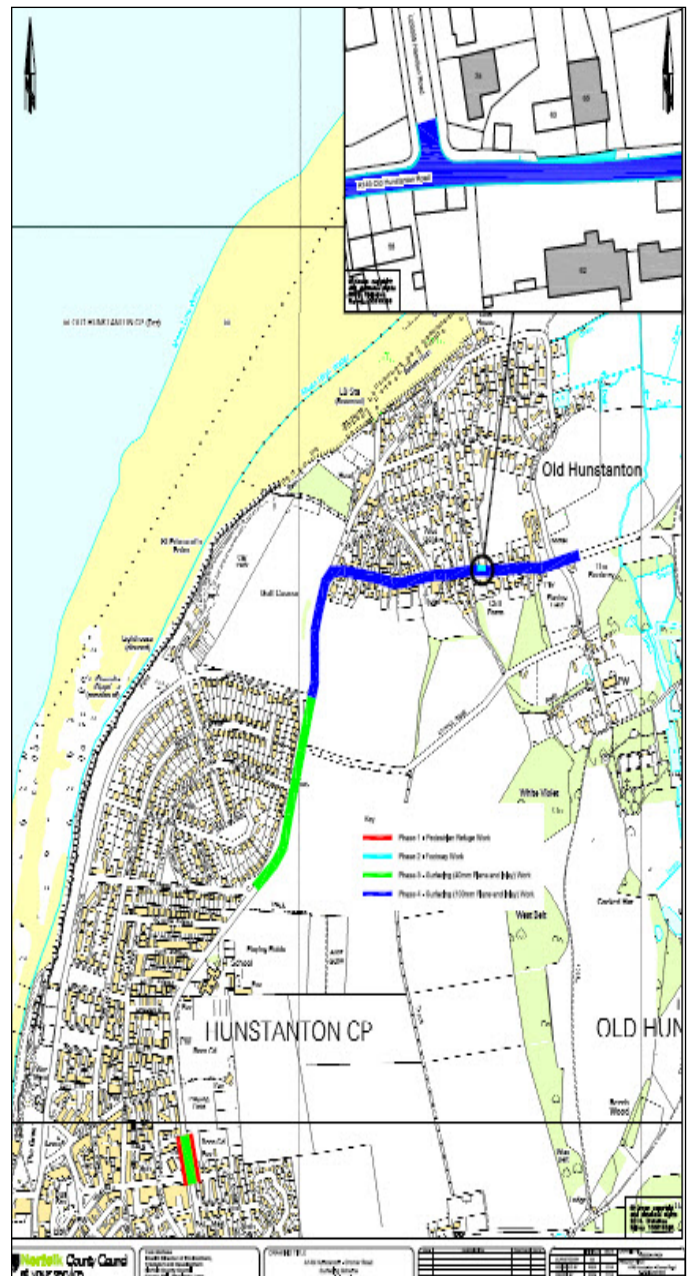
Week 1 - 16th-20th February: 24 hour road closure. As we are required to excavate the carriageway, remove the existing pedestrian refuge and leave trenches for new ducting exposed overnight, a 24hr closure is required for safety reasons.

Week 2 - 23rd-27th February: Road closure between 09:00-16:00. Single way traffic lights during peak times taking traffic through the centre of the carriageway.

Week 3 - 2nd-6th March: Road closure between 09:00- 16:00. Single way traffic lights during peak times taking traffic through the centre of the carriageway.


Week 4, 5 & 6 - 9th-27th March: Road closure for surfacing and footway works.

All works are to be carried out during the week. The road will be opened as normal over the weekends. The dates above are subject to any adverse weather conditions. However, we intend to finish the programme of works by the Easter Holidays. For your information I have attached the consultation plan and a copy of the proposed diversion route for the works.



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King's Lynn's bus station is getting a makeover

The bus station in King's Lynn is being refurbished and the pedestrian links between the town centre, the bus station and the railway station improved to give people arriving in town by public transport a more positive first impression.

Improved access and lighting, wider pavements, more shelter and real-time travel information will all add up to a better experience and, once complete, the whole area will become a smoke-free zone.

This £1.6 million project has been funded by £500,000 each from Tesco and Sainsbury's with the remainder coming from the Borough Council of King's Lynn & West Norfolk and Norfolk County Council. The project started on 6th January and work should be finished by mid June.

To enable works to take place, from 9th March 2015, southbound services will arrive and depart from Portland Street. Full details of the services affected will be available on the borough council's website www.west-norfolk.gov.uk/busstationworks

We know that this will cause a bit of inconvenience but please bear with us and keep up to date by subscribing to e-alerts at www.west-norfolk.gov.uk/busstationworks or by following @KLTworks on Twitter.

Sharon Clifton
Communications Manager



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This is a FREE service available to anyone thinking of starting up a business, or existing business owners looking to grow. The service offers information about funding or grants, training and management or advice on exporting goods and services. This service is being delivered by the Chamber of Commerce on behalf of the Local Enterprise Partnership.

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Hunstanton Community Choir 2014 Season

At the start of 2014 little did we know just how far the choir would go that year! Had someone stood up and told us in January that by the end of the year the choir would not only be accompanying four professional artists 'live on stage', that we would also be singing a range of different songs, and that all of the songs would be sung without reference to song sheets? Some may have suggested that those proposing such achievements were still hung over from the New Year celebration.

Yes, there has been a range of different emotions experienced; excitement, frustration and apprehension and many challenges we have had to face. The calendar of events included our own concert last April and the open air Chalk Pit concert in the summer with songs to commemorate the First World War. The choir also supported the nationwide charity 'Children in Need' and the Delta Pilots Show along with the normal end of year seasonal events to support the local community.

To achieve such a wide and diverse range of songs has required both commitment and a lot of hard work from all those involved in the choir. The type of music has ranged from classical, folk, popular, traditional and rock; a very impressive portfolio to have for a community choir.



In hindsight, looking at each event, there are things that could be done differently to improve the overall performance. Who will forget trying to sing 'Oh I do like to be beside the seaside' whilst a 30 mile an hour wind was blowing through the bandstand! Every individual within the choir has their own aims, along with strengths and weaknesses. Yes we may not always have hit the right note, and may have missed the odd entry, but that is all part of the learning process; next time we will be better! The Hunstanton Community Choir is more than just about singing; it's also about the camaraderie and the fostering of friendship and spirit within the local community.

The Hunstanton Community Choir committee would like to take this opportunity to thank everyone within the choir for the hard work, dedication and achievements throughout 2014 and would like to wish you all a Happy New Year.

To the residents of Hunstanton and the local communities, the choir would like to thank you all for your continued support throughout 2014. The choir was back rehearsing at the Town Hall on 13th January 2015 - 7:00 to 9:00pm. Our next production is our annual concert on Saturday 25th April. So why not start the year by joining your local community choir. The choir rehearses every Tuesday evening so come along for your free 'taster session' no audition necessary, and enjoy an evening of singing. Who knows what and where your singing will take you in 2015?

The Hunstanton Community Choir

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Age UK Norfolk is asking you to make volunteering your New Year's resolution for 2015

A little of your time could make a big difference...

Age UK Norfolk is a local charity helping local people. Each year we provide support to thousands of older people in Norfolk and have been doing so for over 65 years.

Our free Information, Advice and Advocacy Service offers support on a wide range of issues, including benefits and entitlements, advocacy, bereavement advice, money matters, housing and care options and much more!

Age UK Norfolk also offers dementia support services, telephone befriending, day support clubs and respite care.

Last year our Benefits Outreach service helped older people living in Norfolk receive a total of £2,942,986 in benefits and entitlements that otherwise would have been unclaimed.

Could you help?

The services and support Age UK Norfolk offers would not exist without our volunteers and we are currently in urgent need of new volunteers!

Volunteering for Age UK Norfolk is an opportunity to learn new skills, meet new people and work within a friendly, professional organisation and have the satisfaction of knowing that you are making a real difference to people's lives.

Volunteering benefits not just the older person receiving your support, but also their family, friends and the wider community - and you!

But don't just take our word for it...

Here are some views from Age UK Norfolk volunteers:

"I enjoy the satisfaction of knowing I have had a positive impact on the lives of those not as fortunate as myself. For me the best part of being a volunteer is at the end of a visit to a service user when he/she says 'thank you Mike'." Money Matters volunteer.

"Since volunteering for Age UK Norfolk, I have gained a tremendous amount. I have a personal feeling of being able to help, if only in a small way, and giving something back to the community of which I feel a part. So to anyone who is considering becoming a volunteer for Age UK Norfolk, I would say "go for it, you won't regret it!" I&A volunteer.

"I feel I am doing something useful in advocacy and get a lot of positive feedback from clients. I have also learnt new skills and my knowledge continues to grow." Jo, Advocacy volunteer.

"Age UK Norfolk has a very professional approach and they offer several different service areas. One would be sure to be right for you!" Celia, Money Matters volunteer.

Something for everyone!

We offer a wide variety of volunteering opportunities throughout Norfolk.

Just a selection of volunteering roles at Age UK Norfolk:

- Telephone befriender
- Day support volunteer

- Administrative assistant
- Fundraising assistant
- Information and advice assistant
- Benefits outreach advisor
- Trustee
- Money Matters assistant
- Advocacy assistant

Pick up the phone to find out what Age UK Norfolk can offer you! Call our volunteer recruitment line on 01603 785241 or check out our website www.ageuknorfolk.org.uk to find out more.

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Publicity & Communications Officer
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Forthcoming events at Hunstanton Library

For further information about any of these events, or to book your place where necessary, please contact the library on 01485 532280.

Regular events:-

Scrabble Club:

Every Wednesday from 10.00-12.00noon during term time only (no sessions in school holidays). Come along and enjoy a game of scrabble. No need to book but places given on first come basis.

'Fun with Stories' for Parents/Carers and their children:

Come along for some stories and crafts!

Every Friday from 9th January to 24th April 11am - 11.45am (no session on Good Friday).

Children must be accompanied by an adult.

Knit and Natter:

Thursday 12th February 10.30am-12.30pm:

2nd Thursday in the month with the Norfolk Knitters.

Come along and knit for charity or if you're a beginner, we'll help you get started.

Even if you're just visiting Hunstanton, come along too!

Holiday Storytime:

Thursday 19th February 10.30-11.30am:

Come along for some stories and activities!

Children must be accompanied by an adult.

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Magic of Matt Monro Sat 7th

Jimmy Jones Sat 14th

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15th Feb



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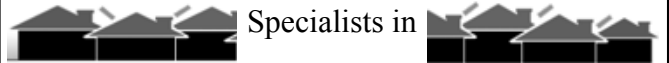
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NORFOLK CARE AWARDS 2014



More Chances of Awards for Local Care Company. Following on from our success last year, 'Extra Hands Home Care' of Heacham are delighted to announce that for a second year running we have been shortlisted for two categories in the 'Norfolk Care Awards'.

The awards are being held at Sprowston Manor. The nominees representing Extra Hands are Joanne Tier for 'Motivational Leadership' and the company as a whole have been shortlisted for 'Promoting Dignity & Respect in Every Day Life'.

The 'Norfolk Care Awards' are held annually to recognise and reward care providers across the county. Harold Bodmer, Director of Community Services had this to say about last year's event: "The last Norfolk Care Awards was a spectacular event; we saw the best of the best receive their awards. We have great things to shout about in Norfolk when it comes to delivering excellent care and support services, I'm proud of the work we do."

Norman Lamb, Minister for Care and Support who also attended last year had this to say about the awards: "It is a real honour to be here; heartfelt thanks for the fantastic work you do. To watch people and see the pride on their faces for being recognised is amazing; these unsung heroes are doing amazing work across our communities and are at last being recognised."

Business owners Hazel and David Evans are justifiably proud of their firm's achievement: "We are delighted and thrilled to yet again be shortlisted in these prestigious awards. We wait with much anticipation for the award ceremony being held on Thursday 26th February to find out if we have been successful". Anita Walter Managing Director said "any business or individual delivering a top quality service will know how rewarding it is when you are recognised for your hard work and effort. We are very much looking forward to the future as we continue to build and expand upon our excellent service provision."

And There's More!

The excitement does not end there though as Extra Hands can also report that we have been shortlisted for the 'Customer Care Award' at the Mayors Business Awards in association with the Lynn News. The results will be announced at a glittering awards ceremony on Friday 6th March. So watch this space, and we'll report back soon.



Macmillan MAMMOTH QUIZ
Fri 27 Feb
7.45pm

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Saturday 14 February

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Macmillan Events at Caley Hall

As part of our ongoing campaign to raise £5000 for Macmillan Cancer Support, Norfolk Caley Hall will be holding a Macmillan Mammoth Quiz night on Friday 27th February and a Casino Night on Friday 6th March. The quiz night will begin at 7.45pm, entry to the quiz is £2 per person (all proceeds to Macmillan) plus there will be a happy hour between 7pm and 8pm and a pie and pint offer for £10.

The casino evening will start at 7pm and will include roulette, blackjack and poker plus a delicious evening buffet. Tickets are £25 each and must be purchased in advance. Rooms are also available from £79 including breakfast. Come along and take a look at our newly refurbished restaurant and lounge and support this great cause - everyone welcome!



Age UK Norfolk

Open your garden for Age UK Norfolk

An enjoyable way to raise money and support older people in Norfolk.

We are looking for people to share their passion and open their gardens, helping us raise money to improve later life for older people across Norfolk.

Opening your garden is a rewarding way to show off your hard work to an appreciative audience, whilst raising vital funds for a local charity.

Your garden does not have to be huge. We're looking for gardens of all shapes and sizes. From small urban spaces to traditional English country gardens, all have a part to play in Age UK Norfolk's Open Garden Season.

An enjoyable, social occasion

People find the experience of opening their garden to the public, or even to family and friends, fulfilling and rewarding. They enjoy sharing the fruits of their labour, inspiring fellow gardeners and exchanging gardening tips.

Neighbours and local groups can even work together to open their gardens collectively, creating a social event for the whole community.

Opening your garden

After running a successful Open Garden event in the past, we are aiming to run a whole season of Open Gardens in 2015 and would love you to be part of it. You only need to open your garden once, although many people prefer to open their garden at least twice as this gives a greater opportunity to showcase the love and commitment given to developing a beautiful garden.

To make opening your garden as easy as possible, we provide an information pack crammed with ideas, promotional material and everything you will need to help make your event a success.

Age UK Norfolk's Open Garden Season runs from 1st May – 31st July 2015, which allows you to open your garden when it will be looking at its very best.

To get involved or for more information, please get in touch as follows:-

Telephone No: 01603 785253

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Scallywags Parent, Baby & Toddler group

May we wish all you lovely folk we have met through Scallywags a happy new year! We have had a busy January and our bright little Scallywags have swept away those grey January skies outside! They've been busy making cheery junk model creatures, decorating some crazy pairs of glasses and getting messy making bird feeders for our feathered friends! It's been lovely to see old friends and new; thanks for coming along!

And finally a big thank you for some lovely donations; Mrs Gillings answered our call for a knitter to keep our dollies warm. We love the outfits, thank you so much! Mrs Rudd, Louise, Vicky, Elaine and Sam, thank you all for thinking of Scallywags and giving us some brilliant toys which have all been much appreciated by our little ones, and of course we've had a go with them too, except for obvious reasons the slide ... more's the pity!!!

Our friendly and lively parent, baby and toddler group meets every term time Wednesdays 9.30-11.00am at the Scout Hut in Sunnyside - cost £2 per family.

If you would like any more info please contact us, Jo on 07521 447284 or Clare on 07816 913657.



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We are a small, friendly club & welcome photographers of all abilities. We meet in Brancaster Staithe Village Hall on alternate Tuesdays at 7.30 pm. Entrance is £3 to include refreshments.

The following evenings have been arranged for February 2015:-

Tuesday, 10th February

Monochrome Print Competition

1 + 2 'Reflections in Water' plus 'Open' Choice.

Judge R Makemson

Tuesday 24th February

Slide presentation by David & Judy Hodgson DPAGB BPE1*/CPAGB BPE1*

'Winter Wonderland – Yellowstone Park'

David and Judy are terrific Nature photographers and this should not be missed.

If you would like to come along we would be pleased to see you. Contact Jim Till (Chairman) 01485 210013 or Wendy Calow 01553 674725.



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Thursday 26th Feb, 6:30pm

£44pp includes:

South American gourmet
4 course meal

Each course paired with
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Early booking is essential
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HEACHAM MANOR HOTEL

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HNL



Flood grant fund deadline extended again

People in West Norfolk who were affected by flooding between 1 April 2013 and 31 March 2014 are being urged to apply for funding to help them install flood preventative measures to help protect them from future flooding. The Government has now extended the deadline again and applications to the Repair and Renewal Grant can now be made up to 31 March 2015.

Residents and businesses are eligible to apply for grants of up to £5,000 per property to install measures such as flood boards or similar flood prevention measures.

Borough Council Cabinet Member Cllr Elizabeth Nockolds explained: "A lot of properties were affected by the high tide which hit west Norfolk on 5 December 2013. We have sent letters to all the properties that we are aware of, but we also know that many of these homes were second homes. The Government's support scheme has been extended until 31 March, so it is crucial that everyone who could benefit from some additional cash to help them install items such as flood boards, gets their application in as soon as possible."

Full details about eligibility and information on how to apply, can be found by searching for Flood Recovery Schemes on the borough council's website www.west-norfolk.gov.uk

The deadline for applications is 31 March 2015.

Docking Market

The Wednesday market at Docking is continuing through the winter despite the economic slowdown that has closed at least two other markets in Norfolk in the past year. Its mix of more than a dozen stalls unusually offers both local foods and a variety of crafts.

With stalls outside and inside the village hall (Ripper Hall) in Docking High Street each week, the market has become a fixture in the village – it was closed by bad weather on only one week last winter. It also provides a useful shopping stop for those passing through or living within an easy drive.

Food stalls include a greengrocers with better than supermarket prices; a specialist butchers offering Suffolk saltmarsh lamb and free-range pork; a good variety of bread and cakes; high-quality cheese stall; a fish van with wetfish, local shellfish and crab "some of it straight off the boat". There is also a French foods specialist with produce direct from the south of France such as olives, pâté and dried herbs.

Other stalls sell flower arrangements and table centres; affordable jewellery and paper flowers; another offers handmade greetings cards; a knives and scissor sharpening service visits once a month.

A further stall sells books on local history and fridge magnets to support Docking Heritage Group, which is researching the history of the village. Another raises funds for a local charity that offers young children the experience of working with farm animals.

The market was started two years ago in part with a charitable purpose, to help support the village hall.

Teas, coffees, cake and rolls are available inside the hall, with café seating so visitors can take a break. Market hours each Wednesday are 9am to about 1pm.

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Sat 21st February at 10.30
at the station at the bottom of Sea Lane, Old Hunstanton so please
come along to find out how you can help.

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or, call Robin Rafferty on 07771662978
or email: hunstanton@rnli.org.uk

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HEACHAM PARISH COUNCIL NOTICEBOARD

Parish Council Meetings in Brief

School Road Development: The Council would send a number of representatives to attend the School Road Planning Appeal on 27 and 28 January 2015.

Local Development Framework: The Borough Council had published the Development Policies document alongside the site allocations for West Norfolk. There were no major changes from the draft version for development plans in Heacham. However, the Council noted with disappointment that the land south of Hunstanton, originally a non-preferred option, was now supported as a development site. The Hopkins Homes application had yet to be determined and the Parish Council would continue to object to the proposals.

Nook Appeal: The Council was pleased to support the Nook Appeal, launched by the East Anglia Children's Hospice to provide a purpose built Children's hospice in Norfolk, with a donation of £100.

Donations: The Council also agreed that £50 donations be made to Age UK Norfolk and Norfolk Accident and Rescue Service (NARS).

Membership: The Council noted the planning support and advice provided by Council for the Preservation of Rural England (CPRE) over the past few years and agreed to continue membership at a cost of £50 for a further year.

Split Log Seat in Lodge Road: Borough Cllr. Colin Manning reported that the overgrown area around the seat in Lodge Road would be attended to. The Parish Council discussed the seat and removal due its poor condition, but it would review the matter once the tidying has been done.

Poppy Planting: The Council noted that poppy and cornflowers seeds had been sown along sections of the A149. The Council thanked Mr Skoyles and Mr Clements who prepared the ground.

Mayor's Award for Design: The Council agreed to nominate the new Jennings Shop for the Mayor's Award because of the attractive use of carrstone in the design and the general improvement to the street scene.

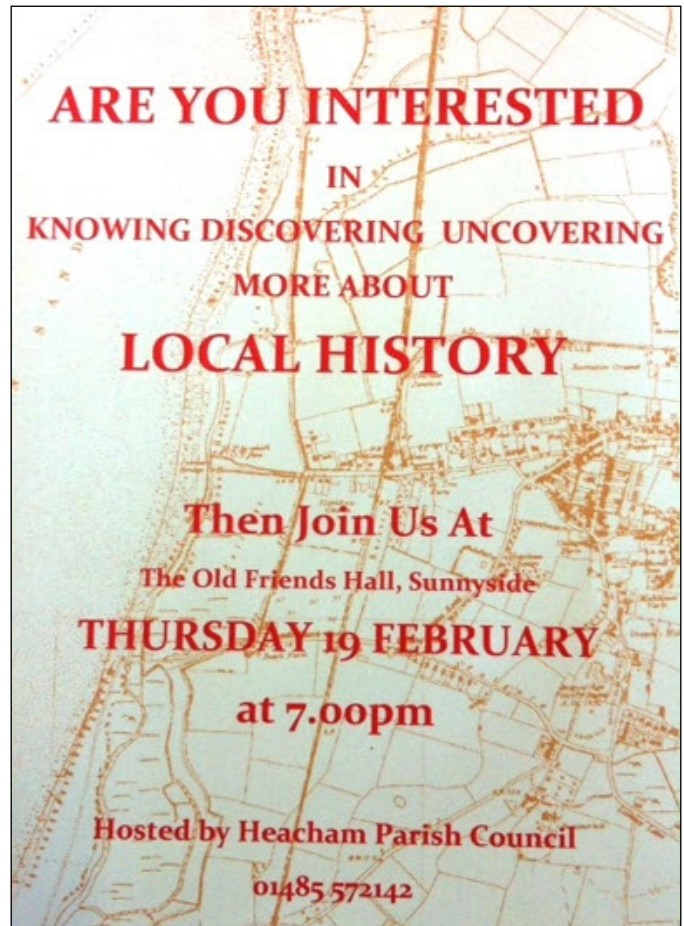
Former Dairy Site

The Parish Council has previously reported the intention to purchase the Dairy site in Pound Lane. The purchase of the site has now been completed. The Council has now set up a Project Committee to develop plans for a Community Building bringing together facilities such as the Parish Council Offices, the Library and the Old Friends Hall with the benefit of proper on-site parking. Now that the land had been secured the Project Committee could start to draw up plans and investigate what other facilities the building could provide.

Precept for Heacham 2015-2016

The precept set by Heacham Parish Council for the forthcoming financial year will be £92,000. The Parish Council will also receive a reduced grant of £4,912 from the Government to offset changes to the way the village tax base is now calculated. The actual cost per annum is set out below along with the comparison with the current year.

2014-2015: Band D £41.93 **2015-2016:** Band D £50.70



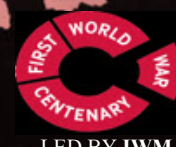
Do you think You've been a victim of Fraud?

Norfolk Police are part of Action Fraud - the UK's national fraud reporting centre - which acts as a central point of contact for all information about fraud and financially-motivated internet crime. Instead of officers taking reports themselves, they will redirect victims to Action Fraud where staff will receive reports, on-line or on the telephone. The online reporting facility is available 24 hours a day, seven days a week through www.actionfraud.police.uk. Telephone reporting to Action Fraud is available on 0300 123 2040. Monday to Friday between 8am to 9pm and Saturday /Sunday between 9am to 5pm.

Free NHS Health Checks

If you are between 40-74 years old, not previously had an NHS Health Check and live in Norfolk you could be eligible for a 30 minute free health check to help you look after your long term health. The free check does not apply if you have already been diagnosed with, or receiving treatment for, Diabetes, Heart Problems, Kidney Problems, High Blood Pressure, High Cholesterol or Stroke. For more information visit www.mynhshealthcheck.com or ring 0344 800 8029.

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



HEACHAM REMEMBERS

The First World War, often said to be the war to end all wars, changed the nation. Keeping the memory of the sacrifices and hardships caused by WWI alive ensures that current and future generations appreciate that the freedom enjoyed today came at cost for our relatives in the past. It is also an opportunity for residents to pay tribute to those who gave up so much. Heacham Remembers plans to publish stories over the coming months and the Parish Council would be grateful for your family memories and stories from both at home and on the front lines. **Heacham Parish Council – 01485 572142.**

GUNNER LEDNER TAYLOR



Ledner Turner was born in 1894 and the 1901 census recorded that he was living at 92 Station Road with his parents and seven brothers and sisters. If you hadn't realised it, 92 Station Road was the site of the current row of Station Road shops. Ledner's family both lived and ran a business from that address, going on to build the row of shops and flats that we see today. Ledner, like so many young men,

volunteered for service and joined a 'Local' (thus the 'L' prefix to his number) unit of the Royal Field Artillery on 6th June 1915. He was posted to the 154th (Empire) Brigade Royal Field Artillery and then to C Battery 153rd Brigade Royal Field Artillery on 22nd June 1915; this unit was part of the 36th (Ulster) Division. Ledner, now "Gunner Ledner Taylor", landed at Havre with his unit on 27th November 1915 and went on to the Somme front where he remained until the following July. During his time on the Somme he was admitted to 108th Field Ambulance RAMC with 'Pediculosis' which was lice infestation on 26th March 1916; this was a great problem in the front line conditions of WW1. He returned to his unit on 29th March. In mid-July 1916 he moved to Flanders where the Division stayed until the autumn of 1917, taking part both in the famous battles of Messines and Passchendaele. During his time at Ypres he went home on leave to England between the 8th and 18th February 1917. In November 1917 he took part in the Battle of Cambrai. In 1918 he went home on leave again between 19th March and the 3rd April, missing out on the German Offensive on the Somme but returning in time for the

Battle of Lys and the final Offensive in Flanders. Following the Armistice he embarked at Boulogne for demobilisation on 29th June 1919. Ledner Taylor passed away in 1968 and is buried at St Mary's Church.

PRIVATE ROBERT EDWARD EWEN

Robert Ewen was born in Sedgeford, but lived in Heacham when he enlisted. Ewen originally joined the Norfolk Regiment, but like many others was transferred to the First Battalion Essex Regiment and sadly like so many others died at sea on 13 August 1915 when the unescorted troop ship HMT Royal Edward, enroute to the conflict at the Gallipoli Peninsular, was torpedoed by a German U-boat. The ship sank within six minutes with the loss of nearly 1000 lives. Private Robert Edward Ewen was one of the first of Heacham's WW1 casualties and is commemorated on The Heacham War Memorial. Ewen is also commemorated on the Helles Memorial.

GALLIPOLI AND THE HELLES MEMORIAL

The eight month campaign in Gallipoli was fought by Commonwealth and French forces in an attempt to force Turkey out of the war, to relieve the deadlock of the Western Front in France and Belgium, and to open a supply route to Russia through the Dardanelles and the Black Sea. The Allies landed on the peninsula on 25-26 April 1915; the 29th Division at Cape Helles in the south and the Australian and New Zealand Corps north of Gaba Tepe on the west coast, an area soon known as Anzac. On 6 August, further landings were made at Suvla, just north of Anzac, and the climax of the campaign came in early August when the simultaneous assaults were launched on all three fronts. However, the difficult terrain and stiff Turkish resistance soon led to the stalemate of trench warfare. From the end of August, no further serious action was fought and the lines remained unchanged. The peninsula was successfully evacuated in December and early January 1916. The Helles Memorial serves the dual function of Commonwealth Battle Memorial for the whole Gallipoli campaign and place of commemoration for more than 21,000 of those Commonwealth servicemen who died there and have no known grave. The United Kingdom and Indian forces named on the memorial died in operations throughout the peninsula. There are specific panels for those who died or were buried at sea in Gallipoli waters.

HELP LINES

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

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

HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

HEACHAM CHEMIST 570297
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 SAT 09.00 TO 17.30

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

HEACHAM PARISH COUNCIL OFFICE 572142
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STREET LIGHT FAULT REPORT 572142
 BOROUGH COUNCIL OFFICE 01553 616200
 BOROUGH COUNCILLORS

Mrs S. SMEATON 01485 572528
 Mr C. MANNING 01485 523287
 NORFOLK C C MICHAEL CHENERY 01328 823411

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

HEACHAM POST OFFICE 570330
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EMERGENCY SERVICES
 QUEEN ELIZABETH HOSPITAL 01553 613613
 NHS Helpline 111
 DENTIST Emergency only for patients not registered with a dentist 01553 769264

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

SAMARITANS 01553 761616
 CHILD LINE 0800 1111
 SILVER LINE 0800 4708090

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 EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY 532280

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

HEACHAM COMMUNITY WEBSITES

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

www.heachamgrouppractice.org

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 0843 first bus to Hunstanton, then hourly from 1018

Service 10

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.
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Main pick up points for The Heacham Newsletter.
First Saturday each month except January.

Jennings, Heacham Bakery, Heacham News, Post Office, Parish Council Office, Church, Co-op, Tescos, Fish Bar, Wine Cellar.

HEACHAM HALLS

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

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SANDRINGHAM DRIVE	10.30	NEVILLE Court	11.45
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HEACHAM INFANT SCH	11.00	PINE MALL	12.30
WOODSIDE AVE	11.45	SITKA CLOSE	12.50
NOURSE DRIVE/Ingleby CL	12.25	SUNNYSIDE	14.15
ROLFE CRESCENT	13.55	MEADOW RD	14.40
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