



THE HEACHAM NEWSLETTER

December 2017/January 2018



This newsletter reflects the views of its contributors, not necessarily those of the editors, any sponsoring body or advertiser. When contacting one of the advertisers please mention you saw their advert here first. Thank you.



Deadline for the next edition is 12 noon, Tuesday 16th January



Do Something Amazing Today

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

Wednesday 17th January 2018 at the Public Hall, Station Road. 1.15pm - 4pm and 5pm - 6.30pm.

Please make an appointment if you can, by calling the Helpline 0300 1232323 or online at www.blood.co.uk

The Heacham Newsletter

Wishes all readers, contributors and advertisers a very Merry Christmas and a happy and prosperous New Year.

Please do keep sending in your stories, letters, photos, village information, diary dates etc.

Many thanks and have an enjoyable Christmas.

The Heacham Newsletter Team

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET
E-MAIL: theheachamnewsletter@yahoo.co.uk www.heachamnewsletter.org.uk

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Roger Drinkwater - Brian Faulkner - Paris Larham - Kerry Long - Mary Sheldrick - Robby Topliss
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your letters..



Dear Newsletter

Glasgow

Poem

I thought your readers might like to share and, perhaps, empathize with this poem I wrote one morning recently. I used to live in your area.

I held a tiny snail today,
 The little thing had found its way
 Into my room.
 "Out you go" I said in haste,
 It was a busy day, no time to waste,
 And tossed it out onto the grass,
 Into the cold.
 Then suddenly I saw myself,
 At six years old.

I felt ashamed for I am not the same
 As she – life has hardened me.
 I saw her, carrying that small snail
 So carefully, so gently.
 I saw her make a snug, wee nest,
 A place, cosy and warm
 Safe from winter's harm.
 I remembered that child.
 I felt bereft and sad.

How she had cared for everything,
 The tiniest ant, the ladybird
 Even wept for the poor creatures.
 Struggling on the cruel, brown fly-papers.
 Where was she?
 Was she lost forever –
 Buried 'neath the deep snows
 Of too many harsh winters?

Thank you for taking the time to read it.
Best Wishes for Christmas and the New Year.

Jenny Whybrow



Dear Newsletter

Heacham Royal British Legion

At the King's Lynn RBL Committee Meeting, it was announced that there were enough Heacham members to take the process to the next step. In the next couple of weeks all the sub branch members will be contacted by mail by the Chairman listing the three options. Option 1 - members join the King's Lynn branch, Option 2 - join a branch of their choice or Option 3 - join the new Heacham Branch.

Assuming 15 members vote for the Heacham Branch, then the next step would be for the King's Lynn Chairman to call a Special General Meeting to form a committee.

It was quite a poignant moment at the War Memorial on Remembrance Sunday while the Roll of Honour was being read out to the distant sound of thunder.

Many thanks to all those involved.

Colin Toule



Dear Newsletter

Heacham

Friends Art Group

We would like to thank all who came to our Art & Craft Fair in October. We had a very successful weekend with plenty of visitors who supported our craft stalls and busy kitchen extremely well. Donations to Tapping House exceeded last year's with just under £140 taken at the door alone.

We are pleased to announce that we sold some paintings too!

The painting voted best in show was 'Hot Gossip' by James Davies who also got third spot with his 'Thames Barges'. Veronica Wetherell was second with 'Docking Smithy'.

Our grateful thanks go to the Parish Council for the loan of various equipment and to Roger and Rodney for their help, before and after, which was much appreciated.

Pat Diggins



Dear Newsletter

Hunstanton Road

Consultation Meeting

We would just like to say a big thank you to all the people who organised (and stood at) the Consultation Meeting in October. Well done! Especially to the inspired person behind the lined post-its. Such a good idea for those (like me) who cannot write a straight line and are daunted by a flip chart!

And also to the person behind the poppy on the Village Sign. Inspired! And well executed too. Thank you.

And special thanks to the builder working on the Church Wall. What an exceptional piece of workmanship! A sight to gladden the heart along the Hunstanton Road.

So well done, one and all. Keep up the good work!

Mary-Ann and Bill Simpson

Children's Society

Thank you to everyone who has already donated to the Children's Society this year. It is time to open the household collecting boxes; if yours has not yet been opened and replaced this year, please take it to the Church Office, High Street, Heacham (open Monday to Friday 10am-12noon).

One-off donations are also welcome – cash or cheque in an envelope with your full name on the outside. Any queries, please contact us – Alison and Bryan Hoyle, Tel: 570215.



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mobile 07977 560955 or email support@oapc.biz



Neville Road

Dear Newsletter

Community Building

Peter Sutton and I were delighted to be invited to the Neighbourhood Plan Presentation event with our concept model of the Trust's vision of the new Community Building displayed alongside the expensive, professionally drawn plans, of the Building Committee. We were able to explain our concept design to many visitors who had no idea of what we consider to be, a much more cost-effective construction, and alternative option. It was difficult to convince visitors that our model was not an image of the finished building but the concept of an L shape layout constructed with steel frame and clad externally by professional design and built to the best specification. A Quantity Surveyor has costed our design, allowing open plan area for ALL facilities required by the Parish Council, at £600,000, compared with the Building Committee project at similar cost but without the hall, possibly another half a million pounds, an extra on Parish Rate Precept, a burden I would not put upon my grandchildren for the next fifty years.

Comments were made regarding retaining the existing Dairy Building, a part of 'Old Heacham'. May I say that building is nothing like the old building that I used to walk past on the way to school in 1940s wartime Heacham. To spend some, possibly ten thousand pounds, to attempt to reinstate a building to look nothing like it was as a baker's shop and attached house and garden, is nothing more than further waste of ratepayers hard earned money.

The Youth & Community Trust are exploring costing's of employing our own architect to professionally portray our cost-effective proposal.

Happy Christmas to all and thanks for continuing this excellent publication. Another example of Heacham volunteer spirit.

Mike Jennings



Cheney Hill

Dear Newsletter

Elvis Night

Can I say a warm 'Thank You' to all those who attended an Elvis night at the West Norfolk Pub, Heacham.

Thanks to Elvis (aka Glenn Rawnsley). There was dancing and singing to the well-known Elvis numbers. Everyone joined in recalling the songs and the memories of a star who is sadly missed.

Thanks to the generosity of those present, we managed to raise a whopping £515 for Macmillan Cancer Support. The cheque was gratefully received at the Macmillan Care and Treatment Centre of Queen Elizabeth Hospital.

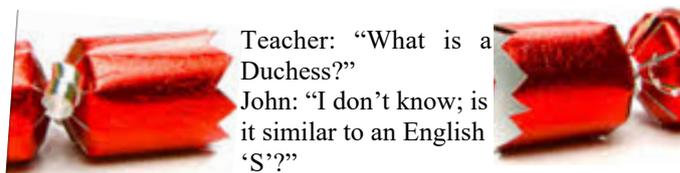


A big 'Thank You' to Andrew and Lisa Lake of the West Norfolk and all the local businesses that supplied us with raffle prizes. These include Tesco, Bliss Hair & Beauty, Heacham Post

Office, Boots Chemists and Mc Coll's.

Many thanks.

Marie Rawnsley



Teacher: "What is a Duchess?"
John: "I don't know; is it similar to an English 'S'?"



Jennings Close

Dear Newsletter

Inconsiderate Parking top of Jennings Close

I think in my correspondence to the Newsletter, I probably didn't make myself clear enough, hence the misunderstanding.

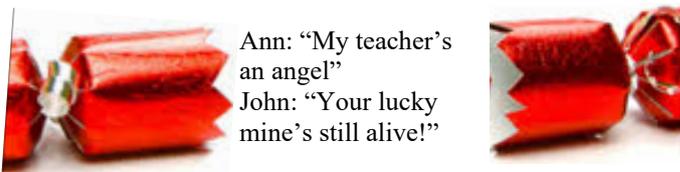
The point I was trying to make was that non-residents parking their cars either side of the road near the junction and getting on a bus into town, are making it difficult getting into and out of Jennings Close.

It's also impeding larger vehicles - bin lorries/delivery lorries/emergency vehicles/service vehicles.

I wasn't suggesting non-residents of Jennings Close park on the residents allocated parking spaces. I was suggesting that Jennings Close is quite narrow and there isn't the room to have cars parked on both sides of the road.

Also, I've witnessed people having difficulty reversing off their drive due to people parking directly opposite.

Dylan Howell



Ann: "My teacher's an angel"
John: "Your lucky mine's still alive!"

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**Coffee Morning & More
at the Old Friends Hall**

Happy Birthday!

It's very hard to believe that this December will see the first anniversary of us starting the monthly coffee morning at the Old Friends Hall. We did worry initially whether it would work but the event seems to have become a firm diary date for many of you and we all look forward to meeting up each month. And why not? It really is a great opportunity for people to get out and have a chat, perhaps with existing friends or, better still, to meet new people and it's 'such fun' - well, we think so.

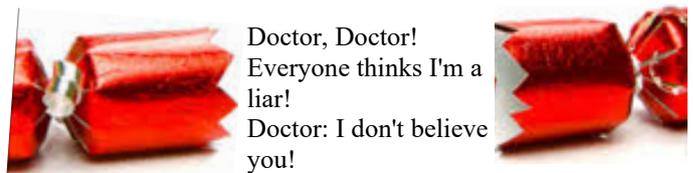
The Old Friends Hall is a warm and comfortable venue; the refreshments are excellent with Karen's 'savouries' much in demand and Graham's quiz is an absolute favourite - even when it stretches the 'little grey cells' to breaking point - perhaps he will be kinder to us in 2018! The entry fee is just £1.50 (from January 2018) which includes all your refreshments: tea, coffee or hot chocolate, with free refills, and a range of sweet and savoury treats. There is also a raffle and a sales table - and, of course, the quiz!

We always advertise in the Newsletter and there are posters around the Village but, as a reminder, we meet in the Old Friends Hall, Sunnyside off Caley Street, between 10.00am and noon every second Wednesday in the month. So, why don't you make it a regular date in your diary for 2018. We would love to see you in the New Year - although there is still an opportunity to enjoy yourself in 2017 if you come along on Wednesday 13th December and help celebrate our 1st birthday.

Finally, we must say a big 'thank you' to Tesco Express, Heacham (particularly Brenda) for the kind help over the past year and, indeed, to all of you who have supported us throughout 2017. The single aim of the *Coffee Morning & More* is to provide a regular community event in Heacham to enable people to get out and socialise but we are pleased to let you know that the event has also raised £390 to-date towards refurbishing the Library when it moves to the new Community Building. Thank you!

Wishing you all a very Merry "Crimble" from the *Coffee Morning & More* Team at the Old Friends Hall and we look forward to seeing you - old friends and new - in 2018.

13th December 2017
10am-12noon
Tea
Cakes
Coffee
Chat
Quiz
Raffle
K's Savouries
All Ages Welcome
Old Friends Hall
Sunnyside off Caley Street
Heacham - PE31 7DU
In Support of the Community Building Project



The Wolferton
Singers
Invite you to a programme of
Words and Music for a Winter Evening on
Tuesday December 5th
at 7.30pm
at
St Mary's Church
Flitcham
Retiring collection for church funds.
Light refreshments served.

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email: simplycookit.kat@gmail.com
Find menus and full details on [f](#) [t](#)
www.facebook.com/simplycookitnorfolk
@SimplyCookit

news & events in the community ...

FRIDHEM BINGO

Monday 18th December 2017

Eyes down 7.00pm sharp!



Refreshments



Come and join us

Proceeds go into the Residents Entertainment Fund

Fridhem Rest Home
79 Station Road, Heacham



West Norfolk Mind Carers Support Group

Meeting every Tuesday, we are a group of carers supporting our loved ones with a variety of mental health issues. If you are caring about someone and need to draw on others experiences or just need some friendly company, please just pop along to West Norfolk Mind Centre, 4 Poplar Avenue, Heacham, PE31 7EA between 1pm - 3pm for a tea or coffee.

One of our members recently commented 'The relief of finding the group and sharing my problems with others has saved my life'. We occasionally cry but more often can be heard laughing in an atmosphere of support and care.

For details of the group, please call Lynda on 01485 532024.

Zena Penty

**Volunteer Co-ordinator
West Norfolk Mind**



2nd Heacham Rainbows Remembrance Sunday

On a chilly but sunny Sunday in November, three of my Rainbows walked to the War Memorial and laid a wreath in honour of the servicemen and women who have died in conflicts over the last 100 years. The Rainbows did very well laying the wreath after the 2 minute silence along with other groups laying wreaths on this special day.

Lest We Forget - 2nd Heacham Rainbows.

**Kathryn
Unit Leader**



What happens when Prince William burps?
He gets a royal pardon.



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PE31 7HG TEL: 01485 570776

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WHAT'S ON IN DECEMBER

FRIDAY 1ST POKER NIGHT - CLUB 7PM

SATURDAY 9TH CHRISTMAS JUMPER PARTY - CLUB 7PM

FRIDAY 15TH GIANT CHRISTMAS RAFFLE - CLUB 7PM

WEDNESDAY 20TH LORRAINES PRIZE BINGO 1.30PM

MERRY CHRISTMAS

CHRISTMAS DAY CLUB OPENING 11AM TILL 1PM

BOXING DAY CLUB OPENING 11AM TILL 5PM

NEW YEARS EVE IN HALL - FAMILY DISCO 7PM

NEW YEARS EVE IN CLUB - LLOYD E MOON 8PM

MEMBERSHIPS ARE NOW AVAILABLE FOR 2018
WE WOULD LIKE TO WISH ALL OUR
MEMBERS, CUSTOMERS, FRIENDS & FAMILY
A HAPPY & PROSPEROUS 2018

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CHURCHES TOGETHER IN HEACHAM



This will be my first Christmas here with you all.

Every Christmas we celebrate the same ...but do it just a little differently.

We celebrate that chocolate coins have replaced crème eggs (at least for a week or two) that stollen is there instead of hot cross buns, or that in Lynn every shop is full of tat already and playing, badly recorded and worse, sung loops of "Traditional Christmas Music".....Humbug, do I hear you cry?

So what will YOU celebrate? Food, shopping, "Stuff", tree, decoration?

Or Family, friends, memories and.....or cold, hungry, tired, broke, hopeless and homeless..... (sums up the first Christmas).

We all do it differently, we all have our traditions and ways, most look forward and some simply dread.

Yes every Christmas we celebrate, at least we can in this country.....come together as a community and celebrate the birth of a Baby...a single focus for say just an hour sometime before the 25th. Please join us and bring friends and neighbours so that ALL can celebrate and All can get away from the shops and the Musak just for a while and refocus and remember.

Have a great Christmas, after all that's what it's there for and if you can help others to do the same, brilliant.

O come on all ye faithful have a Silent Night and a very happy day, when it comes....and some really good days on the way.

Paul

Team Vicar

The Western Shore Team (Heacham and Snettisham)

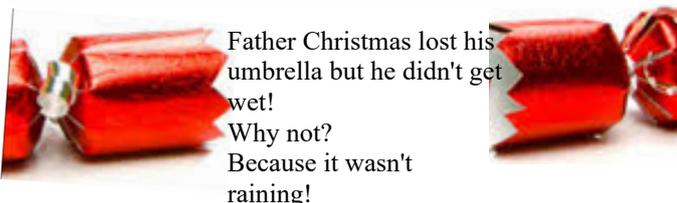
Next Messy Church

Saturday 27th January 10-12noon

At St Mary's church, Heacham.

More information from Veronica Wilson 570697 or Church Office 572539

You will be welcome to join us!



Father Christmas lost his umbrella but he didn't get wet!
Why not?
Because it wasn't raining!

For Christmas Services in December, see separate poster

Sunday Services at St Mary's - December 2017

- 3rd Dec 10am - Morning Prayer
6pm - Advent reflection in Poetry
- 10th Dec 8am - Holy Communion
10am - Morning Prayer
6pm - Advent reflections in Prayer
- 17th Dec 10.30am - Joint Holy Communion
6pm - Village Carol Service
- 24th and 25th - See separate listings
- 31st Dec 10.30am - Joint Holy Communion

Sunday Services at St Mary's - January 2018

- 7th Jan 10am - Holy Communion
4pm - Pine Mall Service
- 14th Jan 8am - Holy Communion
10am - Morning Prayer
6pm - Evening Praise
- 21st Jan 10am - Morning Service and Baptism
6pm - Evening Praise
- 28th Jan 8am - Holy Communion
10am - Morning Prayer
6pm - Holy Communion

CHRISTMAS DAY LUNCH

Once again there will be a Christmas Lunch on Christmas Day 12.30 for 1.00pm in the Church Hall, High Street, Heacham, for anyone who would otherwise be on their own. For more details and to book, please telephone Mary Sanders (570264). Transport can be provided if needed.

MORNING PRAYER IN THE CELTIC TRADITION

Every Monday, Tuesday, Thursday and Friday at 9am we meet to pray in the Celtic tradition. This includes bible readings, meditations and time for silent prayer. You would be very welcome to join us.

CHURCH CONTACTS: (telephone code: 01485)

- | | | |
|-------------------------|-------------------------|--------|
| Methodist Church | Rev'd Stephen Oliver | 570232 |
| St Mary's Church | Rev'd Veronica Wilson | 570697 |
| | Rev'd Capt Paul Niemiec | 541855 |
| St Mary's Church Office | | 572539 |
- email: heacham.church@googlemail.com

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 Saturday 9am-5pm. We have a good selection of Charity Christmas cards and gifts as well as individual cards for that "special" person in your life! It is well worth a visit.

**HEACHAM METHODIST CHURCH
December 2017**

Sunday Services: 10.30am Morning Worship

- 3rd Dec Philip Batstone
 - 10th Dec Church Fellowship Service
 - 17th Dec Rev Steve Oliver - Carols
 - 24th Dec Jenny Sparks
 - 25th Dec See separate listing
 - 31st Dec Mary Cumbers
- (See separate listings for other Christmas Services)

Its Christmas Time again – Let's Celebrate

Yes, it's hard to believe but 2017 is nearly over. It's December and Christmas time again. Minister Rev Steve Oliver and the Stewards of the Methodist Church wish all residents a Very Happy Christmas and invite you to join us in our celebrations. We've already started with the lighting of the Christmas Tree on Thursday 30th Nov but we still have plenty of events for you to enjoy. See separate service poster for more times. Saturday 9th December – 3.00pm Carol Concert by the West Norfolk Singers.

Midweek Communion

Wednesday 13th December and Wednesday 10th January at 10.30am led by the Rev Steve Oliver. All welcome.

Social Evening

The social evening in December is "Christmas Fun Night" with Christmas quizzes, a "Rudolph" Drive and a piano singalong. Join us on Thursday 14th December at 7.30pm. No meeting in January.

Hands and Needles

This fortnightly craft meeting falls on the same night as the Christingle Service, so it will be held a week later on the 19th December. It will continue on the 9th and 23rd January at 7.30pm in the Hall. New members welcome.

The Fellowship takes a winter break until March 2018

JANUARY 2018

Sunday Services: 10.30am Morning Worship

7th January Rev Steve Oliver – Covenant Service
14th January Joella Nash
21st January Elizabeth MacLeod
28th January Rev Pam Bayliss – Communion

MIDWEEK ACTIVITIES

Tuesday - 10.00am-12noon - Open Door weekly
- 7.30pm Hands and Needles – 19th Dec
9th and 23rd January
Wednesday - 10.30am Midweek Communion – 13th Dec
10th January
Thursday - 7.30pm Social Evening - 14th Dec
Friday - 7pm weekly - Indoor Bowls - restarts 19th Jan

The Gospel Hour will now be broadcast regularly from 9pm – 10pm. The station can be picked up on the internet via

www.radioheacham.org



The Gospel Hour is a mixture of traditional and modern Christian songs and hymns, prayer, readings and thoughts, but it is your station and I would welcome requests and reasons for that request. Please make your request on either the

website or email me on revoliver@radioheacham.org

If you know of anyone who would value a time of quiet reflection and inspirational music please give them the details. The Gospel Hour is another opportunity for the community we live in to hear the Good News of Jesus. I look forward to joining with you.

Steve Oliver (Rev), Heacham Methodist Church

Advent and Christmas Church Services in Heacham 2017

Thurs 30th Nov Carols & Lighting of Tree at Methodist 6.00pm
Tuesday 12th Dec Christingle Service at Methodist 6.00pm
Saturday 16th Dec Carols and Christmas songs at Methodist 2pm

Sunday 17th December
Holy Communion St Mary's 10.30am.
Carol Service at Methodist 10.30am
Village Candlelit Carol Service St Mary's 6.00pm

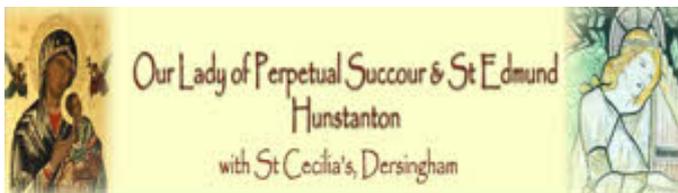
Sunday 24th December
Christingle Service St Mary's 6.00pm
Midnight Communion St Mary's 11.30pm

Monday 25th December
Christmas Day Service at Methodist 9.15am.
Christmas Day Holy Communion Service St Mary's 10.30am

Snettisham
Christian
Fellowship

Christ centred
Bible teaching
Gospel led

10:45 every Sunday morning
Memorial Hall Old Church Road Snettisham
www.scfonline.org.uk



Hunstanton Catholic Parish

Our Christmas Mass times are not available at the time of writing but will be available in the weekly bulletins which will be posted at both churches and also on the website.

'Posada' is a Mexican Christmas tradition. A young couple from the parish would be selected to dress up as Mary and Joseph and then spend the days throughout Advent travelling from house to house asking for a room for the night and telling their hosts about the imminent arrival of Jesus at Christmas. Modern day 'Posada' uses a statue of Mary and Joseph and the donkey instead of a young couple to travel from home to home. It provides an opportunity for people of the parish to spend time with family, friends or other groups praying with Mary and Joseph on the journey to Bethlehem.

Posada statue



F o o d b a n k supplies are still required. Items can be left in the porches of both churches. Please ensure that all items are well in date. Thank you for your continued support of the scheme.

There is a *Fair Trade Stall* at St Cecilia's after the 9am Mass

on the first Sunday of every month. Please support this very worthwhile cause by buying fair traded goods to support families abroad trying to earn a living. For more information please contact Caroline Brooks on 01553 673069.

All social events will be well publicised in the weekly bulletins and on the website.

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.

Daily Masses will be 10am in the parish church at Hunstanton on Monday, Tuesday, Thursday and Friday. Wednesday mass is usually at 10.15am at St Cecilia's, Dersingham.

Sunday Masses are 9am at St Cecilia's, Mountbatten Road, Dersingham and 11am at Parish Church, Sandringham Road, Hunstanton.

The Parish telephone number is 01485 534675. If you require a Priest urgently, please telephone V. Rev Canon Peter Rollings on 01553 772220 or email: parishpriest763@gmail.com

Website: www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org

Hedgehogs in Winter

Autumn Juveniles



These are hedgehogs old enough to be away from their mother but generally too young to hibernate. They can hibernate at 450gms (1lb) or less but are more likely to survive at 600gms (22oz).

If such hedgehogs are regular visitors to your garden and you feed them, then carry on doing so. If they appear in the day and are wobbling or show other signs of distress take them in, get them warm, and contact a hedgehog rehabilitator (East Winch Wildlife Centre, Gayton Road, East Winch, King's Lynn, Norfolk PE32 1LG. Public line: 0300 123 0709).

Feed with mashed up meat based dog or cat food mixed with cereal. Dry, meat based, cat biscuits can be used but provide water too. They can have bits of fruit and fruitcake too but **do not** give them milk. A feeding station is useful – just cover the food with an inverted box with a hole at one side and put a brick on it. This stops cats eating food designed for them.

For more information, particularly about overwintering hedgehogs, contact The British Hedgehog Preservation Society, 01584 890801; info@britishhedgehogs.org.uk; www.britishhedgehogs.org.uk

The society has an on-line shop for gifts, cards, and hedgehog themed items too.

Terry Parish

(text adapted from 'Know Your Hedgehog Series BHPS)

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For any further information please contact
Mrs K Carr 01485 570179

Alternative Remedies

Well, it's coming up to that time of the year, the one we try not to mention till December, but the shops like in September! I was going to write about Alternative Therapies, what they are and how they can help you to become healthy on all levels, so that's physical, mental, emotional and spiritual. Also, ways to help illnesses we all suffer with. However, as I was pondering on how to start it occurred to me that alternative remedies for our usual over-indulgence may be the best starting point!

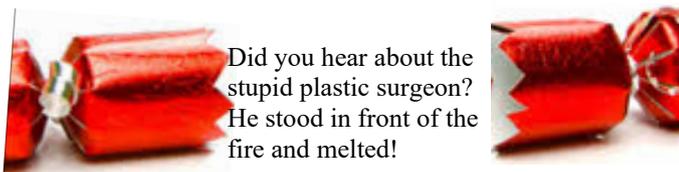
So, if you have a hangover that feels like you've been run over by a bus, then try the Homeopathic remedy, Arnica, that's the bruises and bumps remedy too. Or the feeling that you have just drunk that one too many, try Nux Vomica; this helps with too much fatty and rich foods too. Or that lovely nausea but can't, try Ipecac! They are best taken one at a time, even if the bottle you have says two. One dose is a dose, so you could take ten at a time and they would have no more effect than one. Best to tip the tablet from the bottle lid into your mouth, as the active part is on the outside, so don't touch them. Take one, wait and you should feel better, or your symptoms lessen or you don't notice them so much. When they come creeping back in again (if they do), just take another tablet like you would an aspirin etc. Its best to suck the tablets or you can put them in half a glass of water and sip at that till you feel better; it's a cheaper way of using fewer tablets too! Homeopathic remedies come in many strengths or potencies; you can get 6c or 30c in the shops; either is fine but you will need to store them in a cool dark place, preferably not the bathroom cupboard as remedies don't like things that are too smelly, and not with your Aromatherapy oils.

Talking of which, Lavender is helpful for a headache, as is Peppermint or Rosemary - you could put a few drops on a damp handkerchief for a compress. Don't use neat on your skin and I would use whichever one smells nicest to you at the time! Or a few drops in an oil burner to infuse into the room or no more than six drops in a bath or bowl of water for your feet, and breathe and relax and promise you won't ever over indulge again, well till the next time.

Of course, you should drink a lot of water too, as you are dehydrated, poor brain rattling about in your skull, think of how your fingers go in the bath!

If you have any further questions or would like information relating to your health, please email me at Alison.shaman.healer@gmail.com.

Alison Bowyer, MNCHN



Did you hear about the stupid plastic surgeon? He stood in front of the fire and melted!

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TIDE TABLES FOR DECEMBER 2017 & JANUARY 2018

HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT)									
Dec 2017					Jan 2018				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 F	03 35	6.7	16 20	6.8	1 M	04 58	7.2	17 31	7.3
2 SA	04 26	7.1	17 07	7.1	2 TU	05 53	7.5	18 19	7.6
3 SU	05 16	7.5	17 52	7.5	3 W	06 49	7.6	19 07	7.7
4 M	06 06	7.7	18 36	7.6	4 TH	07 39	7.6	19 51	7.8
5 TU	06 56	7.7	19 19	7.7	5 F	08 27	7.5	20 33	7.6
6 W	07 45	7.7	20 01	7.6	6 SA	09 14	7.2	21 16	7.4
7 TH	08 33	7.5	20 45	7.4	7 SU	10 03	6.8	22 05	7.0
8 F	09 24	7.0	21 31	7.0	8 M	10 55	6.4	22 58	6.5
9 SA	10 21	6.5	22 26	6.5	9 TU	11 53	6.0		
10 SU	11 28	6.2	23 33	6.2	10 W	00 00	6.1	12 52	5.7
11 M			12 37	5.9	11 TH	01 07	5.9	13 54	5.7
12 TU	00 45	6.1	13 43	5.9	12 F	02 16	5.8	14 54	5.8
13 W	01 53	6.1	14 46	6.1	13 SA	03 21	5.9	15 50	6.1
14 TH	02 57	6.2	15 41	6.3	14 SU	04 18	6.1	16 38	6.4
15 F	03 53	6.4	16 27	6.5	15 M	05 06	6.3	17 20	6.7
16 SA	04 42	6.5	17 09	6.8	16 TU	05 47	6.5	17 58	6.9
17 SU	05 26	6.7	17 46	6.9	17 W	06 25	6.6	18 35	7.0
18 M	06 06	6.8	18 21	7.0	18 TH	07 01	6.7	19 10	7.1
19 TU	06 43	6.8	18 54	7.1	19 F	07 36	6.7	19 44	7.1
20 W	07 18	6.8	19 28	7.0	20 SA	08 09	6.7	20 14	7.0
21 TH	07 52	6.7	19 58	7.0	21 SU	08 42	6.6	20 44	6.9
22 F	08 25	6.5	20 29	6.8	22 M	09 15	6.4	21 17	6.8
23 SA	08 59	6.3	21 00	6.5	23 TU	09 51	6.3	21 56	6.6
24 SU	09 36	6.1	21 36	6.4	24 W	10 36	6.0	21 45	6.4
25 M	10 20	5.8	22 22	6.2	25 TH	11 31	5.8	23 46	6.2
26 TU	11 15	5.7	23 20	5.9	26 F			12 44	5.7
27 W			12 26	5.6	27 SA	01 01	6.1	14 08	5.8
28 TH	00 30	5.9	13 43	5.8	28 SU	02 30	6.2	15 21	6.2
29 F	01 47	6.2	14 50	6.1	29 M	03 46	6.5	16 23	6.7
30 SA	02 58	6.4	15 48	6.5	30 TU	04 50	6.9	17 17	7.1
31 SU	04 01	6.9	16 42	6.9	31 W	05 50	7.3	18 08	7.5

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Ruffle's Walks – Wrapping...and unwrapping!

by Rachel Greaves

Ruffle had taken his usual morning walk down to the little station in the hope of a tasty bacon treat from Eric. Eric was in the station hut, an inviting open fire glowing in the grate. Ruffle scratched at the door with his front paw.

“Hello Ruffle!” Eric said as he opened the door and saw Ruffle. “Come on in boy – you can give me a hand, or perhaps a paw!”

The wooden table was full of wrapping paper rolls and interesting shapes in plastic bags: Eric was busy wrapping presents for the weekend train. Ruffle went over to the rug in front of the fire and was just about to lie down when Eric called over to him.

“Mind the sticky tape, Ruffle! I left it somewhere on the rug!”

Ruffle went over to Eric and began sniffing at the contents of the plastic bags. He was sure there was something edible in one of them...

Eric set to work again, selecting an item from the bags then holding it down on the wrapping paper to cover it. It wasn't always an easy job, depending on the shape he was trying to wrap – as you will know if you have tried wrapping odd-shaped items! Eric became so engrossed in one particularly obstinate item that he didn't notice that Ruffle's nose was making good progress in one bag. Ruffle had found the wrapped parcel containing the rather appealing contents. He grabbed it with his teeth and gently eased it out of the bag and onto the floor behind the table.



The parcel was an odd shape, but it smelt very familiar. The annoying thing was that it had been wrapped in paper. Very well – the paper must come off! Ruffle started to tear at the paper. Immediately, Eric was alerted to the sound of ripping coming from Ruffle's direction.

“Hey! Ruffle, what have you got there?” Eric left the parcel he was wrestling with on the table and went over to see what Ruffle was unwrapping.

“Ruffle! That's cheating!” he cried. “You've found your present and it's not even Christmas. Trust that nose of yours!”

Eric looked at the soggy, half chewed wrapping that had started to reveal a dog bone. “You might as well finish unwrapping it now you've started!”

Ruffle took the parcel over to the rug and lay down with it on his front paws ready to finish the job. Actually Eric, that's just what Ruffle had in mind...

Have a lovely Christmas everyone! Just check your presents for soggy teeth marks on the wrapping...

WOOF! From Ruffle!

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Borough Council of
King's Lynn &
West Norfolk



Council food waste move backed by new report

The Borough Council of King's Lynn and West Norfolk has welcomed a report from the recycling charity FWRAP (Food Waste Recycling Action Plan) that says using ordinary plastic bags in food waste caddies increases the amount of food waste being collected.

The report outlines a new guide to assist anaerobic digestion operators which says that, by working closely with local authorities, they can ensure they have the right technology and systems in place to make it easier for people to recycle food waste.

The borough council's cabinet member for Environment, Councillor Ian Devereux, endorsed the report saying: "We recently announced that for some time we have been working closely with our contractor, Biogen, to be able to offer local residents the opportunity to use ordinary plastic bags to line their food caddies.

"Hopefully, now that it's cheaper, easier, and more hygienic, we will see more residents using their food waste caddies".

Food waste that goes to the Biogen anaerobic digestion plant is used to create natural fertiliser for farmers, and methane gas that is burnt to generate electricity.

"Residents can still use their compostable bags until they run out, but after that they can use any plastic bag they like. That's why the council is no longer selling compostable bags," added Cllr Devereux.

The link to the full FWRAP report is available with other information about Food Waste at:

http://www.wraporguk/sites/files/wrap/WRAP_FWRAP_Steering_Group_Annual_Report_Final.pdf

Brancaster Camera Club

Our last meeting of the year is our AGM on **Tuesday, 12th December**, followed by a buffet for members and guests.

If anyone would be interested in coming along to meet us, you would be most welcome. Normally we meet twice-monthly in Brancaster Staithe Village Hall at 7.30pm. For more details contact Jim Till (Chairman) on 01485 210013 or Wendy Calow on 01553 674725.

Our first meeting of the New Year is on **Tuesday, 16th January**, when we host Derek Edwards M.C.I.F.A who will talk on 'Wings over Norfolk'. This lecture is illustrated with contemporary black and white photography and reviews the history of aviation and aerial photography from the late 1800s to the early 1950s. Visitors are most welcome.

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Norfolk Constabulary (Update as at November 2017)

Message from Inspector John Banc:

As you may have seen in the press recently, the Chief Constable has announced that the Force is looking into making Police Community Support Officers redundant, along with the closure of a number of front offices at various police stations, including Hunstanton. The loss of the PCSO role, their support and engagement will be felt deeply across not only the LPC but the County, and the remaining resources will be used to endeavour to fill the void left. Hunstanton Police Station will not be closed down, but will be used by officers as it is now and, should anyone require Police assistance at the Police Station, I implore them to make contact using the yellow telephone situated at the front of the station.

Message from your Engagement Officer:

Now the nights are drawing in, I thought it would be an opportune time to give some home safety advice to help reduce the chance of becoming the victim of a burglary: Fit secure locks to all doors and fit a door chain or bar. Visible burglar alarms and window locks make burglars think twice. Use timer switches to turn on lights and radios when you are out to give the impression your home is occupied. Be alert to strangers loitering in residential streets – if in doubt please call us. Never leave spare keys in obvious places such as under door mats or in a flowerpot. If you have any queries or if I can help you with anything, please contact me on cartere@norfolk.pnn.police.uk

What is happening in your area:

Over the past month, a number of homes have been burgled in the area and is beyond what we would expect at this time of year. This callous crime is upsetting and distressing for all those who unwillingly suffer such an incident. Items being taken are jewellery, computer tablets and amounts of cash. If going out even for a short space of time, please ensure that the windows and doors of your home are locked, items of value are out of plain view, and if you do keep large amounts of cash at home please consider placing it in a bank for safe keeping. If you do see anything suspicious, please report it on 999.

Point of Contact:

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Normal Opening Hours

Monday to Friday	3pm – 11pm
Saturday	12pm – 11pm
Sunday	12pm – 10:30pm



Christmas Opening Hours

Christmas Eve (Sun)	12pm – 12am (ish)
Christmas Day (Mon)	12pm – 2.30pm
Boxing Day (Tue)	12pm – 10pm
New Year's Eve (Sun)	12pm – 12am (ish)
New Year's Day (Mon)	12pm – 10pm



*Wednesday December 13th and January 10th and 24th –
Quiz in Dining Room – £1 entry, all welcome*

*Wednesday December 13th and January 10th – Camera Corner:
share knowledge, pick up tips. Novices and experts welcome*

Saturday December 23rd – John Barry sings Christmas

*Sunday New Year's Eve – "Boys will be girls and girls will be boys".
Fancy dress without the cost!*



“Just Good Friends...”

We are planning to start a new “Friendship” group in Heacham for anyone who would like to just go out and meet people in a warm and friendly atmosphere. We will provide tea and coffee, a couple of packs of cards, dominoes, darts... you might like to bring along a few nibbles to share. Or just come and read the paper and have a chat.

Where: The dining room at the Bushel & Strike
(24 Malthouse Crescent, Heacham –
turn off Staithe Road at the chickens!)

When: 7pm-ish on Monday evenings,
starting December 4th

Who: Anyone!

Cost: Nothing! So no excuses....

Spiral Word Puzzle

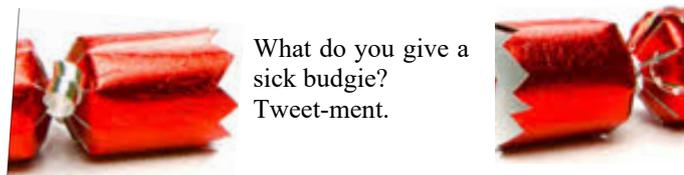
Beginning at 1, complete the grid clockwise with four-letter words from the clues below. The last letter of each word becomes the first of the next. When complete you will find the answer to the puzzle in the shaded boxes. Good luck, let's keep those little grey cells stirring.

1			2			3
	9			10		
	14			15		
8					11	4
			16			
	13			12		
7			6			5

- 1) Fossil fuel
- 2) Doesn't tell the truth
- 3) Precipitation
- 4) Amphibian
- 5) Canvas dwelling
- 6) Neat
- 7) Green plant
- 8) From burning coal
- 9) Has a trunk
- 10) European volcano
- 11) Continent
- 12) Cut, got rid of
- 13) Slight hollow
- 14) Stops your feet fraying!
- 15) Dirty fog
- 16) Increase in size naturally

Puzzle Word: Cold hearted gentleman

Answers on page...46



What do you give a sick budgie?
Tweet-ment.

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1st Heacham Cubs

Remembrance Sunday

1st Heacham Cubs attended the wreath laying ceremony at St Mary's Church on Sunday 12th November. After meeting at the



hut, the Cubs paraded to the church with leaders Ziggy, Kaa and young leaders Hathi and Rikki. Dominic carried the flag to the church. Leo dipped the flag during the 2 minute silence and James laid our wreath escorted by Hathi and Rikki. After the ceremony Zack carried our

flag back to the hut. William carried the Scout flag.

The sun was shining but it was very cold. All the Cubs did their best and we are all very proud of them being able to attend this special event.

.....They shall grow not old, as we that are left grow old;

Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning,

We will remember them.



1st Heacham Cubs



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~ Every Present Danger ~

They're squatting there, beneath the tree.
 Dread to think what's there for me.
 Fluffy slippers from Auntie Joan;
 See she's got the dog a rubber bone.
 The fact that he's been dead a year
 Has passed her by, the poor old dear.
 Oh well, it's the thought that counts.
 We don't need stuff in large amounts.
 Tho' kids, I think, would not agree.
 They like piles higher than the tree!
 But minutes after tearing wrapping,
 There'll be arguments and scrapping!



There's something lurking by the 'slippers'.
 Hope to God it isn't kippers.
 We'll know if the cat appears –
 I'll relocate that one upstairs.
 Bringing now the cat to mind,
 I recall that other time –
 Stuffed leopard shown to budgie Jack,
 Thought he'd have a heart attack.
 With flapping feathers, squawk and lurch,
 He toppled backwards off his perch!
 From his cage he views the sight,
 Wondering which, if any, bite.
 Nothing pleases Master Sid;
 Epitome of a spoiled kid.
 Whatever he's given is not enough,
 He'll soon be in a sulky huff.
 "It's just a 'phase' he's going through."
 (And I know what the 'phrase' is too.)
 Didn't know what to get this year,
 Went retro, got him cowboy gear.
 Holster, spurs and story book,
 With Stetson to complete the look.



There's handcuffs too and, hopefully,
 He'll get them on then lose the key!

The wind-up torch I got for Jim,
 Is surely just the thing for him.
 There's so much stuff out in his shed
 That searching kills a battery dead.
 Tho' this will probably get lost too,
 Until, say, 2022,
 When he'll be scrabbling in the porch,
 For a battery – to find the wind-up torch!
 Hopefully it'll be alright,
 Not too dull and not too bright,
 Unlike the socks I've bought before
 Still lurking somewhere in a drawer!
 I've been thinking, while out shopping;
 Crowds, escalators, aisle hopping.
 Shelves laden, satiating greed,
 What is it that we really need?
 Compassion's sold nowhere I've found;
 Love thy neighbour's underground.
 Tolerance is in short supply;
 Kindness you just cannot buy.
 What we want and what we need
 Are very different things indeed.
 Treat everyone as sister, brother;
 Time and love let's give each other.

Nancy Robinson
 New Year's Eve, 2013.



Q. What bow can't
 be untied?
 A. A rainbow!



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Heacham Neighbourhood Plan Update

Heacham Neighbourhood Plan are in the early stages of developing a Neighbourhood Plan for the village. The Neighbourhood Plan is a community led plan to help guide development, regeneration and conservation in the village. After the plan is made, it will sit alongside the Borough's Local Plan and carries the same weight in the decision making process.

Residents of Heacham attended the Consultation Day for the Neighbourhood Plan held on the 21st October. The consultation day was designed to give residents an opportunity to comment on what they see as the issues facing their community, and their views for how they would like to see Heacham develop over the next 18 years.

The day was very successful with a total of 172 people attending the event, of which 23% were younger people of working age. This is very important as once agreed, the policies within the Neighbourhood Plan will have a massive effect on this particular social group. There was also a fair representation from all areas of the village.

A number of issues were raised at the consultation day on matters such as, housing, economy, environment and sustainability and infrastructure.

The stand on housing development drew a lot of attention. The need for homes that local people could afford to buy, and for social housing for local residents' were very frequent comments. There were also concerns expressed about the increase in the number of second homes/holiday lets in the village.

There were many views expressed on a number of the stands about the availability of jobs and the economy of the Parish.

A large number of the comments under the Infrastructure topic area were related to Roads and Transport, predominantly on problems with existing road junctions – A149 and Lamsey Lane, and Station Road and Hunstanton Road – but also the need for any new developments to be mindful of access and how increased traffic might impact the village.

While Heacham is popular as a quiet family holiday centre, providing a choice of reasonably inexpensive owner/occupier and self-catering holiday accommodation, a significant number of attendees expressed the view that there should be no further static caravan, or other purpose-built holiday accommodation developed in the village. Concern was also expressed at the increasing number of second homes and properties for holiday let in the village, with residents concerned that it may, like some of the other villages in the area, become a 'ghost village' occupied only at weekends and during holiday periods.

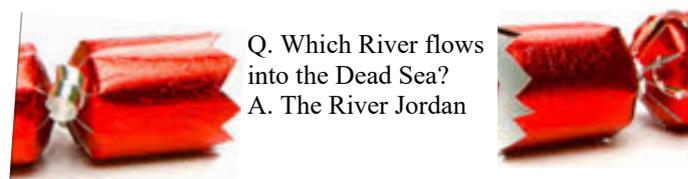
Heacham's popularity as a holiday location adds weight to the frequently raised concern related to the capacity of Heacham sewage treatment works. The population of the village doubles during the holiday season, and waste often has to be pumped out at these times. Therefore there is understandably concern about whether the treatment works has capacity to cope with the amount of new development proposed, not just for the village, but also within Hunstanton which also uses this facility.

Findings from the day will be used to inform development of the Vision, and the key issues identified will be incorporated into Neighbourhood Plan questionnaires which will be distributed to all residents, businesses, clubs/groups, and public services within the village. The Neighbourhood Planning Group hope to get the views of younger residents age 14-18 via a questionnaire to be published on the Heacham Neighbourhood Plan Facebook page.

Once finalised the full report will be made available on the Heacham Neighbourhood Plan website www.heachamplan.co.uk.

If you are interested in volunteering for the working group, just becoming involved, or just want further information, contact enquiries@heachamplan.co.uk, visit the website <http://www.heachamplan.co.uk/> or search for Heacham Neighbourhood Plan.

THN



Q. Which River flows into the Dead Sea?
A. The River Jordan

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Heacham Carpet Bowls Club

Mr Jack comes out of hiding, or was he in disgrace in the corner for getting into trouble about the various other names for his good self. The writer is claiming it's different up north where she learnt! True to form, Mr Jack has been playing spectacularly brilliantly and winning every end, closely followed by utterly pathetic and more points to that darn middle thingy again. At least local charities get the benefit of that. We put 5p in each time to a total of 15p when we hit it. Makes you feel better and we raised £50 each for the East Anglian Air Ambulance, East Anglian Children's Hospice and Macmillan Nurses.

Come and join us at the Social Club, 10.15 till noon. Thursdays is quieter so you get more goes!



Sallywags Parent, Baby & Toddler Group

Wishing all Sallywags past and present and all readers of The Heacham Newsletter a cosy Christmas and a sparkly New Year! Lots of colour and glitter (sometimes known as sticky mess) on the tables at Sallywags for December and January and we won't forget our feathered friends either; lard and peanut butter feature highly here - that's right, more sticky mess! Hooray!

A huge thank you to all you lovely folk for supporting Sallywags Parent Baby & Toddler Group this year, in all the many ways that make it such a happy place to be of a Wednesday morning!

We return after the Christmas break on Wednesday 10th January 2018.

Sallywags Parent Baby & Toddler Group meet at The Scout Hut Sunnyside every term time Wednesday 9.30-11am. We ask £2 per family to cover rent, refreshment and resources. If you'd like any more info, please text/call Jo on 07521 447284.

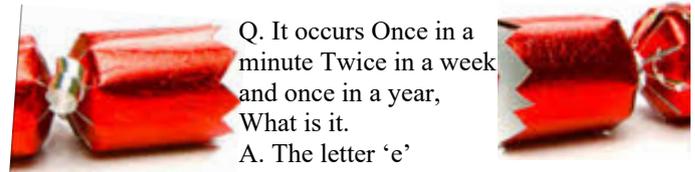
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THE SEVEN SUPERHEROES
Written By Jim Race

Thursday 18th January 2018 7.30pm Curtain up
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Saturday 20th January 2018 2.00pm 7.30pm Curtain up



THE POCAHONTAS PLAYERS
SNOW WHITE and the SEVEN SUPERHEROES are coming to Heacham

Public Hall in January 2018!

A superb funny family script has been written by Jimma Race which finds poor Dopey Dwarf (Becca Whybrow) trying to summon up a few Superheroes with his iffy magic wand, free with his Superheroes Magazine. With no help from Grumpy Dwarf (Joshy Chilvers) Dopey has to wave his wand with some very odd results?

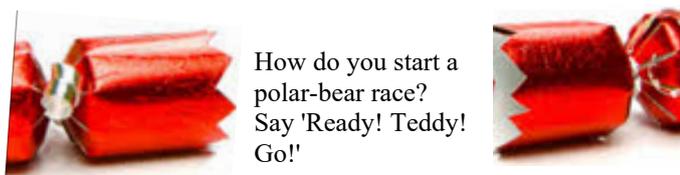
Please see our Fab Poster within this Newsletter showing Snow White (Naomi Rix) being tempted by the poisoned apple?? "Don't eat it Snow White, don't eat it!!" Plus all the phone numbers and details you need.

Please jot down the phone numbers to purchase tickets as there is no Heacham Newsletter next month to remind you.

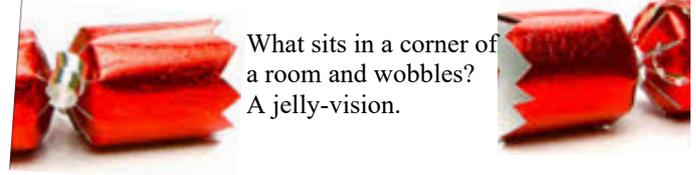
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See you soon - "Oh yes we will!!"

from the Pocahontas Players Drama Group



How do you start a polar-bear race?
Say 'Ready! Teddy! Go!'



What sits in a corner of a room and wobbles?
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WINTER FOOD & GOLF DEAL

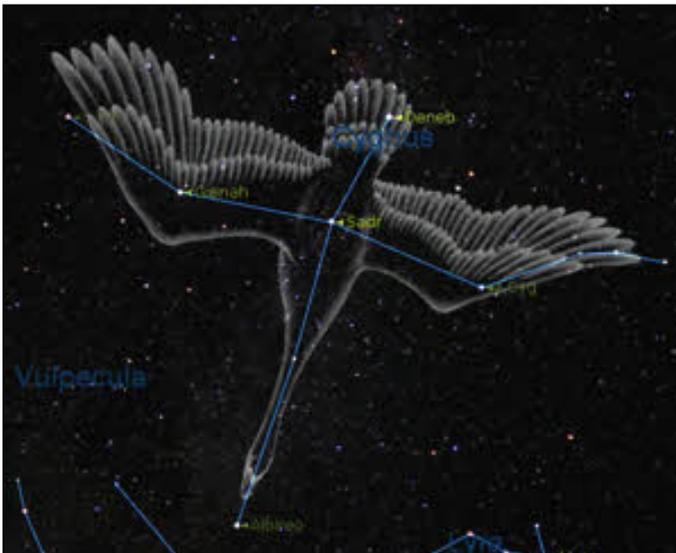
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Heacham at Night



Internet. Cygnus the Swan, not Goose but as close as it gets.

Christmas is a coming and the goose is getting fat, please put a penny in the old man's hat. If you haven't got a penny then the Father Christmas list below should be given to your friends and relatives.

Books: Philips 2018 Stargazing by Heather Couper and Nigel Henbest £6.99. Collins 2018 Guide to the Night Sky by Storm Dunlop and Wil Tirion £6.99. Night Scenes 2018 by Paul L. Money £7 + £2 p&p from Astrospace. All three of these are pocket guides to what to see in the sky each month. The first two are fully commercial and available in bookshops. Each has a different format and, if you only want one of them, you need to see which best suits you. Paul Money's book is more detailed and written by a Lincolnshire astronomer who is an active public speaker and reviewer. Receive any one of these as a gift and the bonus will be no necessity to read my article in the Newsletter for a year.

Equipment: All sorts - but if you haven't got a pair of binoculars with good quality lenses then ask for some. 10 x 50 are very good for holding up and sweeping around for a wide-angle view of the sky. They will pick up star clusters like the Pleiades; in a dark sky show the blob of the Andromeda galaxy, and generally bring a lot more stars into view. 10 means the magnification, any higher and it is difficult to hold the view steady. 50 is the aperture (in mm) of the objective lenses at the front. The bigger the aperture the more light will be gathered and the fainter the objects seen but the heavier the binoculars. The balance between aperture and magnification on these binoculars also allows the maximum amount of light to enter the pupil in your eyes. 10x50 are good for bird watching too.



Choose binoculars with a threaded hole at the front of the hinge so that, with a bracket, they can be clamped to a tripod. There are many makes of binocular. Some are very pricey. You can get Helios 10x50 for £50+ from on-line providers, perhaps local shops too.

If you have binoculars but no tripod then put one of those on your list (checking that there is a threaded hole at the front of the bins). The shop opposite The Green at Hunstanton can probably sort you out or the shop set back off the road by Titchwell RSPB. Prices vary hugely but a

tripod costing under £50 should be OK for 10x50 binoculars. Make sure that the legs extend high enough so you don't have to bend your back too much. An L shaped binocular mounting bracket costs between £10 and £15.

Magazine subscription: the monthly BBC Sky at Night is both informative from a general perspective and sufficiently technical for many. A current weird subscription offer seems to get you 12 issues for £43.70 – paid in two lots of £21.85. If you pay for 12 months up front it costs more - £49.90.

Thick socks, a hat, a scarf and a woolly jumper: All essential if you want to look at the night sky this winter and all you really need if it has little light pollution.

What to look for this month and next: The Moon and Meteors seem to be likely objects. The Moon certainly as it is often present and manages to be seen in many weather conditions. Observe it by eye, binoculars or telescope and see what features are discernible. A moon map available from the Society of Popular astronomy will help you name prominent craters, mountain ranges and 'seas'. With binos or 'scope scan the terminator, the boundary between the sunlit phase and the unlit Moon. Crater walls and valleys will be thrown into sharp relief. Ponder the 12 men who have walked there – now such a long time ago for many people, 45 years since the last. However, it seems that visiting the Moon is gaining favour again after being eclipsed by all the talk of missions to Mars. Several nations and private companies are dusting off old plans and making new ones.

The Moon gets lots of mentions in Decembers guides as planets Visible to the naked eye are still morning objects. At about 8pm On the 2nd and 3rd the moon is close to the bright star Aldebaran, an orange giant just 65 light years away so it appears now as it was a few years after my birth. Above the Moon a hazy cluster of stars will be seen, the blue-white Pleiades. Binoculars do help you see colour though young eyes are best.

Between December 13th and 15th at 7.30am look SSE where the crescent Moon will be close to Spica, another blue white giant, this time around 250 light years away. It, too, is a binary and orbits so close to its neighbour that both are egg shaped – distorted by their mutual gravitational attraction. They can only be separated by their spectra not by direct observation. Spica is also a star of variable brightness which changes over a period of about 2 hours. It also spins very rapidly and the surface pulsates, puffing up and then deflating. It is one of the closer stars which will one day go supernova.

Take your eyes away from Spica and find the red dot of Mars just below the Moon and Jupiter will be below that.

On December 31st, just after midnight so you will still be up, Aldebaran almost seems to touch the Moon. If you are having a

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New Year's Eve party take the guests outside and astound them with your knowledge. Better check the weather first though.

And the next night, New Year's Day, the Moon will look 14% bigger and up to 30% brighter than usual. This will not be the result of your recent celebrations. It is a Super Moon (again). The Moon, in its elliptical orbit will happen to be the closest it will get to us in 2018; 356, 567 km, At the same time it will be full. Its gravitational influence will be a tad higher, 3%. So, given severe low pressure and a foul wind, batten down the hatches or pile up the sand bags. (The Super Moon actually occurs at 2.24am on the 2nd January).

At the end of January there is a second Full Moon. This is called a Blue Moon (by old American farmers, not astronomers).

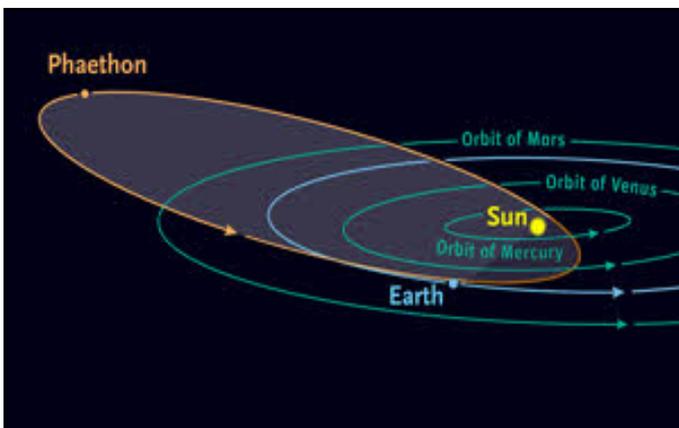
Now for meteors. Hardly a month goes by without me asking you to look out for meteors and, mostly, it is cloudy or the Moon is bright. Well there is another chance not to see a meteor shower on the night of 13th/14th December. The Earth is moving face on to the Geminid shower just after midnight when they should be most frequent. The Moon is out of the way. The radiant is in the direction of the constellation Gemini but the 'shooting stars' can appear anywhere in the sky. Make a pre-Christmas party of it; place the guests around the garden table looking upwards and outwards. Ask them to shout 'meteor' when they see one. The one with no shouts gets fed as a consolation prize. Just an idea. The meteor shower actually runs from about the 4th to the 16th so look out any clear nights for the odd sighting.



Internet. The mythical Phaeton/Phaethon.

The Geminids were not associated with any known comet but their source was tracked to a likely defunct one, an asteroid now named Phaethon which plunges close to the

sun in its orbit. The comet /asteroid matter creates meteors a little denser than most and they are slower than other showers so it is harder to blink and miss them. Observations of The Geminids were not recorded until 1862 and the annual display is intensifying.



Internet Orbital path of Phaethon

Between the 17th and 24th December is the much smaller Ursid meteor shower but the Moon will likely wash this out. You could always keep kids occupied looking for one and call it a 'Star of Bethlehem' on Christmas Eve.



And on 3rd/4th January is the Quadrantid meteor shower but a bright Moon will be present again.

Internet Winter Solstice depiction but it makes a nice Christmas picture.

Dates to note: 21st December at 4.28pm is the Winter Solstice when the Sun is as low in the sky as it gets – shortest day, longest night. As close as I can determine, sunrise is at 8.08 am, sunset at 15.43 am, giving a day length of 7 hours 55 minutes. On the 3rd January at 5.35am the Earth is at perihelion, as close to the Sun as its almost circular

orbit takes it.

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The conjunction (apparent close approach) of Venus and Jupiter made the news in November but you needed a clear low SE horizon to see it and I didn't. In January there is a conjunction of Mars and Jupiter which is easier to see. You can see this unfold between the 3rd and the 11th at around 6.15am. Look SSE about 18-20 degrees above the horizon. The 'closest' approach of the two planets is on the 7th.



Internet. Zubenelgenubi is a nice name for another double star 76 light years away.

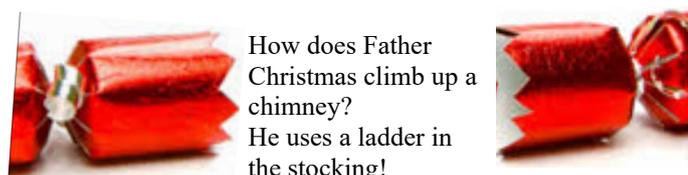
You wait for one conjunction and along comes another. Mercury and Saturn appear very close between 12th and 14th January, very low in the SE.

Uranus, in particular, and Neptune remain evening objects in a telescope. Uranus should be visible in clamped binoculars. Use free Stellarium software to locate them or Google planet positions.

Sirius, the dog star, is prominent in the southern sky. Low down but easily visible with a sparkle to it due to its brightness and the thickness of atmosphere it has to shine through. It is the principal star of the small constellation Canis Major, one of Orion's hunting dogs. It is the brightest star in the sky partly because it is a hot white star and partly because it is close – just 8.6 light years. It is another double and has a white dwarf star as a companion (Sirius B). Just below Sirius is a lovely star cluster. M41. This is a group of 100 young stars 2,300 light years away. Binoculars will reveal it.

So, a Happy Christmas to all and a Prosperous New Year to some. Remember you don't need equipment to wonder at the night sky just an absence of light and cloud and dark-adapted eyes. (Last Christmas present ideas: red tinted goggles and a red light torch).

Terry Parish



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Heacham Manor Golf Club

Picken Trophy Winner Warren Bates

Warren Bates in his final year as a junior golfer has been awarded the Picken Trophy. This trophy is awarded to the most outstanding junior who has represented the Norfolk County Golf Union and includes all aspects of golf.



Warren is the Order of Merit Handicap Matchplay Champion and he won this year's Heacham Manor Club Championship where he broke the course record on day 1 minus 4 and followed this up by a second course record on day 2 minus 5, winning the event. He was also part of the team who

won the Norfolk Junior Am Am (Roger Trower Trophy) plus many more achievements this year.

Warren has been a great ambassador for his club Heacham Manor Golf Club and Searles Golf Club, representing them in competitions, giving his time to help the juniors to improve their golf and he is always happy to assist at the club where he has been working in the Pro shop.

PGA professional Ray Stocker said "we feel he has had a fantastic year of achievements. Warren has a great positive attitude to all aspects of golf and to the county. He has matured into a fine young gentleman showing respect to his elders and the traditions of golf. He has also become a valued member of staff".



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Heacham Manor Golf Club

Heacham Manor sponsored Professionals dominate Heacham Manor's Pro invitational.

Heacham Manor held their 3rd Pro Invitational on 3rd November, which saw 13 PGA Professionals descend on to the course. With every Professional teaming up with 3 amateurs.

The format was best 2 scores counting out of the 4 players. Heacham Manor course was playing well and in fantastic condition for the time of year with the weather mild and light winds.

The players and Professionals all had a superb day and scoring proved that. The lead changed several times with the eventual winning team being Heacham Manor Sponsored professional Danny Poulter and his team of Diddy Edgson, Alfie Edgson and Warren Bates, with a stableford score of 93 points. Professional James Taverner who is also sponsored by Heacham Manor, came in 2nd on 90 points with his team of hosts Paul Searle, Andrew Searle and Vicky Searle. 3rd place fell to Professional Mitch Keirstenson and his team of Charlie Bissett, Mark Bissett and Stan Nixon on 88 points.

On Wednesday, Heacham Manor also hosted a pro invitational golf break with golfers that Danny Poulter and James Taverner had played with in Pro Ams throughout the season. The golfers were invited to stay at Heacham Manor and on day one, attend a coaching clinic followed by an evening meal with the Professionals. On day two they all took part in a Stableford competition. With one large group of ladies attending the break and a group of men, prizes were available for the best ladies score and best men. However, the real competition was men vs ladies with the best 5 stableford scores counting from each group. The men secured victory with 177 points against the ladies 151.

Heacham Manor Head Professional Ray Stocker said "It has been a fantastic couple of days. Hosting the golf break for the first time has been great fun and today's Pro invitational has run really well with superb feedback on the course and event. Thanks must go to all the Professionals who have taken part, the Sponsors Chalcroft Construction and congratulations to the winners".



Heacham Manor Pro Invitational Competition Winners. Left to right: Alfie Edgson, Diddy Edgson, Warren Bates, Mark Reeve (Sponsor) and Professional Danny Poulter.

News from Heacham Fire Station

First, some news of our newest firefighter, Joe, who recently reached an important milestone in his and any firefighter's career when he qualified as a breathing apparatus (BA) wearer. I remember 'old hands' saying to me that you are not a proper firefighter until you can wear BA and it is certainly true that being able to attack a fire at close quarters and enter burning structures is a fundamental part of what being a firefighter is all about.

So, having completed the initial two week course (which he seems to have quite enjoyed), Joe will now be able to play a full part in our regular quarterly BA training which helps us to make sure our skills are kept up to the required standard.

Disappointingly, a BA training exercise planned for the 13th November had to be cancelled when it was found parked vehicles were blocking the entrance to the former Dairy Crest site where it was due to take place.

On a more positive note, we have had a few enquiries from potential recruits who may go on to 'JOIN LIKE JOE'! It's early days yet but the interest we have received is encouraging. That said, we still have more vacancies than expressions of interest so more applications are welcome! Please get in touch, come and see us and hopefully we'll end up with the five new people; we need to be fully crewed.

Staying with crew news, another switch of personnel between Heacham and Hunstanton fire stations has seen our Guy Tavener promoted to Crew Manager. We congratulate both Guy and Joe as they move on to the next stages in their fire brigade careers.

Finally, for this edition, I'd like to ask for help with something that is very important to me and, I'm sure, others who knew Tracey Swann and would like to see some kind of lasting tribute

or memorial to her in the village. Something relevant and accessible to all so that even those people who didn't know her could learn something about someone who did so much for her community and of course, the fire station.

I'm hoping to hear from anyone who has a suggestion as to what that might be. There is currently around £600 in the memorial fund, courtesy of Smithdon High School PTA and West Norfolk Healing Hearts.

Any ideas are welcome and they can be dropped into the Parish Council office, Parish Library or the post box at the fire station. I look forward to seeing what people have to say.

Well, all that remains is for me, on behalf of the fire station, to wish everyone a very happy and safe Christmas and New Year!

Chris Wood

Heacham Fire Station



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The eagerly awaited next instalment of Elly Griffiths' Stephens and Mephisto series set in post war Brighton has arrived. We are sure that the "Vanishing Box" will disappear off the shelf, so we have also ordered in the new fast paced Dan Brown – "Origin" with its distinctly Catalan feel and the usual twists and turns that we expect from the author of the "Da Vinci Code".

Thank you to everyone who helped make the Bargain Book Clearance such a success. It has helped make room for new stock. We will still maintain a supply of books on the clearance table, if you missed out.

Merry Christmas and a Happy New Year to All
Please note the Library will close at 4pm on Friday 22nd December and re-open on Friday 5th January at 10am.

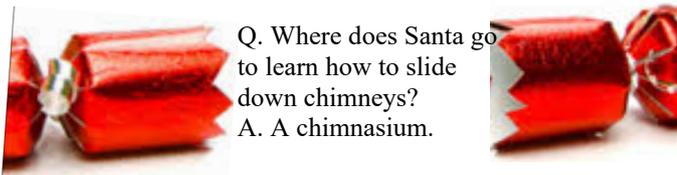
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NEWSLETTER SUDOKU No. 117

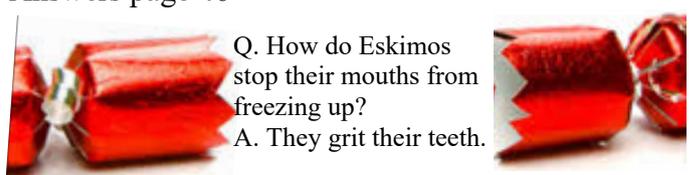
Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution next month.

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

Answers page 46



Q. Where does Santa go to learn how to slide down chimneys?
A. A chinnasium.



Q. How do Eskimos stop their mouths from freezing up?
A. They grit their teeth.

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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
YOGA for healthy living 9.30-10.30am For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)
ART CLASS 10am – 12noon For info Tel: Shirley Milborn 572247 (PRH)
SUNNYSIDE CLOSE (Sheltered Housing for over 60's)
Coffee Morning 10.30am Tel : 570492
FITSTEPS 11am – 12noon To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (PH)
HATHA YOGA 11am-12noon For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)
FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey 07900 818311 (PH)
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 – 6pm Contact Kathryn Tel:572138 (MC)
FOOTBALL Under 10's 'Magpies' 5-6.30pm Contact Debbie 07506887545 U12's 6.30-8pm Contact Jason 07867527706 (HSC) playing fields
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School Contact Sandee Tel: 01485 570485
LINE DANCING Absolute Beginners/Beginners 6-7pm Improvers 7-9pm £3.50 Contact Diane 571166 (SM)
HEACHAM IN BLOOM 3rd Monday Monthly 7pm at Heacham Parish Library
LINE DANCING 7-9pm £3.50 Yvonne Tel:532317 (PH)
WEST NORFOLK TAPPING CIRCLE meet 3rd Monday Monthly 7-9pm For more information Tel:571936 Catherine or email mcatherineallen1@gmail.com. (PRH)
HEACHAM WIVES GROUP – 2nd Monday of most months at 7.30pm Contact Sue Scott Tel: 572252 (HSC) Top Room

TUESDAYS

OVER 60? Enjoy improving your health and bone density with Active for Life Exercise Classes at Heacham Surgery Classroom 10.15-11-15am Tel: Pat 298429
CARPET BOWLS 10.15am - 12 noon Tel: 570776 (PH)
HEACHAM CARERS SUPPORT GROUP meets 1st & 3rd Tuesday monthly 1-3pm at A Piece of Mind 4 Poplar Avenue Tea Coffee & a chat For more info Tel: 572707
LINE DANCING 1.30 - 3.30 pm Improver/Intermediate £3.50 Contact Diane 571166 (PH)
THE FELLOWSHIP 2.45pm Every other Tuesday (MC)
1st HEACHAM GUIDES 5.30 – 7pm Tel: Sue Theunissen 07833747059 or just come along (MC)
1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs) 6 – 7.30pm Tel: Alison 07737642828 (SG)
WEIGHT WATCHERS 6pm (OFH)
ZUMBA 7-8pm £4 per class or £7 for both Tuesday & Wednesday classes Tel: Michelle 07585002124 (SG)
PARISH COUNCIL MTG 3rd Tuesday monthly 7pm (PC)
HANDS & NEEDLES GROUP every other Tuesday 7.30 – 9.00pm Tel: Joan Careless 570363 (MC)
HEACHAM & SANDRINGHAM 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

WEDNESDAYS

WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar Ave Heacham Tel: Joyce Armstrong 07704338775 www.westnorfolkmind.org.uk

SCALLYWAGS PLAYGROUPO Term Time 9.30 – 11am £2 Tel: Jo 07521447284 (SG)
CARPET BOWLS 10.15 – 12 noon Tel: 570776 (PH)
THE OLD SCHOOLGIRL FRIENDS of Heacham School meet for a 'Coffee and a Chat' the last Wednesday of the month 10.30am at Norfolk Lavender Tel: 570742 or 579126
MIDWEEK COMMUNION 2nd Wednesday of the month 10.30am (MC)
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 9's 6-7pm Contact Sam 07803790402 (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 7 - 9pm Improver/Intermediate £3.50 Contact Diane 571166 (SM)
BINGO 7.30pm Neville Court Grouped Home
HEACHAM TWINNING ASSOCIATION 2nd Wednesday monthly at 7pm 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 Joyce Armstrong 07704338775
TABLE TENNIS CLUB 10am (PH Top Room)
OVER 60? Enjoy improving your health and bone density with Active for Life Exercise Classes at Heacham Surgery Classroom 10-11am Tel: 298429
CARPET BOWLS 10.15am - 12 noon Tel: 570776 (PH)
MOTHERS' UNION 4th Thursday monthly 2pm (SM)
TREFOIL GUILD 1st Thursday monthly 2 - 4pm (PRH)
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for over 60's) Tel: 570492
FOOTBALL Under 8's (5yrs up) 4.30-5.30pm U12's 5.45-7pm Contact Jason 07867527706 (HSC) playing fields
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)
HATHA YOGA at Heacham Infant School 7.45 – 8.45pm. £5 per person (limited spaces) Call Alison: 01485 571062
CHILDREN'S YOGA 7 to 11yrs 4 – 5pm (limited spaces) To book call Alison: 01485 571062 (SG)
SOCIAL EVENING 2nd Thursday monthly 7.30pm (MC)
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 Sue Spencer bereavementgroup53@yahoo.com or Tel: 572029 (SM)
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last Friday of the month at 2pm

FOOTBALL Under 10's 'Minors' 5-6.30pm Contact Jay 07711779415 (HSC) playing fields
 1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to 8yrs Term time 6 - 7.15pm Tel:572890 Julian Geraghty (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)
 INDOOR BOWLS CLUB (Carpet) 7pm (MC)
 CASH BINGO 7.30pm (PH)
 WILDFOWLERS CLUB 1st Friday monthly 7.30pm (HSC Top Room)

SATURDAYS

FOOTBALL U13's 10-11.30am Contact Mike 07804927764 (HSC Sports Field)
 HEACHAM YOUTH CLUB Term Time School years 6-11
 Tel: Louise 07411457017 (SM)

SUNDAYS

SUNDAY AFTERNOON SERVICE 4pm 1st Sunday Monthly Everyone welcome For details Tel:579440 (PRH)
 HATHA YOGA 7.30-8.30pm For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)

HEACHAM DIARY

Friday 1st December 'Poker Night' 7pm at Heacham Social Club
Monday 4th December 'Christmas Bingo' 2pm Cunningham Court, Station Rd
Friday 8th December 'Fun Weakest Link Competition' 8.30pm at the West Norfolk Pub
Monday 11th December 'Christmas Bingo' eyes down at 7pm at the West Norfolk Pub
Wednesday 13th December 'Community Coffee Morning & More' 10am to 12noon at the Old Friends Hall Sunnyside. Everybody welcome
Friday 15th December 'Heacham Social Club Christmas Raffle draw day' Tickets available from Social Club bar
Monday 18th December 'Fridhem Christmas Bingo' Eye's down at 7pm sharp! Proceeds to resident's entertainment fund. 79 Station Rd, Heacham. Refreshments available

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Goldenyearsnorfolk.co.uk

Wednesday 20th December 'Christmas Prize Bingo' 1.30pm at Heacham Social Club
Thursday 21th December 'Christmas Coffee Morning' at Cunningham Court, Station Rd
Sunday 31st December 'New Year's Eve Family Disco' 7pm at Heacham Social Club
 ** New Year's Eve GIG 'Lloyd E Moon' 8pm at Heacham Social Club

JANUARY 2018

Friday 5th January GIG 'Jam with DNA' 8.30pm at Fox and Hounds
Tuesday 9th January GIG 'Against the Grain' 8.30pm at Fox and Hounds
Friday 12th January GIG 'Groove Cartel' 8.30pm at Fox and Hounds
Tuesday 16th January GIG 'Keno Kings' 8.30pm at Fox and Hounds
Wednesday 17th January 'The National Blood Service' visiting Heacham at the Public Hall, Station Road. 1-15pm - 4pm & 5pm - 6.30pm. Appointments on 0300 1232323
January 18th, 19th & 20th Pocahontas Players Present 'Snow White & The Seven Superheroes'. £10 raised seats, £9 stalls (£1 discount for under 12's) at Heacham Public Hall. Tickets from Janice 01485 570402, Jim 01485 571267, Hunstanton Tourist Information 01485 532610. Thursday 18th 7.30pm curtain up, Friday 19th 7.30pm curtain up, Saturday 20th 2pm and 7.30pm curtain up
Friday 19th January GIG 'Black Dogs' 8.30pm at Fox and Hounds
Tuesday 23rd January GIG TBC at Fox and Hounds
Friday 26th January GIG 'Rock Out' 8.30pm at Fox and Hounds
Saturday 27th January 'Messy Church' 10 - 12noon at St Mary's Church, Heacham. Call Veronica Wilson 570697 or the Church Office 572539
Tuesday 30th January GIG 'Part Time Blues' 8.30pm at Fox and Hounds

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OTHER EVENTS

Saturday 2nd December 'Seasonal Songs and More' Hunstanton Community Choir at St.Mary's Snettisham 7pm, tickets £5 available from The Grapes Gallery Snettisham

**'Dancing to Ryan' 8.30pm USC Homefields Rd, Hunstanton
Monday 4th December 'Light up a life this Christmas' 4pm hosted by The Norfolk Hospice at Sandringham Visitor Centre

Tuesday 5th December 'Words and Music for a Winter Evening' 7.30pm start. The Wolferton Singers at St.Mary's Church Fritcham. Light refreshments served

Wednesday 6th December 'Christmas Carols with Hunstanton Concert Band' plus sausage rolls and mince pies, 7.30pm USC Homefields Rd, Hunstanton

Thursday 7th December A Video Postcard Presentation 'of life on the wild side including barn owls and otters' 2pm £1 admission including refreshments. Free for Village Club Members. At Ringstead Village Hall, Ringstead

** 'Light up a life this Christmas' 5.45pm The Norfolk Hospice, Hillington

** 'The Old Stuff Man' (aka Roger) amazing collection of old things he has collected over the years at Hunstanton Library

Friday 8th December 'Film Night' at Anmer Village Social Club 'Whisky Galore' Doors and bar open at 7.30pm, £3 at the door. New members welcome 01485 579465

** 'Hunstanton Christmas Tree Festival' 12noon – 7.30pm Hunstanton Town Hall 01485 533367

** 'Christmas Quiz plus turkey rolls & mince pies' 8.30pm USC Homefields Rd, Hunstanton

Saturday 9th December 'Afternoon Tea' at The Salvation Army Snettisham 3pm. Admission by ticket £5. Telephone for availability 01485 541978

** 'Dancing to Transition' 8.30pm, USC Homefields Rd, Hunstanton

Sunday 10th December 'Hunstanton Christmas Tree Festival' 10am, - 4pm at Hunstanton Town Hall 01485 533367

***'Light up a life this Christmas' 3pm hosted by The Norfolk Hospice at King's Lynn Minster

** 'Light up a life this Christmas' 3pm hosted by The Norfolk Hospice at St.Edmunds, Downham Market

Tuesday 12th December Brancaster Camera Club AGM, Brancaster Staithe Village Hall 7.30pm

Wednesday 13th December 'Christmas Prize Bingo' 8pm all welcome, USC Homefields Rd, Hunstanton

Thursday 14th December West Norfolk Members Group 'Fun Wildlife Quiz' at Hunstanton Methodist Church Hall, Austin Street 7pm start, £2.50 with seasonal refreshments

Friday 15th December 'Christmas Draw and Dancing to Carol Ann' 7.30pm with light refreshments. USC Homefields Rd, Hunstanton

Saturday 16th December 'Dancing to Kenny and the Motives' 8.30pm, USC Homefields Rd, Hunstanton

Wednesday 20th December 'Poetry Morning' 10.30 – 12noon £2.50 including refreshments at the Town Hall Basement, Hunstanton. Ann McKimm 01485 533933

Saturday 23rd December 'Dancing to Trevanian' 8.30pm, USC Homefields Rd, Hunstanton

Sunday 24th December 'Christmas Eve Dancing to Splash' 8.30pm, USC Homefields Rd, Hunstanton

Saturday 30th December 'Dancing to Steve Perry' 8.30pm USC Homefields Rd, Hunstanton

Sunday 31st December 'New Years Eve Dancing to Tiger Bay Two' (in the lounge) 'Mark Royal Disc' (in the bar) 8.30pm, USC Holmeffields Rd, Hunstanton

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 **Mon, Tues & Thurs** afternoons

12.30-3.30pm (term time) Sedgford Primary School Ringstead Rd Sedgford – Tel: Jane 01485 579489

Mondays

HUNSTANTON BRIDGE CLUB 'Duplicate Bridge' 6.50pm for 7pm at Hunstanton Conservative Club
FITSTEPS 6.30 – 7.30pm at Snettisham Memorial 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

COASTAL STROKE & SUPPORT GRP 10.30am – 12.30pm at Hunstanton Methodist Church Austin St
LINE DANCING 1.30 – 3.30pm at Snettisham Memorial Hall £3.50 Tel: 532317 Yvonne

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 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 Sedgford 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 For info please Tel: Sue 570823

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

HUNSTANTON BRIDGE CLUB 'Duplicate Bridge' 6.50pm for 7pm at Hunstanton Conservative Club

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 : 07710 066145

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

Thursdays

LINE DANCING 10am – 12 noon at Hunstanton Community Centre £3.50 Tel: Diane 571166

TEA DANCE 2 – 4.30pm at Hunstanton Community Centre Live Music Sequence & Ballroom £3 All Welcome

FITSTEPS 6 – 7pm at Snettisham Memorial Hall To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

YOGA 7.45-8.45pm at Snettisham Memorial Hall For info Tel: Alison 571062 or email - medullayoga@gmail.com

KINGS LYNN & DISTRICT OSTEOPOROSIS SOCIETY meet in Kings Lynn 4th Thursday monthly at 7.30pm

Fridays

HUNSTANTON BRIDGE CLUB 'Beginners Bridge' 1.20pm for 1.30pm at Hunstanton Conservative Club

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

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@wattstington.com

Edgar of Heacham - Part Three

His animals?

A few years ago, I found part of a pig's jaw in our Heacham garden so I kept it. I thought it might either be the remains of an escaped animal or discarded food waste. Pigs are really good at getting out of their pens and running off. In April, when our builders began digging the trench for the footings, this tusk was amongst the soil and flint pieces.



*Copyright T.Parish
pig tusk*

Pigs have 22 teeth with tusks in upper and lower jaws. Our tusk is triangular in cross-section with enamel on two sides and cementum on one. According to various websites this makes it a lower or 'cutter' tusk as opposed to an upper or 'whetter'.

We found animal bones in the trench and near Edgar's skull under what is now the new room. There were pig and cattle bones.



*Copyright T.Parish
Some of the animal
bones found*

Our builder, Dean, really wanted some of the bones to be horse but I had reached the limit of my bone identifying abilities when I labelled some big teeth 'large herbivore, horse or cow'. I was delighted that Mr Bryan Leek of Leiden University (Netherlands) was at SHARP in Sedgford for the summer season and was willing to identify the bones. I

thought he would just say what species are present but he examined each of the 567 bone fragments! He was able to assign a species to 213 of these. There were no fish, bird, reptile or amphibian bones.

Using clever zoo-archaeology methods, Mr Leek says there are bones from at least 18 pigs, 12 cattle, 4 sheep / goats and 1 horse (hooray). The large animal jawbone with teeth in the vertical face of the builder's trench was bovine.

When I asked Mr Leek if all the bones were likely to be old (meaning that they had been there for a long time) he said he had not quite finished deciding how old each pig was. He was examining the teeth for wear and the fusing together of jaw bone parts. Amazing.

Three pigs were between 14 and 21 months old, one older than 21 months and the oldest more than 27 months when they died. Look at the wear on the pig's molars in the photo.

*Copyright T.Parish
Pig teeth*



Mr Leek concludes that the animal bones are butchery / food waste. It is possible that some animals are associated with

Edgar's burial. Some were found near Edgar's skull at a depth of 50cm while the top of Edgar's skull was 54cm deep. Short of carbon 14 dating the animal bones we can't say how old they are.

*Copyright T.Parish
Cattle teeth*

The bovine jawbone had been buried a long time. The soil profile above it seemed undisturbed. So, the possibilities include:

1. Some bones buried in association with Edgar.
2. The site was an (old) midden – mussel and cockle shells were also found.
3. Uncultivated corner of a field where locals / farmers / butchers left bones – as a child in the 50s I lived opposite a butcher's shop whose back garden was full of bones.
4. Convenient spot to throw bones on the way to taking grazing animals to the Heacham Common. Etc.



June Parish and Edgar of Heacham



Scrapy Cat Crafts

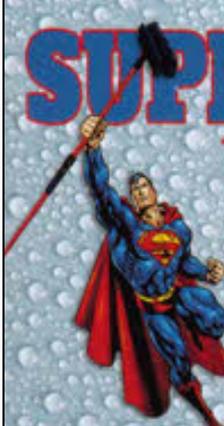
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Norfolk County Council Trading Standards

Doorstop Selling

Over the last few months Trading Standards have received a number of reports about doorstep cold callers attempting to sell items using a number of different claims. These have included:

- 'Young people' approaching properties carrying cards stating they were 'deaf' and selling 'their' artwork to 'pay fees for school or college' or to enable them to 'buy school equipment'. The cold caller would then show pencil sketches and artwork in a folder, often 'rubbing away' some of the pencil from the edge of a sketch to show it was genuine'.
- Sellers approaching people in the street and cold calling at properties claiming to have mattresses that they can sell for cash. Often the seller will be in a van with sign writing using a name close to well-known mattress retailers. They will use claims like they are a 'double delivery' or has been 'collected from a show home nearby' and will 'go in the skip back at the depot'.
- Sellers cold calling at properties claiming to have stock 'left over from fairs or trade shows'. Recent examples have included: French Cookware, Patio Furniture and Rugs.
- Sellers in vans approaching homes and allotment holders claiming to have power tools and generator to sell.
- Males cold calling at properties with large holdall bags containing household cleaning products. They will often claim that they have 'recently been released from prison' or working as part of a 'youth offending order'. In some incidents they have also claimed to be 'licensed' for this work and are displaying some form of identification on lanyards.

In some reports the cold callers have been described as persistent, aggressive and intimidating in their approach and demeanor, especially when residents decline the offer to purchase items.

- Sellers cold calling at properties claiming to be selling frozen fish. These sellers will often be dressed in the style of fishmongers and are known to use high pressure sales tactics. There are also often issues with the quality of the fish being offered, whether the type of fish is as claimed, and whether it has been appropriately stored for transportation.

Norfolk Trading Standards' advice is always NEVER deal with cold callers trying to sell items or offering services no matter what the story is that accompanies their approach.

We also ask anyone that receives a cold caller at their home or business or is concerned about possible cold callers in their community to report the incident to us via our partners the Citizens Advice consumer service on 03454 04 05 06 or to Norfolk Police on 101.



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email: mobilityassist@yahoo.co.uk

Contacting Norfolk Trading Standards

If you need to contact us for any reason you can call us Monday to Friday 09:00 to 17:00 via our partners the Citizens Advice consumer service on 03454 04 05 06.

This service can be used to report any information or incidents to Norfolk Trading Standards and also to receive advice and support with your consumer rights.

Facebook: www.facebook.com/norfolktradingstandards

Twitter:-

twitter.com/norfolkccets (Norfolk Trading Standards news and information)

twitter.com/ncc_farm_team (Norfolk Trading Standards Farm Team)

twitter.com/norfolktt (Norfolk Trusted Trader)

Email alerts from Norfolk Trading Standards

Consumer: www.norfolk.gov.uk/tsalerts

Business: www.norfolk.gov.uk/businessscams



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The Last Leg Karanga Camp to Barafu Camp and onto the Summit - return to Barafu Camp



Dear Friends

The longest day dawns at last.

This morning we wake in Karanga camp at 3995 metres (13,107 feet). After a good breakfast, we set off to reach base camp at Barafu

which is at 4673 metres (15,331 feet). Now this is only 678 metres (2224 feet) but to reach that height we had to walk 4 kilometres (2.5 miles) to get there which took 5 hours in total. The pace is very slow (poli poli in Swahili) this is to preserve as much energy as possible for the long trek to the summit.

We arrive at Barafu camp and it's enormous and very busy. Sadly, we are camped at the bottom so have a long walk through the camp to the start of the summit. We have lunch at 1pm and a final briefing about the night ahead. We are in our sleeping bags at 2pm and are advised to sleep if possible because we will be up at 9pm and start ascent at 11pm. Despite the heat I manage to sleep, waking at 9pm. A meal of mashed potatoes and bean sauce to keep us going.



We leave camp at 11:15 with an 8 hour walk ahead. The walk takes place in the dark and we must climb 1300 metres (4265 feet) with only head torches for light. We are also well wrapped up as the temperature at the summit could be -23 degrees.

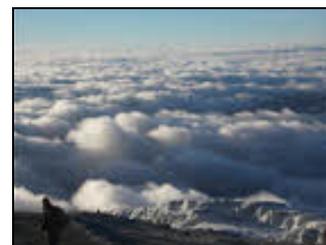


We again walk at a slow pace and



can only follow the feet of the person in front. Luckily, though feeling light headed, I didn't have any altitude sickness though some in our party did and were helped by the guides.

Even though we walk slowly, it's an exhausting trek. Thin air, steep terrain, but the thought of being so near my goal kept me focused. We reached Stella Point 5700 metres (18,700 feet) at 5:45am. On asking the guide how much further, I was told about 40 minutes. WOW 40 minutes to go to reach the goal for me and Trekking Penguin. 40 minutes to the culmination of a year of training to fulfil dream.



As the sun came up at around 6:30 it was -14 degrees and we were at the summit!! A magnificent 5895 metres (19,341 feet) above sea level!!

It was very busy and due to the temperature we could only stay for a short time to grab a photo and set off back down. The sight

of the glaciers at the top of the mountain and the clouds below was wonderful. I will never forget that scene.

Another 8 hours of walking returning to Barafu camp.

The trek was hard and at times I truly thought it would beat me. However, one finds an inner strength and a will and desire to



continue. I learnt a lot about myself and made some lifelong friends. The memories will stay with me forever.

Someone asked me if I would do it again and at the time I would have said 'No' but now a few months on I would definitely consider it.

Thank you for reading these notes and I hope you have enjoyed them. Should you consider attempting the trek please feel free to contact me for a brief chat.

Dean and Trekking Penguin

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Borough Council News

Planning, or more precisely housebuilding, is an issue that often fires people up. 'Build less, build more, build them somewhere else.' I was recently accused of attempting to influence people's opinions towards the first and last of these requests. I think housebuilding should reflect the needs of the immediate area first and almost last and not be just a means of profit and dealing with housing needs elsewhere. For example, the Hopkins Homes estate on the borders of Heacham seems hardly to be meeting the essential needs of house seekers in Hunstanton, Heacham or this end of West Norfolk in general. I will accept my mistake and change my mind if the new owner's origins are published and, perhaps, the reasons for purchase. That they were advertised alongside rail travel times to London seems to provide a clue.

The Cheney Hill developer's proposal to almost double the number of houses on that site is due to re-appear. He has been talking to the Borough Council about mounting an appeal and has also let it out that a fresh application will emerge in the New Year. The several hundred of you with concerns about this and other planning matters need to keep an eye open in the 'quiet' of Christmas. This is a favourite time for developers, in general, to stick in their letters to Santa in the hope that everyone else eats too much turkey. I have, so far, been refused permission to attend any meetings between planning officers and the Cheney Hill developer as I might 'unduly influence the day to day work of officers.'

Meanwhile, the Borough Council awaits the result of a recent planning appeal once again challenging whether there is a 5-year land supply. I attended the closing stages of that appeal as an observer and the arguments delivered on behalf of BCKLWN were logical and irrefutable to anyone with sense. A meeting of the Local Development Plan Task Group in November confirmed, once again, that Borough data shows a 5.9 years land supply.

At that meeting too, the site allocations for the next Local Plan were discussed including the 'at least' statement in the current plan – for example 60 homes might be allocated but this is a minimum number which, apparently, has no limits. Fortunately, significant members of that group think, like I do, that 'at least' cannot appear in the next round of planning. I attended as a Borough Councillor with questions to ask and went through the Cheney Hill scenario again as an illustration of the nonsense that can happen. After questions, I also teased out that an allocated number of houses could be dispersed across multiple sites as long as the owners of those sites considered there would be a satisfactory financial return. It was also determined that, when sites were allocated, the area of land needed to meet needs would be specified to hinder land owner aspirations (my interpretation).

There was much discussion about infrastructure, particularly health services. BCKLWN is doing its best to raise this issue but the consensus was that there is not a mechanism at the level of

doctors' surgeries which deals with the problem of too many people, too few doctors.

The influence of Neighbourhood Plans was discussed and it appears that Heacham's, though in its infancy, will have some impact before completion depending upon the quality and quantity of data collected. So please cooperate and take part in the sterling work that that local group is doing right now.

The government is stirring the housing pot again through the 'The Right Homes in the Right Places' consultation. Lots in this but one significant item is the proposed method for calculating housing need. This new, draft, formula is to be applied across England and Wales. Some areas will find they need to build more homes, some less. West-Norfolk is in the latter position – 525 every year instead of the 670 that BCKLWN have been working towards.

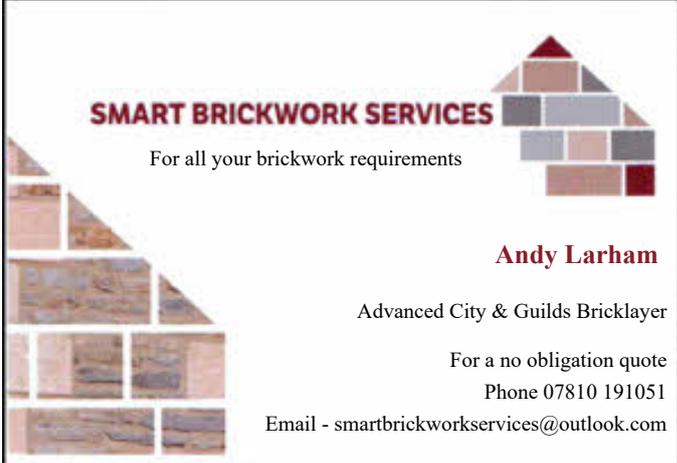
The advantages of this are clear – less sites will be needed and can be 'banked' for subsequent plans; the 5-year land supply can be more easily maintained; the impact on infrastructure will be less. The BC Task Group is taking this potential reduction in numbers on board. All this is still in the consultative phase. The result, from the government, is expected next Spring.

Returning to very local matters: Without commenting on the merits or otherwise of the glamping pod application in the woodland off Hunstanton Road, I have made it very clear to officers that there is great public disquiet about ongoing work on that site. The arboriculture officer has now published his concerns on the planning portal. The last date for consultation has been extended until the 8th or 11th December (can't check as the site has just gone down).

And, toilets: the meeting mentioned last time has been rescheduled to 6th December and they also appear on the agenda at Cabinet level on the 28th November. No doubt the BBC will soon pick up on them.

Happy Christmas.

Terry Parish



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Parking Disabled Access

around & about...



Hunstanton Community Players

Winter Poetry Morning

at Hunstanton Town Hall Basement

Wednesday, 20th December
10.30am – 12noon, entry £2.50
(includes refreshments.)

Winter, Celebrations & Christmas Wishes.

Come along and join in the fun or just sit and listen
Further info from 01485 533933

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FRIDAY 8th DECEMBER 2017
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or telephone 01485 579465
or visit our website on:- www.anmerclub.co.uk

ANMER VILLAGE SOCIAL CLUB FILM NIGHT

Friday 8th December 2017 at 8.00pm

'WHISKY GALORE'

Remake of the Ealing comedy starring Eddie Izzard, James Cosmo and Ellie Kendrick in which Scottish islanders try to plunder cases of whisky from a stranded ship.

Venue – Anmer Village Social Club

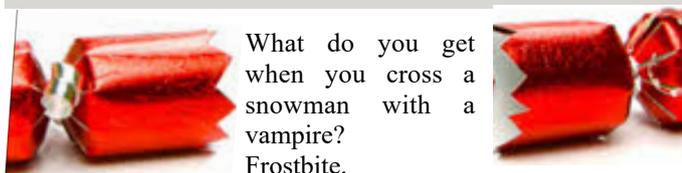
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The West Norfolk Members Group invites you to:

A Christmas Miscellany

Short presentations by members followed by a 'just for fun' wildlife quiz and seasonal refreshments.

Thursday 14th December - 7.30pm

and

Birding a Dream

by Sue Bryan

Sue and her partner spent a year on a birding marathon, travelling all over the world. We will hear about this adventure and see some of the birds they saw.

Thursday 25th January - 7.30pm

Venue: Hunstanton Methodist Church Hall, Austin Street.

Cost: £2.50 members / £3.00 visitors.



Hunstanton Christmas Tree Festival 2017

The Hunstanton & District Festival of Arts is again holding its popular Christmas Tree Festival at the Hunstanton Town Hall from Friday 8th December from 12noon till 7.30pm with an official opening ceremony at 7pm. Saturday 9th and Sunday 10th opening times will be from 10am – 4pm.

This annual event is open to Groups, schools and charities and local businesses. All are invited to enter an artificial decorated tree for display from Friday 8th. Set-up day is Thursday 7th, 1pm – 7.30pm, and you are welcome to put a collection box nearby for visitors to donate to your charity.

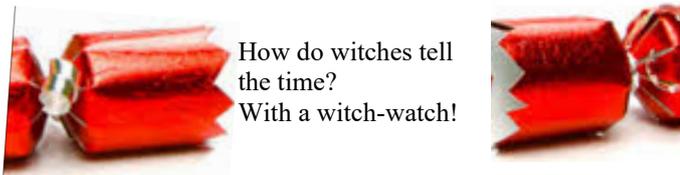
Each year we get more entries, so please apply early to avoid disappointment.

Voting for the best dressed tree will be by the public and there will be a box where visitors can leave nominations for their favourite tree in each of two categories. One adult and one junior. Each winning organisation will receive a cheque for £50.

This exhibition is a delight each year and we will be serving tea, coffee, mulled wine and mince pies to the visitors for a small fee. This is a fun event which can be enjoyed by the whole community so do come along and take part.

There is also a Jane Austen quiz to fill in to win a DVD Box set of her novels. The winners will be announced on the last day of the Festival. Quiz sheets are available from the Tourist Information Centre in Hunstanton.

Further information on all these items can be obtained from our website www.hdfa.org.uk or email on info@hdfa.org.uk or contact Christine Earnshaw on 01485 533367.



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1992-2017



**WEST NORFOLK LIBRARIES
EVENTS
HUNSTANTON LIBRARY**

December 2017

For further information about events and to book please call 01485 532280.

Regular weekly events:

Baby Bounce and rhyme – every Monday (term time) from 2.00-2.30pm.

The Library Lads – Tuesdays 2.00-3.00pm Relax, make friends, enjoy some card and board games, discuss a hobby or just stop by for a chat and a cuppa. Women also welcome!

Job help session - Every Wednesday 3-5pm (Booking essential). Want help to update your CV, using Universal Jobmatch, and searching for jobs online? Then why not book in for a 30 minute session with staff to get you started. Please call 01485 532280 to book!

Just a cuppa – every Friday from 10.30-11.30am.

Friends of Hunstanton Library:

Could you help act as a link between the library and local community? Or help plan and hold fundraising activities, library sales, community events or raffles? Then contact Lauren on 01485 532280 or Alison on 01485 540181 for more information.

Yet more old stuff – Thursday 7th December 10.00-12.00pm

Come and check out some seriously old stuff and have a trip down memory lane on the first Thursday of every month. There's no need to book—just come along. Refreshments available for a small charge.

Colour yourself calm – Monday 11th December 10.30-12.00pm

Book Club – Monday 11th December 2.30pm

New members always welcome. Ask staff for details of the books being discussed.

Walk and talk group - Tuesday 12th December 2.30pm from the library

A short walk around the town and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

Knit and natter - Thursday 14th December 10.30-12.30pm

Family History and Computer volunteers

You can also book one-to-one sessions with our volunteers. Just ask staff for details.

January 2018

Yet more old stuff – Thursday 4th January 10.00-12.00pm

Come and check out some seriously old stuff and have a trip down memory lane on the first Thursday of every month. There's no need to book—just come along. Refreshments available for a small charge.

Colour yourself calm – Monday 8th and 22nd January 10.30-12.00pm

Book Club – Monday 8th January 2.30pm

New members always welcome. Ask staff for details of the books being discussed.

Walk and talk group - Tuesday 9th January 2.30pm from the library

A short walk around the town and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

You can also follow library events on Facebook at:

www.facebook.com/LynnLibraries - for Lynn, Dersingham and Hunstanton Libraries.

Fun Dates for your new diary!!!

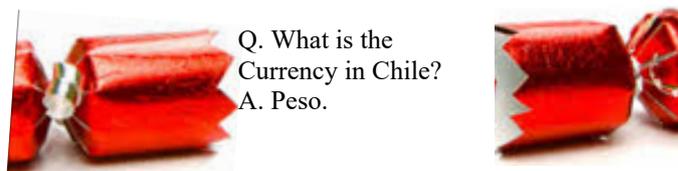
If you pop into Hunstanton Library the first Thursday in the month, you will meet the 'Old Stuff' man (aka Roger) who will take you on a fascinating trip down memory lane with his amazing collection of old things that he has collected over the years.

Recently, with two friends that he has made at the library, Roger's passion for music has moved 'Old Stuff' in a different direction – so get your diaries ready as they have booked Heacham Public Hall for two live band nights – Saturday January 13th and February 17th!!

A friend from London is coming along with his band 2+ONE and promise a night of hits from the '60s until the present day for dancing, singing along to or just to give you the chance to sit and have a drink with friends and chat about the good old days.

They are going to be totally fun nights to look forward to after the stress of the festive time and brighten up the winter months. Any profit that is made will be shared between Hunstanton Library and WNDIS, the local charity that supports people with disabilities.

Tickets are just £9.50 (a perfect Christmas gift!!) and are available from Sandy on 07704 803983, email nikkiandvinniehastie@outlook.com or pop into Heacham Social Club.



Q. What is the Currency in Chile?
A. Peso.

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Voluntary Norfolk

As the weather gets colder and the nights darker, many Norfolk residents run the risk of loneliness and isolation, especially if they suffer from a long-term health condition that prevents them getting out and meeting other people. 'Voluntary Norfolk' is keen to hear from people who would be able to give some time to make a positive difference to the lives of others.

Voluntary Norfolk's North Norfolk Health Volunteers scheme, run in partnership with North Norfolk Clinical Commissioning Group (CCG), are looking for volunteers to visit people in their own homes. If you could give an hour or so, regularly or even occasionally, to change someone's life for the better through sharing your time, experience, good humour and mutual interest, in your village, town or the surrounding area, then please get in touch with us! The most popular activity is a simple coffee and chat, but, depending on what you wanted to offer, some people might like a short walk, a game or craft activity, a quick hand with something in the house or garden or even a short trip out in the car. You could visit someone by yourself, or, if you'd rather, you're welcome to enrol with a friend and do your visits together.

"Volunteers do not replace the care of NHS or Social Services staff, nor the support of family members," says Natalie Hickman one of the volunteer co-ordinators for the scheme, "but they bring something very special. They choose to give their time and talents, and that is deeply appreciated by those they visit. An hour or so a week can make a tremendous difference, not only to the person receiving the visit, but to the volunteers themselves! So, it's very much a two-way relationship".

Potential volunteers firstly meet with Voluntary Norfolk co-ordinators to discuss their interests, and, following a DBS check, completion of the application and induction process, are then carefully matched with a suitable person to visit. Training and support is available, but volunteers are not expected to deliver

any personal or medical care nor incur any costs. Visiting arrangements can formally last up to 18 months, but many long-term friendships have developed as a result.

"Many of our volunteers get involved because they want to make a difference to their communities, meet new people or even explore a new career direction" says Karl Hills the Senior Volunteer Co-ordinator. "The volunteers we have currently are of all ages and backgrounds and all have many different interests. So, we would be delighted to hear from everyone who is interested in finding out more. Even if you are not sure how much time you have to spare, we can find the opportunities for you to make a difference."

Why not get ready and make a start towards doing something different for 2018?

If you could help, or you would like to know more, please call 01263 519454 for North Norfolk service. Alternatively, you can email chloe.edwards@voluntarynorfolk.org.uk

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Slow Roasted Topside of Beef with Yorkshire Pudding
 Roast Turkey with Pigs in Blankets & Stuffing
 Baked Vegetable Nut Roast
 Smoked haddock and pea risotto

Chocolate and Almond Tart with Raspberry Coulis (gf)
 Christmas Pudding with Brandy Custard
 Treacle Sponge and Custard
 Chefs Cheese Board

Coffee & Mints
*£5.00 Non-refundable deposit required.
 Balance due 2 weeks before date booked.
 (N.B If you have any dietary requirements or allergies please
 inform one of our Events Team upon booking)*



Festive Lunch

Available Monday - Saturday 12.00 - 2:30pm
 throughout December (4th -22nd)

2 Courses £12.95

Starter & Main or Main & Dessert
Must be pre booked. Pre-order will be required.

Festive Evening Meals

Available Monday - Thursday 6.00 - 8:30pm
 throughout December (4th -21st)

3 Courses £21.95

Includes tea/coffee and a mince pie
Must be pre booked. Pre-order will be required.





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Age UK Norfolk

Looking for respite care at Christmas?

If you're a full-time carer, or spend a lot of time caring for someone, it's important to make time for yourself, too – both for the sake of your own health and wellbeing and to give you the energy to carry on caring.

That's where respite care can help, particularly at times like Christmas. Spending time in a caring and warm environment, with dedicated helpers on hand can be the answer, and a way to give a carer that break.

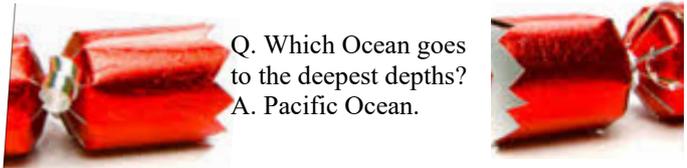
Age UK Norfolk can meet such demands with its 20-bed respite unit at the Grays Fair Court (GFC) centre in Norwich. Each comfortable apartment has en-suite facilities and its own 32 inch television.

The path to respite care can be taken in two ways. First, through the social services system via Norfolk County Council, and care packages taken this way will be funded if the patient meets the necessary criteria. Or there is a self-funding option.

Doris Baker, 85, of North Walsham, has been visiting the respite centre at Grays Fair Court in Costessey since it opened in 2008 after being referred by social services. Doris visits the respite centre regularly and spends most Christmas' with the team at Grays Fair Court. "I just love it; I would be on my own at Christmas if I didn't come here".

Grays Fair Court runs a special programme over the holiday period, with entertainers coming in and special Christmas meals being served. Visitors are welcome. There are no restrictions over the Christmas and New Year period. The regular GFC facilities – such as hairdressing salon, foot care, computer with internet access and library – are all available.

To find out more about respite care at Christmas, or any other time, then contact Age UK Norfolk's Grays Fair Court on 01603 594747; or contact Norfolk County Council on 0344 800 8020.

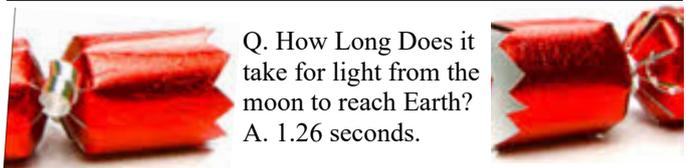


Q. Which Ocean goes to the deepest depths?
A. Pacific Ocean.

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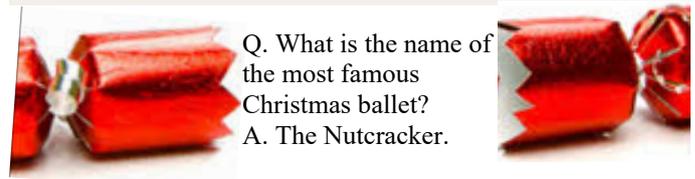


Q. How Long Does it take for light from the moon to reach Earth?
A. 1.26 seconds.

Hunstanton Conservative Club

Entertainment for December

- 2 Dec CHRISTMAS DINNER - 7.00 for 7.30pm
Dancing to Marcia Santana
- 9 Dec CHRISTMAS DINNER - 7.00 for 7.30pm
Dancing to Budgie
- 12 Dec CHRISTMAS LUNCH – 1.00 for 1.30pm
- 14 Dec CHRISTMAS LUNCH - 1.00 for 1.30pm
- 15 Dec GRAND CHRISTMAS DRAW - 1.00pm
- 16 Dec MEAT DRAW
Christmas Singalong with Replay
- 22 Dec CHRISTMAS BINGO
- 24 Dec CHRISTMAS EVE AFTERNOON
PARTY with REPLAY
- 25 Dec CHRISTMAS DAY. Club open from 11am
until 1.30pm. Mulled Wine and Mince Pies
- 31 Dec NEW YEAR'S EVE.
Bring in the New Year.
Dancing to WADDO



Q. What is the name of the most famous Christmas ballet?
A. The Nutcracker.

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Heacham's Got Talent Show

We had over 80 people attend the Heacham's Got Talent Show and raised £655.

Our overall total now is £954. We've had fantastic support.



Our winner was chosen by the audience via a decibel meter. Holly Mathias was announced as the winner and Naomi Rix the runner up. Our compare Joshy Chilvers kept the show running smoothly and the acts gave a great show.

Some Reviews

Debbie Marsden That's awesome! Well done x



Pamela Williams What a great evening, Heacham certainly has got talent! And very well done to all you organisers, best wishes for the next event from Ruth Harris's mum.



Trish Rickett Amazing achievement! Work commitments meant we couldn't make it this time but will definitely keep an eye out for future events.

Julie Bolt Looks really good

THN

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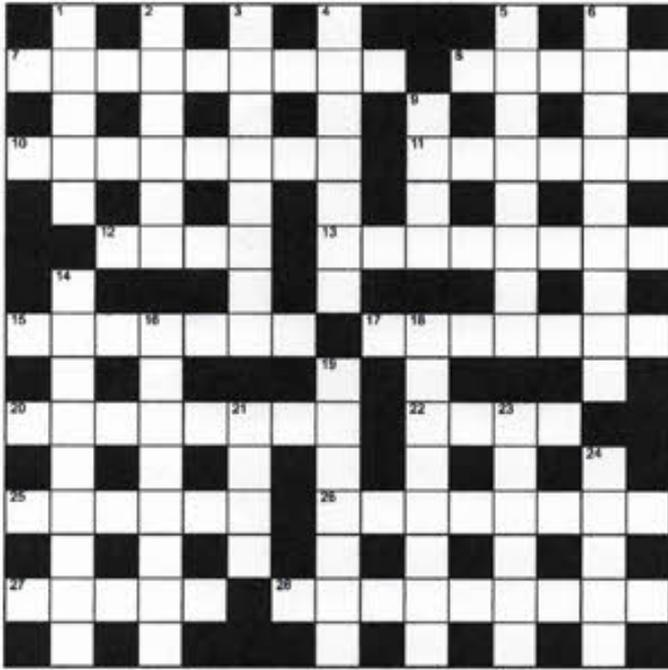
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ACCA



CROSSWORD CLUES

Across:

- 7. One must start to intervene without delay (9)
- 8. Duck bowler (5)
- 10. Football referee was an artist (8)
- 11. Press enclosure (6)
- 12. Jack is first starter to fall behind (4)
- 13. Go off this too soon? (4-4)
- 15. Last man makes a cocktail (7)
- 17. Better disposed, having left dance (7)
- 20. Hulk embraces new church as a faithful follower (8)
- 22. Disposes of glasses (4)
- 25. Foregoing first whisky, gulp down pasty (6)

- 26. First-rate lies are diabolical! (8)
- 27. Her Majesty soaks up the atmosphere (5)
- 28. Ancient temple meets expectation, so no need to return (9)

Down:

- 1. Cop meathead regularly here? (5)
- 2. Leaves selectors carrying the can (6)
- 3. Agile duo manipulated conversation (8)
- 4. Formal visit held inside registered hotel with Conservative (7)
- 5. Saw angry wound (8)
- 6. Snowball seen at this time of year? (9)
- 9. Boy returned one internal call (4)
- 14. Warning heard prior to smack from trailer (9)
- 16. Frustrated camel stuck in ground and can't move (8)
- 18. Discharge fifty-one with reprimand (8)
- 19. Can keep busy providing joint cover (7)
- 21. Cat noises heard from stable complex (4)
- 23. Exposed, evoking vigorous denial (6)
- 24. Last one to score boundaries in Birmingham (5)

Solution on page 46



The Friends of St Mary's Snettisham

Hunstanton Community Choir makes a return visit to St Mary's Snettisham

On Saturday December 2nd at 7pm, this very popular group of local singers make a welcome return visit to St Mary's.

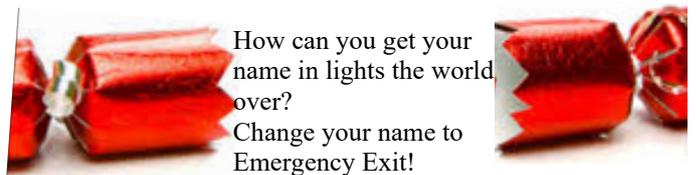
Under the direction of conductor Simon Bower and accompanied by Matthew Preston on piano, they will perform a variety of songs for a Winter evening. The Friends of St Mary's raise funds to maintain and enhance the wonderful building that dominates the skyline in Snettisham, and this concert is the last in a series of concerts, recitals and other fund-raising events for 2017 that The Friends organise year-round. More details from info@thefriendsofstmarys.co.uk

Tickets are £5.00 each and available from The Grapes Gallery Snettisham or may be purchased on the door of the church on the night of the concert.

2017 has been another successful year for The Friends and £7,000 has been raised to further maintain our beautiful village church. Whilst significant work has been done this year to repair the main stained-glass window on the west of the church, some further work is needed to the tracery of this window and more repairs needed to the windows on the south side. In 2018 we shall be announcing our plans for more significant work to be undertaken at St Mary's, work that will make the church more comfortable and welcoming for both the church and village community but, at the same time, not detracting from its core purpose as a place of Christian worship.

As well as the closing concert of the events for 2017, don't forget to also put in your diary at least one of the Christmas services, and who can fail to forget last year's highly successful Live Nativity. This year it will be held at 3pm on Sunday December 17th. Do come and join us for both these events and get really in the spirit of Christmas.

A very happy Christmas from all The Friends.



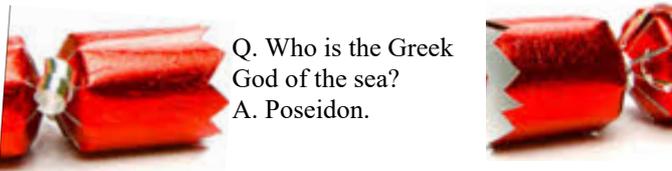
How can you get your name in lights the world over?
Change your name to Emergency Exit!



Seasonal Songs and more
with
Hunstanton Community Choir
at
St Mary's Snettisham
Saturday
December 2nd
at 7pm

Music Director: Simon Bower
Accompanist: Matthew Preston

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Snettisham.



Q. Who is the Greek God of the sea?
A. Poseidon.

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Entertainment for the month of December

Sat 2nd Dec – 8.30pm	Dancing to ‘Ryan’
Wed 6th Dec – 7.30pm	Christmas Carols with Hunstanton Concert Band plus Sausage Rolls and Mince Pies
Fri 8th Dec - 8.30pm	Christmas Quiz plus Turkey Rolls and Mince Pies
Sat 9th Dec – 8.30pm	Dancing to ‘Transition’
Wed 13th Dec – 8pm	Christmas Prize Bingo – All Welcome
Fri 15th Dec – 7.30pm	Christmas Draw and Dancing to ‘Carol Ann’ plus Light Refreshments
Sat 16th Dec - 8.30pm	Dancing to ‘Kenny and the Motives’
Sat 23rd Dec - 8.30pm	Dancing to ‘Trevanian’
Sun 24th Dec – 8.30pm	Christmas Eve Dancing to ‘Splash’
Sat 30th Dec - 8.30pm	Dancing to ‘Steve Perry’
Sun 31st Dec - 8.30pm	New Year’s Eve Dancing to ‘Tiger Bay Two’ (in the Lounge) ‘Mark Royal Disco’ (in the Bar)

**Dick Melton
Sunny Hunny**



How do monkeys make toast?
Stick some bread under the gorilla!



Heacham in Bloom

Our winter planting was completed before the start of November and the colder weather. We have once again planted a display at the Bikes on the High Street (using wall baskets as the wicker baskets had started to disintegrate), the Buckets at the Fire Station and not forgetting the Lavender Junction. Hopefully this will give us all some colour over the grey winter months. We are also proud to have paid tribute to Heacham’s fallen by planting the troughs with the now familiar scarlet cyclamen at the War Memorial.



There is no committee meeting in December so our next meeting is on Monday 15th January 2018, 7pm at Heacham Library. All welcome to attend.

The Heacham in Bloom Committee would like to take this opportunity to wish everyone but especially our Sponsors and Supporters a very Merry Christmas and a Happy New Year. We look forward to seeing and talking to you whilst we are out working around the village in 2018.

Heacham in Bloom Committee
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Faulty Towers Came to Heacham Manor

Many of us have heard or seen the TV hit comedy programme Faulty Towers with John Cleese as Basil Fawlty. Well on Sunday the 19th November we were some of the guests at Heacham Manor for a meal and show.

We arrived at 12.30 ready to eat at 1.00. Before we even went to sit down our jaws were aching and we had tears from laughter.

Between 1.00 and 3.00 we were served with a very nice meal and many of the classic scenes from the series. We have always enjoyed the TV show and watched many episodes over again, but to be a diner as part of it was something



different to be experienced.

My daughter Kristin took the pictures, and checkout one of the props that Basil used, our very own Heacham Newsletter.

Kristin is too young to remember the series but said it was a fantastic experience and can be enjoyed by all ages.

We hope it comes back next year, but they might have to add some extra days as when the word gets around I am sure it will be fully booked.



Rob

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Festival Chorus starts Christmas Festivities

Seasonal Festivities begin on Advent Sunday, 3rd December with a FANFARE FOR CHRISTMAS concert given by the King's Lynn Festival Chorus.

This will be at 5pm at St. Nicholas' Chapel in King's Lynn. Please note start time.

Playing a major part in the concert is the MARDI BRASS quintet, a group of brass instrument soloists who get together to perform all genres of music. For this concert they will perform music from the Renaissance, a specially arranged medley of Christmas music, as well as play familiar carols given the Mardi Brass treatment! This should interest all brass players of all abilities and ages!

A CD of Christmas music 'HARK', recorded with the Festival Chorus will also be on sale that evening.

The Festival Chorus welcomes back former Springwood High School student ALEXANDRA FERRARI, formerly Saunders, as soloist in Britten's 'A Boy was Born'.

Alexandra was a member of the Chorus at the tender age of fifteen, and a pupil of local singing teacher Fiona Marshall. A recent first class graduate of the Birmingham Conservatoire she now sings with the Royal Shakespeare Company.

Taking part too are young friends of the Festival Chorus - St Martha's Catholic Primary School led by Sara-Jane Brennock, and Churchill Park School led by Judith Williams. They will be singing and signing their favourite songs.

Tickets at £12 (FREE for under 16s) are available from the Corn Exchange tel: 01553 764864 or online.

Further information of this and future events by the Festival Chorus may be found on their website: www.kingslynnfestivalchorus.co.uk

King's Lynn Festival Chorus
presents



A Fanfare for Christmas

A concert of Christmas music featuring **Mardi Brass** with the choirs of **St Martha's Catholic Primary School** and **Churchill Park School**

Tom Appleton: Music Director
Alexandra Ferrari: Soprano
Ben Horden: Piano

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St Nicholas' Chapel, King's Lynn

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Heacham Manor Sponsor the Norfolk County Golf Union.

Heacham Manor are pleased to announce sponsorship for the 2018 season of the Norfolk County Golf Union. Paul Searle presented a cheque for £2,000 to the Norfolk County Golf Union President on Sunday 15th October afternoon prior to the prize-giving for the County Matchplay Finals competition which took place at Heacham Manor over the 14th and 15th October.

The prize-giving also saw two Heacham Manor winners with Warren Bates taking victory in the Men's Matchplay Championship and Alfie Edgson winning the Junior Order of Merit, Kevin Web Shield.



Cheque Presentation: Paul Searle & The Norfolk County Golf Union President Graham Turner.



Paul Searle with Heacham Manor winners: Alfie Edgson, & Warren Bates.

Norfolk County Golf Union competition winners.



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Searles Club Presentation Evening 2017

The Annual Searles Club presentation evening took place on Friday 20th October at Searles Golf course' Fountain Sports Bar and celebrated those members who have won prizes in competitions and events.

Members enjoyed a superb buffet meal, as well as fun quiz games provided by Searles Captain Dave Cox.

Whilst many prizes were issued on the evening, the main competition winners were presented with their trophies. Some of the main winners were: Junior - Chloe Tarbard, who won the Junior championship and a number of other events. Ali Fleming won the Fleming Mixed pairs with her partner Stan Lee as well as the Ladies winter Fourball who she partnered Sue Fleming. Derick Earl collected the Seniors Championship Trophy and Linda Holmes the Ladies Summer Matchplay. Rick Wilson picked up the trophy for the Men's Summer Matchplay and Peter Green won the Men's Club Championship for the Le Strange Cup.

Rob Hills showed dominance through the season in many events by winning, also collecting, the Medal Cup, which is an order of merit competition taking into account players' positions in the medal competitions over the summer.

A special mention must also go to the members of Sue Fleming, Jake & Jon Gibson, Joe Sarsby, Mike Emmerson, Teresa and Rob Hills who represented Searles for the first time in the Norfolk 9-hole Alliance Cup at the start of the month and took victory in the team event.

Searles Resort Golf and country club hold Monthly competitions as well as numerous other events and social competitions. Visit www.searles.co.uk or call 01485 536010 for more information.



Prize winners: Left to Right - Captain Dave Cox, Rob Hills, Linda Holmes, Rick Wilson, Ian Yearn, Rob Hills, Dennis Wilson, Chloe Tarbard, Ali Fleming, Sue Fleming, Derek Earl, Jake Gibson.



9 Hole Alliance Winners: Left to Right - Teresa Hills, Rob Hills, Jake Gibson, Jon Gibson, Sue Fleming

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TAX IMPLICATIONS OF PROPERTY LETTING: PART III IS THE STRUCTURE SOUND?

By Kathryn Gigg Chartered Accountants, Hunstanton

Generally speaking property letting is quite straightforward compared to other businesses. There are normally no employees, few suppliers or customers to deal with, income is (hopefully!) delivered directly to the bank account monthly and it will normally be outside the scope of VAT.

There are, however a number of Income Tax traps to avoid (and VAT as well as the other more obvious taxes, must never be ignored), and the consequences of falling into them can be serious because of the large amounts involved. There can also be opportunities. It is always worth taking advice at the very early stages to identify and work round these pitfalls and seize the opportunities. Some of the obvious ones are:

Use of a Limited Company

Following the announcement that interest relief was to be restricted, many property “businesses” considered incorporation as a means of preserving their interest relief (Companies have no restriction on relief since they do not pay tax at higher rates).

Incorporation of a property “partnership” may be possible but much will depend on the nature of the “business” and the level of borrowing. It will be an expensive proposition requiring HMRC clearances and also evidence that it really is a “business”, rather than simply joint ownership of property investments

Stamp Duty Land Tax (SDLT) will also have to be considered as this can create very material liabilities.

Alternatively, new property investments could be made from the start within a limited company. If set up in this way from the outset the complications can be minimised, but there will still certainly be more accounting paperwork (the company is a separate legal person to its owners, with its own tax returns and accounts). In the short term there is the possibility of holding

funds within the company rather than paying the rents out to shareholders as they arise – which can enhance tax planning flexibility, but in the longer term there is always a risk of paying tax twice on winding up the company, with corporation tax falling due when the property is sold by the company, and Capital Gains Tax (CGT) arising on the gain when the company is liquidated. Detailed planning is essential.

Joint Ownership

Many investors will automatically register their property into some form of joint ownership, either because that is required for mortgage purposes or because that is how all their assets are held. This may have disadvantages, since HMRC will assume, in the absence of elections to the contrary, that such property is owned equally. This can give an unexpected result where one taxpayer pays higher rates of tax but assumes that all income can simply be declared on the return of the other joint owner.

This is a classic example of where forward planning can quite legitimately be used to obtain a better outcome – and in this case the SDLT complication may mean that it is not simply something that can be changed later, because whilst inter-spouse transfers are exempt from CGT, there is no such SDLT exemption, so a charge might arise on transfer if a joint mortgage is involved.

Care is also needed where a property which has previously been owned by one spouse is transferred to another. Again, although the transaction is itself exempt (unless a mortgage is involved) it is possible for previous periods of owner occupation for CGT purposes to be lost. Principal Private Residence Relief is a complicated area and advice should be sought in order to avoid exposure to unexpected liabilities.

Finally, when a property is sold, the question of ownership should be re-examined to optimise the CGT consequences. In some cases (typically where there is more than one property to be sold), spreading the disposals over more than one tax year can significantly reduce a CGT liability. Once again, detailed planning will pay dividends.

Kathryn Gigg

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Repairs

As a general rule, repairs to a property, which merely restore it to the original condition are allowable against income for tax purposes, whilst improvements are capital expenditure and should not be claimed against income but instead carried forward as an enhancement to the original cost, eventually being allowable for CGT on a sale of the building.

There are, however, numerous decided tax cases on what constitutes a repair. Normally expenditure shortly after acquisition and before letting will be improvement, as will expenditure on repairs which is not a “like with like” replacement, but there are exceptions to these rules in particular circumstances, so it is always worth seeking guidance before starting work – there may be two ways of dealing with exactly the same issue that have different tax consequences.

Development Gains

Most property owners hope to see a capital gain on their property and in some cases this can be enhanced by development expenditure which goes beyond simple maintenance or extension. Typically this may be where adjacent gardens or amenity land are zoned for residential development or where neighbouring landowners put property together to create a scheme for their mutual benefit.

Normally a simple development such as building on a garden plot will be a CGT matter (possibly even covered by residential exemption). However, legislation was introduced in 2016 to bring certain transactions within the scope of Income Tax (rather than CGT) where “The main purpose, or one of the main purposes, of acquiring the land was to realise a profit or gain from disposing of the land”. HMRC have stated that they do not see this as being aimed at the rental business which, after several years, happens to make a substantial gain when a property can be redeveloped. However, where there is evidence of significant enhancement expenditure, planning costs, land acquisitions or joint ventures, the position is less clear and the consequences

could be costly. Again this is an area where early consultation with a specialist can be essential, and again VAT needs to be considered as well as the other taxes.

The Foreign Element

There is a common misconception that foreign transactions (including property) do not need to be notified to HMRC unless monies are brought back to the UK. This is incorrect. For most UK residents there is a requirement to declare foreign income on a UK self-assessment return and pay tax within the UK. In some cases they will already have paid foreign tax but relief for this will be given under the terms of the relevant tax treaty so that, effectively, they end up paying the higher of the two tax rates.

Specifically, the FHL rules not only cover property within the UK, but have also been extended to include qualifying FHL’s within European Economic Area. Where such properties are held, it is usual for there to be an element of owner occupation so the claimable expenses will need to be restricted accordingly.

The moral of the tale is to take specialist taxation advice at an early stage. It will incur a fee but can save many thousands if it avoids a course of action that leaves you liable to a tax that you were not expecting.

Kate Gigg and her team at Kathryn Gigg Chartered Accountants specialise in all aspects of property tax and would be pleased to advise you if you are carrying out an property transaction and need specialised tax assistance.

If any of these issues affect you and you are in need of further advice, please contact either myself or my assistant Nicola Tarry FCA, who will be pleased to talk matters through with you.

Please contact Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

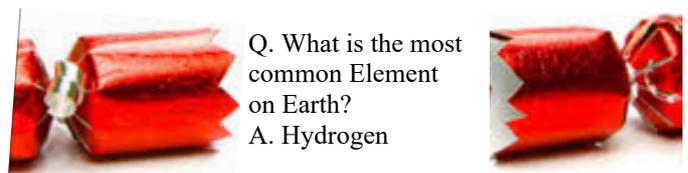
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Autumn Update

Lucy Lavers at Wells

Wells Lifeboat and Dunkirk Little Ship *Lucy Lavers* has been busy giving very popular trips afloat from Wells during the summer. She will have some maintenance over the winter months and will be ready to set sail again at Easter.



How about some Special Trips Afloat vouchers, which include a glass of bubbly, as Christmas presents? Calendars, T-Shirts, Sweatshirts or DVDs to go with them?

See website www.rescuewoodenboats.com/shop

Local Maritime History Talk

We have a talk on **Thursday 7th December at 7.30** at the **Maritime Heritage Centre, Stiffkey, NR23 1QF**, given by Captain Peter Elphick, Master Mariner, Naval historian and author. His subject is: "*John Fryer, Sailing Master of the Bounty*". John Fryer lived and is buried in Wells. Tickets £4.00 on the door.

Maritime Heritage Centre, Stiffkey, NR23 1QF

The Maritime Heritage Centre in Stiffkey, alongside the working boatyard where wooden boats are being restored, has been enjoyed by visitors - "*great treasure of a place*" and "*fascinating insight into our maritime heritage*". Do contact us if you might be interested in joining the friendly **Volunteer Team** - no experience needed.

If you have a **Group** that would like to combine a visit to the Centre with a *Lucy Lavers* trip next year, do contact us, or if your Group would like to use the Centre let us know - a walking group stopped off the other week for a break and coffee!

Wells Whelker Bessie

Wells Whelker *Bessie* is our next project. She also has some fascinating Dunkirk history (see website). We are fundraising now to raise money for the work - do be part of the story by becoming a "*Bessie Benefactor*"! We have already ordered an 18ft larch tree so it can dry before it is needed for her planks that need replacing.

Events

We will be present at, or hosting, many events next year - watch out for publicity on Facebook, Twitter and in the press.

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info@rescuewoodenboats.com
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Answers to Spiral Word Puzzle

- | | |
|----------|----------|
| 1) Coal | 2) Liar |
| 3) Rain | 4) Newt |
| 5) Tent | 6) Trim |
| 7) Moss | 8) Soot |
| 9) Tree | 10) Etna |
| 11) Asia | 12) Axed |
| 13) Dent | 14) Toes |
| 15) Smog | 16) Grow |

Puzzle Word: SNOWMAN

Solution to
 Newsletter
 SUDOKU
 No. 117

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

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8. Coins
10. Follower
11. Straws
12. Asia
13. Eyesight
15. Bad fall
17. Spirits
20. Goose fat
22. Ours
25. Alpine
26. Raincoat
27. Knead
28. Mince pies

Down

1. Chaos
2. Psalms
3. Snowball
4. Starter
5. Courtier
6. Snow White
9. Isle
14. Carolling
16. Festival
18. Province
19. Starlit
21. Fuel
23. Recipe
24. Sales



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HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

Hunstanton Road Woodland: The Borough Council's Arboricultural Officer has now inspected and submitted his concerns. We are now waiting for the Borough Council to consider this planning application.

Speeding: The Council is to apply for funding for a Speed Awareness Mobile Sign (SAM2) from NCC's Parish Partnership Scheme. This is a mobile sign which could be used at several sites in the village where speeding is an issue. County Councillor Michael Chenery has indicated that he may be able to assist with funding through his local member fund.

Station Road public conveniences: The Parish Council is still in consultation with the Borough Council over the continued provision of these toilets.

Lodge Road telephone box: The redundant BT telephone box/unofficial public convenience has now been removed. Thanks to Parish Councillors who managed to speed up its removal.

Fly tipping: The Parish Council continues to receive complaints about fly tipping (a recent complaint involved fridges dumped on Hunstanton Road). Anyone coming across an incident of fly tipping should report it to the Borough Council for removal.

Lidl: The Council noted the licence application from Lidl, who intend to sell alcohol from 7am until 11pm.

Working Parties: Mr Pritchard, Chairman of the Natural Environment Committee thanked members and parishioners who had attended two recent working parties. A useful day was spent in Brays Pit on 22 October clearing up branches and generally tidying up. On 19 November, 24 new and replacement trees were planted in the Millennium Wood at the Chalk Pit. Thanks to those parishioners who donated trees in memory of their loved ones.

Vacancy: There is still a vacancy for a Parish Councillor. Please contact the Parish Clerk for further details.

The next Full Council meeting will be held on Tuesday 19 December at 7.00pm at the Parish Council Office.

!!WANTED!! PARISH COUNCILLOR

The Parish Council still has one vacancy, which needs to be filled before it is back to full strength with 17 members.

If you are interested, please call into the Parish Council Office for an informal chat with the Clerk.

NEW PARISH CLERK

Heacham Parish Council has appointed Mrs Sue Eke to take over as Parish Clerk on 1 February when the present Clerk, Mrs Lynne Butters, hangs up whatever it is old Clerks hang up. The Council welcomed her to her first meeting on 21 November and look forward to working with her.

HEACHAM REMEMBERS



Parish Councillors joined with parishioners in a service of remembrance at Heacham Parish Church on Sunday 12 November. Wreaths were laid at the war memorial. Thanks to Graham Reader for the photograph.

THE FASCINATING WORLD OF HEACHAM LITTER BINS

One of the Parish Maintenance Officer's most fun jobs is removing overflowing rubbish from the litter bins in the village. Here is just a sample of what he removed last month: fish guts and heads, bags of raw squid, crabs, used nappies, bags of household waste and industrial quantities of dog waste. The Lodge Road, Pound Lane, and Bray's Pit bins are invariably the most interesting.

The Council has approved the provision of a new dog bin adjacent to the litter bin on Pound Lane outside the Old Dairy building, which, it is hoped, will improve matters.

OVERHANGING VEGETATION

The Parish Council receives regular complaints about vegetation growing over footpaths and making passing at best awkward, and at worst painful and wet. Property owners are responsible for ensuring that their hedges or trees do not block footways. Please do so.

CHRISTMAS HOLIDAYS

Heacham Parish Council members and staff wish everyone a very Merry Christmas and a happy and healthy New Year.

The Parish Council Office will be closed to the public from lunchtime on Friday 22 December until 10am on Tuesday 9 January.

The Library will be closed from lunchtime on Friday 22 December until 10am on Friday 5 January.

Any queries should be addressed to:

Heacham Parish Council Office
Jubilee Clinic Pound Lane Heacham
Norfolk PE31 7ET
Tel/Fax 01485 572142

Email: heachampc@btinternet.com

Website: heacham.norfolkparishes.gov.uk

Open Tuesday - Friday 10.00am-noon

HELP LINES

HEACHAM GROUP PRACTICE 01485 572769

HEACHAM MON TO FRI 08.30 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

OPEN MON - FRI 09.00 TO 18.30 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

OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

Mr C. MANNING 07885 258392

Mr T. PARISH 07885 258428

NORFOLK C C MICHAEL CHENERY 07920 286638

PARISH LIBRARY 571928

OPEN MON, WED, FRI 10.00 TO 16.00 SAT 10.00 TO 12.00

HEACHAM POST OFFICE 570330

OPEN MON - FRI 08.30 TO 17.30 SAT 09.00 TO 13.00

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

ELECTRIC 0800 3163105

ANGLIAN WATER 0345 7145145

GAS ESCAPE 0800 1119999

EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY 532280

OPEN MON TUE & FRI 10.00 TO 17.00 WED 10.00 TO 19.00

THUR and SAT 10.00 TO 13.00

HEACHAM CHALK PIT RECYCLING CENTRE

Summer opening times (1st April to 30th September) 9am - 5pm

Winter opening times (1st October to 31st March) 9am - 4pm

HEACHAM COMMUNITY WEBSITES

www.heacham-on-line.co.uk

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

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

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 - Fri 10am to 12noon 572539

Old Friends Hall Sunnyside Close 572142

Heacham Scout Hut 572890

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KINGS LYNN

Stagecoach in Norfolk

Coasthopper services - King's Lynn to Hunstanton

Service H (Mon-Sat)

Via:- Heacham Lavender, Fox & Hounds, Lodge Road & QE Hospital 0600 (0719 Sat) first bus to King's Lynn then twice an hour 0643 first bus to Hunstanton then twice an hour from 0718

Service H (Sunday)

Via:- Heacham Lavender, Fox & Hounds, Lodge Road & QE Hospital 0855 first bus to King's Lynn, then hourly 0823 first bus to Hunstanton, then hourly

Service R (Mon-Sat)

Via:- Heacham, Snettisham and Dersingham & Sandringham

0934 first bus to King's Lynn then hourly

1008 first bus to Hunstanton then hourly

Service R (Sunday)

Via:- Heacham, Snettisham and Dersingham & Sandringham

(connects at Hunstanton with the 'CH' Coastal' service)

0924 first bus to King's Lynn then hourly

0857 first bus to Hunstanton then hourly

Service D (Mon-Sat)

Via:- Heacham (A149 only), Snettisham and Dersingham (connects at Hunstanton with the 'CH' Coastal' service)

0902 first bus to King's Lynn then hourly

0750 first bus to Hunstanton then hourly

Service E (Mon-Sat)

Via:- Heacham, then fast to King's Lynn via South Wootton

0739 (Mon-Fri) first bus to King's Lynn then 0809 & 0834

1641 first bus to Hunstanton then 1741

Coasthopper Service (CH) Hunstanton to Cromer, via Holme,

Thornham, Titchwell, Brancaster, Wells, Sheringham.

Smithdon High School Bus

Service 10

Via:- Lodge Road, Station Road

0751 to Smithdon School

1512 from Smithdon School

lynx (lynxbus)

Service 35 (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd

0705 first bus to King's Lynn then twice an hour from 0830

0659 first bus to Hunstanton then twice an hour from 0752

Service 34 - (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd and QE Hospital

0719 (0804 Sat) first bus to King's Lynn then hourly from 0914

0848 first bus to Hunstanton then hourly from 0943

Services 35 & 34 (Sundays)

A shared twice hourly service.

0844 first bus to King's Lynn then 15 & 44 mins past the hour

0812 first bus to Hunstanton then 12 & 39 mins past the hour

The No.34 runs once an hour via the QE Hospital from 08.44 (to King's Lynn) and 08.12 to Hunstanton

Bus Enquiries

www.stagecoachbus.com

www.lynxbus.co.uk

Tel: 01553 776980

Tel: 01553 611955

WNCT - DIAL-a-BUS Service

Heacham to King's Lynn via Snettisham, Ingoldisthorpe, Dersingham,

Sandringham, & Castle Rising Every Tuesday, Wednesday & Friday

For more information, Cost of Fares, a Membership form or to book

Tel: 01553 770310

Main pick up points for The Heacham Newsletter.

First Saturday of each month except January.

Jennings, Ridouts Bakery, Post Office, Parish Council Office,

Church, McColl's, Tesco's, Heacham Fish Bar

MOBILE LIBRARY

ROUTE WEL 124 (Mondays)	ROUTE WEL 123
4th/18th Dec & 15th/29th Jan	11th Dec & 8th/22th Jan
COLLINGWOOD CLOSE 09.55	ROBIN HILL 10.40
SOUTHMOOR DRIVE 10.10	RINGSTEAD ROAD 11.00
SANDRINGHAM DRIVE 10.30	NEVILLE COURT 11.45
FENSIDE 10.45	NEVILLE ROAD 12.15
HEACHAM INFANT SCH 11.00	PINE MALL 12.30
WOODSIDE AVE 11.45	SITKA CLOSE 12.50
ROLFE CRESCENT 13.55	SUNNYSIDE 14.15
WOODEND ROAD 14.15	MEADOW RD 14.40
GIDNEY DRIVE 14.30	POPLAR AVE 15.25
BANKSIDE 14.50	GYMKHANA WAY 15.45
MARRAM Way/Norway CL 15.05	JENNINGS CLOSE 16.10
MARRAM Way/Spruce CL 15.20	COLLEGE DR/Gonville 16.45
MARRAM Way/Neville RD 15.35	

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