



THE HEACHAM NEWSLETTER

July 2017



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10am-12noon

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Quiz

Chat

**Community
Coffee Morning & More**

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In Support of the Community Building Project

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET

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letters...



Dear Newsletter

Heacham

Redgate Hill Development

I note from the Hunstanton Town Council's Annual Chairman's Report that residents in Harrys Way are somewhat miffed by the disruption caused to them during the construction of the new Redgate Hill housing estate, as their road is still being used for access to the development, even after completion of the A149 roundabout. The Council is now seeking some form of recompense for them.

Fair enough, but please give a thought to us Heacham residents who have received no compensation or \$106 monies from the constructor, and are to be saddled with the perpetual disruption, and not just a few months, of the new 'Hunstanton' estate traffic using our village as a rat run when the A149 is solid with seasonal traffic queues.

A Heacham Resident

(Name & Address supplied)



Dear Newsletter

Cheney Hill

Thanks to Frimstone & Local Builders

Over the past few months we have had such tremendous support with raising our patio area, thus making my son's (Jake Penn) life much easier and safer with his wheelchair.

We would like to thank Matt Nield at Snettisham Frimstone for supplying the crushed material that was needed, your support was very much appreciated – thank you. Also to local builders



for loaning plant, help with deliveries etc. to complete the job. We couldn't have done it without your help. Thank you Michael Jackson, Matt McGinn and Ivan Espley.

Matt & Jemma Greef



Dear Newsletter

Leaside

Heacham RBL

I am organising the Heacham Sub Branch to return from King's Lynn to Heacham.

I plan to host a drop-in centre at the Old Friends Hall, Sunnyside Close, Heacham, on July 5th 2017 from 4pm until 8pm.

I'm arranging that King's Lynn and County will be represented at the meeting.

For those that are unable to make it on the day, I'm at 33 Leaside, Heacham, tel: 01485 570170 or 07785 930590 and my email address is: colin.toule@gmail.com

Colin Toule



Dear Newsletter

Heacham

Irresponsible Dog Owners

I have read and re-read the letter from "a Summer Resident" regarding "Irresponsible Dog Owners on North Beach areas". Whilst agreeing with the comments, I wonder why only signs for North Beach, why not South Beach? Also, could they add to the signs "Litter Louts will also be fined" – a litter warden may be necessary!

As a resident of Heacham who walks on the beach every day with my dog (yes I do clean up), perhaps if the 'Summer Resident' decided to become a 'permanent' resident in our lovely friendly village they would find that when all the summer residents have gone, 99.9% of dog owners do clean up and are responsible owners. The beach and paths do **not** have cans, fish & chip papers, nappies, crisp packets, sweet wrappers, plastic and glass bottles, plus discarded food (a risk to our dogs' health), or rubbish beside a full dustbin when there is an empty one a few feet away. We can park our cars at the local shops, no cars parked on grass verges, get a doctor's appointment, walk the pavements without having to walk in the road to let large groups of people and buggies pass, cars speeding on our roads, no queues at traffic lights. In fact, no need for signs, dog or litter wardens.

A resident of Heacham

(Name & Address supplied)



Dear Newsletter

Heacham

Drones

I write in response to a letter from "A Heacham Resident" concerning my comments regarding the flying of Drones on the South Beach.

My letter was referred to as a rant. If genuine concern about the capturing of images of people, via a drone, onto a mobile phone is a rant, I would suggest that this person enters the real world of the internet.

Also, I would like to say that I am not the only person concerned about this matter. And some of them are local.

A Concerned Holidaymaker

(Name & Address supplied)



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Dear Newsletter

Folgate Road

St Mary's Church Heacham

FLOWER FESTIVAL

"A Celebration of Marriage"

It was a lovely day on Saturday 10th June, so we, my sister Jayne, daughter Jemma and friend Jeannie, thought we would have a stroll up to the church. As we walked up to the church doors the sky was as blue as blue behind this wonderful building and in the porch was the start of something spectacular. An arrangement of flowers with the old sweep brush, sticking out of the top. You could almost hear the little soot smudged chap saying "Good luck m'lady" as he planted a lucky kiss on the blushing bride's somewhat rosy cheek".



Into the church we go. Well, you had to see it to believe it - the whole church looked jaw dropping astounding! As a vintage wedding dress collector, I now felt like a little girl in a sweet shop. I didn't know which way to turn.

I loved Barbara Grange's Pony and Trap creation, and next to it was the old vintage car, shining like it had never shone before with the Rev Veronica's wedding dress carefully displayed. I was attracted to the 1941 war bride, a gown of beautiful silk (parachute silk?). The way these gowns clung to the brides' bodies and trailed behind them in folds of silk.



I spied a gorgeous baby pink wedding gown, with matching net puff sleeves. It was good to see this again. Rosemary Lee lent this dress to Margaret Burns and me when we staged a charity Vintage Wedding Dress Fashion Show, 10 years ago.

1900 wedding dress detail and how the church looked

There was Jenny Ives' (nee Cawthorne) tiny waist, knee length flared wedding dress with her photograph displayed beneath it of her and her new husband David. What? 1964? I can remember that day. I worked for workaholic David at Hunstanton International Stores (Now Hughes) a year later. He was my manager. He always told us that he married on a Thursday afternoon because it was half day closing in the store. Maybe this is true, or was he just pulling our leg? . . .

Also taking my eye, as a miniaturist, I smiled at Nancy Robinson's 12th scale Wedding Feast with the tiny church mice dressed in their wedding finery enjoying their very own wedding celebrations.

Every single flower, dress, veil had been presented so well, Congratulations to all who must have spent hours on this 3 day event. Also, the tea and cake ladies (and gents). BUT the one display I was drawn to was Eve Rayner's mother's wedding dress, which was near on 120 years old! Simply stunning! The tiny bugle beads, all sewn on by hand (no magic glue gun in those days) the tainted lace, the fragile veil and the beautiful

tiara made of wax, plus the wedding cake topper also made of wax, sealed in its own glass dome. Oh how I would love this piece in my vintage collection.

What a splendid display! You all must be feeling very proud - thank you very much!

How lucky are we to live in this great village!

Janice Curtis



Dear Newsletter

Reepham, Norfolk

Congratulations Janice Curtis

Once again, I must thank everyone who took part in the wonderful production of "Who Were You With Last Night". I have been fortunate to have watched with friends a lot of the performances of The Pocahontas Players over many years and have always enjoyed each one.

When I visited Jazzy recently, I asked her if she would please put pen to paper and write another drama, as myself and my friends enjoyed it so much. The friend, who was unfortunately unable to come, wants a DVD as we took her the programme to read and she was so disappointed to have missed it.

So, come on Jazzy while you are having a break get the old grey matter working. You can do it.

Jeannette Overton

Station Road Garage

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Norfolk PE31 7EX

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Dear Newsletter

Sedgeford

St Mary's Church Flower Festival 'A Celebration of Marriage'

What a wonderful and fascinating display of floral arrangements, wedding dresses, accessories and other wedding memorabilia that was exhibited at the recent St Mary's Church Flower Festival.



This was an exhibition that required more than one 'circuit' round the various displays to take in the magnificence of the various floral displays, the wedding dresses, which varied in design and detail ranging from the early 1900s to the present day, and to just sit and listen to the music and readings that took place throughout the weekend.



A huge thank you must go to those who had the vision, imagination and expertise to plan, prepare and assemble this wonderful extravaganza.



Jackie & John Davis

PS: How on earth did they manage to get that vintage car into the church?!!



Photos courtesy of Ray Sparvell



Dear Newsletter

Church Farm Road

Car Drivers for the Community Car Scheme

I am certain that there are many car owners in this large village who could easily give up a little time each week to help this worthy cause to operate more easily.

You are always given at least 24 hours notice before you are offered any surgery runs.

The patients that you collect are very happy for the help which you have provided and often have a long chat with you – you might be the only person they have spoken to that day. The scheme pays the maximum mileage allowance for tax purposes.

Please do consider this letter and give the friendly office a ring (mornings).

Helplines on the back of the Newsletter – 01485 534777.

C D Mackay



Dear Newsletter

Folgate Road

Supporting my little sister

To anyone who knows me, I love my hair and anything to do with hair, so to sit across a table and to hear these 8 words "You will lose all your hair within 3 weeks" would be devastating.

Because of extensive breast cancer treatment, this is what my sister Jayne was told. To be told that you have Breast Cancer is simply awful, awful, awful. I felt that I had to help - but how? Normally as a sister you cannot advise what you would usually advise when she is feeling so ill? Like 'take a couple of aspirin, you will feel better'? 'Put a plaster on it. It will heal'? 'Go lay down, the rest will cure you'? 'Have a nice holiday, a change of scenery is what you need'?

So, the only way I can show my support for Jayne, is to have my hair shaved off at 2.15 pm on July 31st by Annette at 'Images Hair & Beauty', King's Lynn.

I would like to raise £1,000 for the Queen Elizabeth Hospital, King's Lynn Chemotherapy Suite, where Jayne is undergoing her intensive treatments. Here, Jayne tells me that the staff and volunteers cannot do enough to care for her and the other cancer patients, when she has her 4 hourly intravenous drip treatments every 21 days.

'Head Shave' - I must admit, I do keep having second thoughts but, unlike Jayne, she does not have the option of 'a second thought'.

Yes, I love my hair but I also love my little sister.



(Photo:
left
Janice -
right
Jayne)

If you would like to donate there are two ways to do this: either contact me on 01485 570402 where I have a handwritten sponsor form or an online Just Giving page - www.justgiving.com/fundraising/janice-curtis1

Thank you very much - much love Janice (Curtis) x



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news & events in the community ...

Old Friends Hall Photographic Exhibition

The second of this year's Old Friends Hall artistic displays will take place 26th-27th August. The exhibition will be photography based and is open to both individuals and clubs. There is no theme, but all entrants need to register; entry forms are available from the Parish Office (Tel 01485 572142) or by contacting me on the number below.

Admission to the exhibition is free for both exhibitors and visitors and we hope that as many, if not more, will attend this year's show as did last.

With this article is a representation of a photograph exhibited in 2016 by Bruce Ponder Barn, "Owl Pre-Dawn Frost".

Roger Drinkwater (Tel 01485 571659)
On behalf of the Old Friends Hall Committee



IT'S FREE

RADICAL HOSPITALITY

Methodist Church

WHERE...

Heacham Methodist Church

WHAT...

Inspiring and joyful music for heart and soul with Revelation, Organist David Godfrey playing keyboard and Heacham's poet Ren Smith

WHEN...

Saturday 29th July 2pm

ANIMATION TO
Be Inspired and Fed

More News from Heacham Fire Station



On the 22nd May, we were joined by the Hunstanton fire crew for an exercise at the former Dairy Crest depot in Pound Lane.

The site will be home to Heacham's new community

building in the future but, in the meantime, the Parish Council have very kindly allowed us to use it for training purposes. Empty buildings such as the old dairy can be great for us to use because they provide us with both realistic and unfamiliar



environments as an alternative to the breathing apparatus (BA) chamber at King's Lynn North Fire Station, which we get to know quite well over the years. There are various sites around King's Lynn which

we have used and we also take part in training at well known venues such as Sandringham House, but it is a real bonus to have somewhere right on our doorstep.

For the purposes of our exercise, the dairy became a garage which was on fire with two persons trapped inside. A BA team



from each crew entered the building and I'm pleased to say successfully rescued the casualties, in this case training dummies. There are a lot of control measures and procedures

involved in making sure this happens as safely as possible at real incidents and we try to replicate these when we practise. A crew of four or five people doesn't stretch very far when faced with a serious building fire.

There was also a chance to pitch some ladders which was useful training for those crew members not yet qualified to wear BA.

The exercise was well received by those who participated and I think we all benefited from it in some way which is what these events are all about.

If you fancy being able to take part in activities like this then please see our 'JOIN LIKE JOE!' article elsewhere in this Newsletter.

And if the person who took my L.E.D. light from the main gate during setting up would like to return it to the fire station, that would be the icing on the cake!

Thank you.

Chris Wood
Heacham Fire Station



CHURCHES TOGETHER IN HEACHAM

THE PARISH CHURCH OF ST. MARY

The amazing flight of a kestrel as it hovers or hangs in the air got me thinking. Seven years ago (to the very month), I wrote in this magazine about the Hung Parliament we had just elected. Now, in 2017, we have a repeat performance, but we are hovering in an even more unstable state. So much that is happening in the UK and worldwide is bucking the trend and future events are becoming unpredictable.

Maybe our own lives seem hungover too, as we wonder about the future and our place in it. On the Farm, there are always vital matters which hang in the balance and are very unsettling. Not the least, the concern over making 13 acres of grass into hay for winter feed, since this relies heavily on the weather!

So, what can we rely on? Our economy or wealth? Hmmm...the UK is in trillions of impossible debt. Our NHS? Our welfare State and Social Care? Our own health and security? They all hang in the balance, while we long for stability, which humanly speaking can be so fragile.

But we do have an answer.

It's found in our changeless, faithful God who "hung the earth on nothing" Job 26 v7 (we still don't know how else the earth stays in place).

He has promised to be our Rock as we anchor our lives into His control. Our surrendered lives are then safe forever as the world hurtles to His denouement and His Return and Restoration – a Manifesto He Will deliver!

Even so, come quickly Lord Jesus.

Jenny Sparks
Reader- St Mary's Heacham

Sunday Services in July 2017

8.00am	9th and 23rd	Holy Communion (BCP)
10.00am	2nd and 16th	Holy Communion (CW)
10.00am	9th and 23rd	Morning Prayer
4.00pm	2nd	Pine Mall Songs of Praise
10.30am	3rd	Joint Service of Communion at Snettisham
6.00pm	Each Sunday in July - Evening Service	

CHURCH CONTACTS: (telephone code: 01485)

Methodist Church	Rev'd Stephen Oliver	570232
St Mary's Church	Rev'd Veronica Wilson	570697
	Rev'd 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 throughout the summer months. We have an interesting selection of Christian books and a wide range of greetings cards. It is well worth a visit. There is also a large collection of secondhand Christian books.

A Celebration of Marriage Flower Festival

Thank you to everyone who took part or lent objects for this amazing weekend, or who came to visit. The flower displays were fabulous and the variation of wedding dresses and memorabilia from so many different occasions were wonderful to look at. The concert on Saturday night by the Hunstanton Community Choir was enjoyed by many, as too the Songs of Praise, which was the climax of our event on Sunday afternoon. There are photos on our website: www.heachamsnettisham.org.uk or Facebook page if you missed it.

A Huge Thank You to all involved - it was magnificent!

HEACHAM METHODIST CHURCH JULY 2017

Sunday Services: 10.30am Morning Worship

2nd July	Rev. Steve Oliver – Holy Communion
9th July	Irene Garrard
16th July	Joella Nash
23rd July	Helen Neal
30th July	Revd Steve Oliver- Holy Communion
30th July	Revd Steve Oliver – Meditation 4.00pm

Afternoon Meditation Service

Our monthly service of meditation and prayer for July will be on 30th July at 4.00pm led by Minister Steve Oliver. Come and join us for this different style of worship.

Midweek Communion

The July midweek Communion will be on Wednesday 12th July at 10.30am, conducted by our Minister Rev. Stephen Oliver. All who love the Lord are welcome to attend. If you are on holiday you will be especially welcome.

The Fellowship

The last Fellowship of the season will be on Tuesday 4th July at 2.45pm when Val Fisher will answer questions and give samples of vegan meals. This very popular afternoon meeting for both men and women will be back in September.

Social Evening

July's social evening on Thursday 13th July at 7.30pm when Allen Toppin will give a talk entitled "An Engineer in India" – an interesting and amusing tale of his working life in India. Why not join us – everyone welcome.

Hands and Needles

Can you sew, knit, embroider etc? Then note Hands and Needles club will be meeting on Tuesday 11th July at 7.30pm. New members welcome.

Tea and Coffee

On Thursday 6th July we are holding a **Tea Afternoon**. What's that? Well we swap coffee for tea and morning for afternoon and with a piece of quality cake for £1. We have a Tea Afternoon from 2.30-4.30pm. You provide the chat. Remember the **Monthly Coffee morning** will be on Saturday 15th July 10-12noon with David Godfrey on his keyboard from 11.00am.

It's back- by Public Demand

That's Radical Hospitality! – the Saturday afternoon when the two churches of Heacham offer a free afternoon tea while listening to joyful music for heart and soul by top gospel group 'Revelation' from Thetford and other musical guests.

When – Saturday July 29th

Where – Heacham Methodist Church

From – 2.30pm

And remember...it's free to Everyone – That's Radical!

Advance Notice

We're going to the beach in August. Yes! We are holding a beach service at North Beach, Heacham on Bank Holiday Sunday 27th August at 4.00pm. More details next month.

MIDWEEK ACTIVITIES

Tuesday	- 10.00am-12noon Open Door weekly - 2.45pm The Fellowship - 4th - 7.30pm Hands and Needles club - 11th
Wednesday	- 10.30am Midweek Communion - 12th
Thursday	- 7.30pm Social Evening - 7.30pm - 13th
Friday	- 7.00pm Indoor Bowls (weekly)
Saturday	- 10.00-12.00noon - Coffee Morning - 15th

RADIO HEACHAM GOSPEL HOUR

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

**Radio
Heacham**

**The Gospel Hour
Every Sunday from
9.00 - 10.00p.m.**

DJ Rev. Steve Oliver

Listen on
www.radioheacham.org



**Join us on
Saturday 22 July**
**at St Mary's Church, Heacham for a
Messy Church Picnic**
**Bring your own picnic and join in the games outside (if fine)
or inside (if wet)**
All children must be accompanied by an adult or carer



**Messy Church
returns to its normal
format from
September**





Hunstanton Catholic Parish

On Saturday July 8th, we will be having the very popular Strawberry Fayre at St Cecilia's from 12 till 4pm, with all the usual stalls and goodies, refreshments, raffle and, of course, lots of strawberries. Please pop along to support this social get together.

The annual parish BBQ will this year be on 12th August between 12.30 and 4pm in the gardens at the parish church, Sandringham Road, Hunstanton. Tickets will be on sale soon at both churches.

There have been a couple of Diocesan celebrations at the Cathedral in Norwich during June. Bishop Alan celebrated a Thanksgiving Mass for the success of the 'Alive in Faith' campaign, which is ongoing in all parishes in the Diocese. All married and engaged couples were invited to attend the special Mass to celebrate marriage and family life, followed by a lunch reception. This is an annual celebration where certificates are awarded to couples married for 1 year, 5 years and every multiple of 5 thereafter, also to couples who have had a new baby within the last year.

Foodbank 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. For more information contact Caroline Brooks on 01553 673069.

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

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

Purple Picnic!
In aid of Nelson's Journey
Bringing smiles back to bereaved children
Join us at Heacham Churchyard on Sunday 9th July 12.00 - 3.00pm
Bring your own picnic and blanket
Children must be accompanied by an adult
Cake stall, raffle, tombola and more!
Entry £1 per person or £3 per family
Hosted by St Mary's Church



Sorry
No dogs



Heacham in Bloom

Early June was a busy time for us planting baskets, troughs and beds with our Summer Bedding; the plants were sourced from Moulam & Horn's in Pound Lane and we hope you like the bright Pinks, Oranges and Yellows. Thank you to Ed Hammond and his team.

This year we decided to replace the framework for the troughs at the War Memorial as the old ones were showing the effects of the weather and they were put in place in last month. Thank you to Pete Vickerstaff for giving up his time and for his carpentry skills. We think he has done an excellent job.

On Friday 7th July we are hosting a talk by Dr Ian Bedford 'Butterfly Gardening' 7pm for 7.30pm at the Old Friends Hall Sunnyside. Tickets are £5 (inc's refreshments). We look forward to seeing you there.

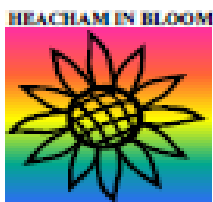
The weekend of July 8th/9th will see us out and about judging our Caravan Competition and we are looking forward to seeing all your hard work. The results will be published in the August Newsletter and on our Facebook page.

Don't forget our new initiative for this year - **Heacham – Makes your Heart go Bloom**: where we have invited you to send us photos of your planting features; be it a Hanging Basket, Window box or Planting Bed so we can show our village what an effort you have put in to make your little bit of Heacham 'Bloom'.

Lastly a big big thank you must go to our sponsors/donors for this year. At the time of writing (mid-June) we are still receiving sponsorship monies/donations and we intend to publish a complete list in our column in the August Newsletter as we do not want to leave anyone out.

Heacham in Bloom meets the 3rd Monday of the month, 7pm at Heacham Library.

Heacham in Bloom Committee
heachaminbloom@btinternet.com



Heacham in Bloom will be hosting a talk by

"Dr Ian Bedford"

Head of Entomology at the John Innes Centre, Norwich

"Butterfly Gardening"

On 7th July 2017

7 for 7.30pm start

at the Old Friends Hall, Sunnyside

For Tickets £5per person (inc's refreshments)

Tel: Mary 572130 or Helen 572550

or email – heachaminbloom@btinternet.com



JOIN ME

**ON THE GOSPEL HOUR EVERY SUNDAY
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and**

**THE CHRISTIAN ROCK SHOW FOR THE BEST
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EVERY WEDNESDAY 7.30am – 8.00am

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Mary Jones

Mary Jones, a former busy resident of Heacham, has passed away at the age of 94 years. Mary was the widow of Merlin Jones and is survived by her son Duncan. Mary was the daughter of Mr & Mrs Johnson who ran the local cake shop, now to be the Community Building. Merlin and his brother Trevor were the sons of Lily Jones, who in the 1920s - 1930s, was Heacham's Postmistress.

THN

**Snettisham
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Fellowship**



**Christ centred
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10:45 every Sunday morning
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Greetings from a very sunny Heacham Tesco Express!

Firstly, I would like to pass on our apologies to everyone who were victims of card fraud as a result of using the ATM situated outside our store. Many staff as well as customers were also targeted so we completely understand the level of frustration and anger many of you feel and indeed have directed at us. The first I was aware was when a colleague told me he had been targeted. Immediately, engineers were called along with the police. The machine has been checked and given the all clear. However, I am aware that people's details, including my own, were seemingly stored by the fraudsters and used after this. Again, all I can do is apologise and ask that people keep checking their bank accounts, remain vigilant around the ATM and report any suspicions to the police. I'd also like to point out that the village Post office is a great place to withdraw money and have been most helpful at this time, as always.

On a more positive note, we have had the pleasure of donating items to many fundraisers around the village as well as supporting the monthly village coffee morning. We can still help, so keep those requests coming!

Our 'Bags For Good' voting is still going on in store. I do love this scheme and now it's open to all community groups to apply (not just for outside green spaces). Go to www.tesco.com/bagsforhelp for details on how to apply.

Brenda Deane
Community Champion, Heacham Tesco Express



Heacham Girl Guides

The Guides have finally completed the North Norfolk Coastal Walk from Heacham to Cromer - 50 miles in total. WOW!

I am so proud of all the girls who took part. They have all been sponsored by family and friends to raise money for BEAT, a charity that helps people with eating disorders.

A big thank you to all the Leaders who walked with us and to the parents who transported our food and kit on overnight sections.

We had a party in June to celebrate our achievement.

The rest of this term we will be planning summer camp. We are going to Eaton Vale, near Norwich. We also will have a wide game, a beach night, kite flying, but NO walking!

Sophie, our Assistant Leader is leaving us this term. We will really miss her. She has been a great support and brilliant fun. Thanks, Sophie. We wish her well back in Essex.

Help needed please - as that leaves us needing another Leader.

Is it something you would enjoy? Do you know someone who would like to give it a try? No previous experience is needed as training can be given. Give me a call or just pop in.

Hope to hear from someone soon.

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HEACHAM HISTORY GROUP

PATRICK ARTHUR SHELDON HADLEY COMPOSER & PROFESSOR OF THIS PARISH

PART 4

During his sabbatical year, he travelled in Ireland and as always visiting his mother's birth place Connemara. He also set about writing his will and writing to friends and talking about "taking a walk" but not just yet. On May 23rd 1962 he returned to Heacham more drunk than usual, refused to go to bed and stayed up drinking and when Myra came in the next morning she found him lying in a pool of blood.

Apparently Shallcross was undergoing a major refurbishment and in his drunken state he couldn't find the light switch and overbalanced at the top of the stairs. He was admitted to Addenbrooks on 28th May. The hospital had transferred to its present location the year before and Paddy managed to be admitted on the day of the official opening by the Queen.

He retired in the summer of 1962 and a tribute by one of his pupils who became a friend in the Caian, a college magazine ends with this tribute:-

"Paddy feels music with his heart, and it is with all our hearts we thank him for the pleasure he has given us. In wishing him a joyous retirement at Heacham, we trust he will be lured back to Cambridge from time to time."

He also no longer taught at the RCM but still did some examining. Later in 1962 when on holiday in Ireland, his walking was giving him problems and he wrote to Myra asking if Leslie (her husband) was arranging any tennis matches because "I doubt I'll be able to play this year: I'm finding myself living rather easily". It was also at this time he wrote his final

piece "Lenten Cantata" which was performed in Carlisle Cathedral on 5th April 1963.

He did not rest when retired, he was off visiting churches and cathedrals around the country, holidaying in Ireland. On his many excursions around the country he sent many letters and cards indicating that his health and mobility were giving cause for concern and gave details of car journeys rather than his walks.

The car he drove at the time was a gift from his mother a year before she died in August 1940 and he didn't want to part with it but travelling in Ireland in 1968 it gave up on him, so it was at least 28 years old. He had to leave it in Ireland. However, he went back the following year to collect it once it had been repaired. He also had a second-hand Wolsey, but he couldn't part with his mother's gift.



In 1971 aged 72 he set off for what is thought to be his last visit to Ireland; by the end of the visit he was feeling "below" par and looking forward to his own bed. His housekeeper noticed hoarseness to his voice and it took her some time to get him to

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see a doctor and the diagnosis was throat cancer, the treatment leaving him mostly unable to talk.

In May 1972, he attempted a driving holiday in the Midlands but had to be driven home. Correspondence with his friend Cecily showed how ill he was but he still kept in touch with his music friends by letter.

One night whilst he was sick he called Myra at 4am and asked her to come immediately. When they arrived, his bedroom was full of smoke. As they moved him from the bedroom his mattress caught fire and was thrown out of the window, he had had a mild stroke.

One of his last outings was to the King's Lynn Festival; Lady Fermoy knowing that he was very ill had arranged for the Halle Orchestra to play his composition "One Morning in Spring". After this he went into a state of despair and it was arranged for his friend Sir Alan Lubbock to come and stay for a few days, and also arranged with Earl Baldwin of Bewdley, Stanley Baldwin's son, to keep in contact and talk about their mutual interest – railways.

He died 17th December 1973; his funeral was 21st December at Heacham church. There was a request for no flowers but donations to the Snettisham Church Memorial Fund where he used to go to admire the spire. A memorial service was held in the chapel of Gonville and Caius on Saturday 16th February which was attended by his former pupil Ursula Watson (nee Grottrian) for whom he had written "My Beloved Spake" which was also played at his memorial service. My Beloved Spake was played on the BBC Radio 3 programme "Essential Classics" on 10th January this year, 2017.

An obituary in the Musical Times February 1974 talks about his work and appointments but summed up with:-

"His output was small and he might well have acquired greater fluency and produced more had his circumstances been different. For he fell with the greatest of ease into the leisurely life of the moneyed academic, one which demands of a man of a creative cast of mind a capacity for stringent self-discipline. He was deeply committed to everything he wrote but the responsibilities and distractions of his Cambridge professorship tended to sap energies which should have been channelled exclusively into composing. Those who experienced him as a conductor speak of an outstanding talent. He was a mine of ready information on friends and contemporaries, and with his death another of the remaining links with the world of the English Romantics is severed."

Shallcross House was left to a relative and quickly sold on and much of the grounds were sold for building. Those closest to him received annuities along with £20,000 to Pembroke College with a request that it be used with music in mind.

Sources:

'Paddy' the life and music of Patrick Hadley by Eric Wetherell.

The Times Newspaper various editions.

King's Lynn Library - The Lynn Festival File & the Lynn News. The Musical Times.

Various Websites.

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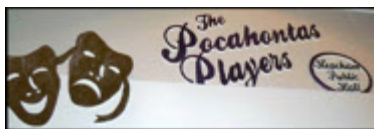




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11



THE POCAHONTAS PLAYERS

“Who Were You With Last Night?”

So, here's the thing. I saw a post on Facebook from Josh Chilvers publicising the Pocahontas Players upcoming production of “Who Were You With Last Night?”. I said, since I am coming to see the show ... would you like a NODA (National Operatic and Dramatic Society) style review? Aside from a good night out, my motivation was to demonstrate to the great and good of the PP that NODA might be a worthwhile consideration for them. They are, after all, the biggest society in the 4 North region who are not affiliated. I should also point out that, as a past Lynn News reviewer, I have previously deputised for the local reporter during his holidays and have been delighted to put pen to paper on more than one occasion waxing lyrical about this prominent troupe. So, here I was, Heacham Public Hall, bottled beer in hand and thoroughly looking forward to the night's entertainment.

At this point, after the usual preamble, people get really nervous about whether I thought it was any good or not, or if I enjoyed it, and start skimming down to the money paragraph. In order to focus anyone who can't be bothered to wade through this ... The show was great! That said ... there is an awful lot more that needs documenting! The venue for instance ... what an amazing place Heacham Public Hall is, and the raked seating (£13,000 I was confidentially told) just made the whole auditorium feel like an honest to goodness theatre. The resources of this society were also impressive. They have their own lighting, which was excellent, and all the main characters had a mic! I had never seen a play with full amplification until earlier this year, so this is pretty much cutting edge! The Front of House team were all in costume and the reception area was humming as you entered to

pick up your tickets, get a programme and buy your raffle tickets. Very slick and extremely well organised. With an excellent bar to top it all off ... where else would you want to be on a Saturday night!

The set (uncredited) was outstanding. A selection of curtains allowed significant changes to take place with lightning speed and precision and Backstage Manager, Barry Shaw, clearly had everything well in hand. The painted backdrops (Dave Curtis, Jim and Janet Race with Esther Boehm) were a good touch adding greatly to the overall spectacle. Sound and light (management by Dave Curtis and execution by Esther Boehm and Joseph Rumens) did everything that it needed to do and the amplification was completely free of feedback, rustling and unexpected booming. Incidental props (Dave Curtis, Noel Gill, Barry Shaw and Joseph Rumens) were plentiful and of a very high quality. Costumes (Janice Curtis and Harvey Costumes) were all very good with plenty of changes for the extensive cast. Hair, wigs and make-up (uncredited) were equally high quality and I was stunned by the amount of time and effort that had been lavished on this production on every single front.

This was a big cast. Considering this was predominantly a play, the writer had not only built in plenty of lead characters, but also allowed for a chorus together with a not insignificant dance troupe. In fact, the five members of the Charleston Belles Wendy Nudds, Bridget Neeham, Lisa Bolverstone, Jemma Greef and Kelsie Hall were on-and-off throughout both halves. This was a home-produced script, and writer Janice Curtis had presumably worked her words, songs and dance breaks around her regular performers. I don't know that this was the case, but if it was, I can certainly vouch for the fact that there is nothing more satisfying than taking a part in a play that was written especially for you.

Of the supporting cast, I enjoyed Barry Shaw, Stephen Boston and Noel Gill as the Club Members with Mr Shaw returning as the photographer and Mr Gill returning and making a good job of Jack the Butcher, a part that also included a fair bit of singing! In addition, there was solid work from Jake Dorman as Alfred the Chauffeur, Ria Tipple as Ada the Parlour Maid, Naomi Rix as Lizzie the Ladies Maid, Lucy Hughes as Dottie the Kitchen Maid, with some neat scene stealing by Louise Pearce as Granddaughter, Rosie Bigwood. There were a couple of nice cameos from Anne Gill as Primrose Bigwood and Simon Boston as Rory Bigwood with Garry Pearce really standing out as Reg the Barman. A small (ish) part and yet he was able to develop the character to quite a high level in a short space of time, demonstrating empathy as well as loyalty which really helped the story in the later stages. I have a feeling I have seen Mr Pearce deliver a brilliant dame at this location ... but then again I may be confusing him with someone else....it was a very long time ago. One man I had most definitely seen here in pantomime is the legend that is Jim Race. This time out he had a cracking

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cameo taking the part of Sid the Comic, delivering a quick-fire routine of some five or six jokes. A little racy I thought and perfectly in keeping with the golden age of Music Hall. I wrote one of them down as I left the hall and will retain it for future use! Mr Race also popped up in the wedding scene as a chimney sweep and I am led to believe he will be taking bookings as a good luck charm for weddings and bar- mitzvahs etc.

In the more prominent parts, there was solid work from Sian Playford as the sulky 'daughter-from-Hell', Isabelle Ribchester and Hunstanton regular, Mick Yates was perfectly cast as the Butler, Mr James. I watched Mr Yates during some of the scenes where it was all going on around him and his focus was impressive. I never caught him out of character, nor did he ever stop acting at any time. The backbone of the story and the two entrusted with the largest portions of script were Sharon Yates as Lady Rosemary Ribchester and Tom Whybrow as Lord Bernard Ribchester and both were excellent! Last time I saw Mrs (Shazza) Yates it was as a Nun I think, but as the well-meaning upper class Matriarch she was delightful. Solid with her lines and confident with all her many moves. The exact same thing can, and must be, said of Mr Whybrow. A superb, deep characterisation that was both physical as well as vocal and one of the best in this production. I think it was 'Blackadder Goes Forth' that I last saw him in and he was perfection as Lieutenant George. It is never anything less than a pleasure to watch Elaine Verweymeren on any stage and she was very much on top of her game on this one. Cast as the friend of Lady Rosemary and secret mother of Filly the Parlour Maid, Mrs Verweymeren delivered a precise and delicate performance full of pathos and uncertainty. A brilliant actress, well cast!

The romance of the story was left in the more than capable hands of Joshy Chilvers as young master and heir to the family silver, Rueben Ribchester and Laura Thomas as Parlour Maid and orphan of this parish, Filly (Felicity Seymore-Smythe as it turned out). Both were on top form, wading through mountains of dialogue and (in the case of Miss Thomas) a couple of songs as well. The relationship was credible with only a hint of reticence on the kiss that reassured me that Miss Burton (see opening paragraph) had nothing to fear! Although sweet and accurate Miss Thomas's voice sounded untrained and I wondered as I travelled home if a little professional vocal coaching would turn that good voice into a great one! Did you think I had missed someone out? I certainly hope not but I need to spend a bit of time on Jeannie Tooley (don't you have a wonderful daughter somewhere) as the Cook, Mrs Wilcox. Proving once again that there are no small parts only small performances, Mrs Tooley all but stole the show with a masterclass in character acting. Her physical characterisation was matched by her vocal delivery and she carried all before her with a powerful and animated performance that really impressed me.

Those of you who are new to my NODA reviews need to understand that ... in a side-swipe to all that is Am-Dram ... I

save the last but one paragraph for the person/s who have had the most impact on the production. For those who like that affirmation I make it easy to find so they can go directly to that place and see if their name appears. If it does not, they can put the whole review in recycling or trawl through the rest of the text to see if they appear anywhere. Occasionally, it is not a performer you will find here, and on this occasion, penultimate paragraph honours must be spread equally between all the members of this Society. The quality of what took place on stage was at least equalled by the ambience of the venue, the warmth of the welcome and the whole organisation of the front of house. Everything connected with the evening's entertainment was classy. Very classy.

My compliments to Director, Peter Everingham. This is clearly an all-inclusive group with a rich variety of performers. To work them into such a tight fighting group must have taken a lot of hard work and a considerable amount of artistic and management skills. I also extend that praise to writer, Janice Curtis, for a good story, neatly woven with plenty of great lines. To use the plot to incorporate song, dance and comedy is no small feat. Dance choreography by Jaime Parry (wait a minute) was perfect for the ability of the dancers and the size of the stage and that is crucially important! As a member of the audience I had a great time and, what is significantly more important, I am damn sure those who were on the stage had a great time too. I hope I may be able to persuade the Pocahontas Players in NODA's direction. They are (without doubt) as good a standard as any of the societies already assimilated. Bravo PP. Loved it!

Stephen P. E. Hayter
(District Representative – NODA Eastern Region – Area 4 North)

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Radio Heacham Monthly Update

From this month forward we will be giving you a monthly update from the station. This has been requested by a few people now.

Radio Heacham has had a busy few months. We have been recording a new school time show, that will be aired within the next few months, as well as creating a new website. As a team, we pride ourselves in helping out the local community as much as we can and using your ideas for the station.

For example, we have updated the website so it is easier to get around and use. This was requested by a lot of people as using our old website it was difficult to find out where to listen as well as get to page to page. Since the new website has been up (went online at start of February) the website has had over 12,895 visitors, reaching the average of 100 to 200 people a day.

The second thing we have been doing is posting local news and events. So, if you have an event, let us know at events@radioheacham.org.uk and we will get them put up for you.

Another thing we now have on the radio is top of the hour news and weather, giving you the most up-to-date news and weather that we have. These are a few things that we have done.

Radio Heacham is run on donations from the public. Everyone who is part of the team helps out in their spare time free of charge. Every donation we get goes straight through to the station to help us keep going. If you would like to become part of the team just head over to our website at www.radioheacham.org.uk and click on the "contact us" tab at the top of the page.

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HIGH WATER AT HUNSTANTON									
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Time Zone UT (GMT) add 1hr for BST									
July 2017					Aug 2017				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SA	11 33	6.2			1 TU	00 28	5.6	12 51	5.6
2 SU	00 26	5.8	12 36	6.0	2 W	01 32	5.5	14 03	5.5
3 M	01 24	5.7	13 41	5.8	3 TH	02 36	5.6	15 10	5.6
4 TU	02 25	5.7	14 45	5.8	4 F	03 35	6.0	16 09	5.8
5 W	03 21	6.0	15 43	6.0	5 SA	04 24	6.3	16 57	6.2
6 TH	04 11	6.2	16 35	6.2	6 SU	05 08	6.7	17 39	6.4
7 F	04 54	6.4	17 19	6.3	7 M	05 48	6.9	18 18	6.7
8 SA	05 33	6.7	18 00	6.4	8 TU	06 25	7.0	18 57	6.8
9 SU	06 11	6.9	18 38	6.6	9 W	07 05	7.2	19 34	6.9
10 M	06 47	6.9	19 16	6.7	10 TH	07 40	7.3	20 10	6.9
11 TU	07 24	7.0	19 53	6.7	11 F	08 14	7.3	20 45	6.9
12 W	07 59	7.0	20 28	6.7	12 SA	08 47	7.3	21 20	6.8
13 TH	08 32	6.9	21 04	6.6	13 SU	09 25	7.0	21 59	6.6
14 F	09 05	6.8	21 41	6.4	14 M	10 08	6.8	22 46	6.2
15 SA	09 44	6.7	22 25	6.2	15 TU	11 02	6.4	23 48	6.0
16 SU	10 30	6.6	23 17	6.0	16 W			12 13	6.1
17 M	11 28	6.3			17 TH	01 08	5.8	13 41	6.0
18 TU	00 25	5.8	12 38	6.2	18 F	02 31	6.0	15 07	6.2
19 W	01 41	6.0	13 57	6.2	19 SA	03 41	6.4	16 19	6.6
20 TH	02 53	6.2	15 13	6.4	20 SU	04 41	6.8	17 21	7.0
21 F	03 56	6.6	16 21	6.8	21 M	05 32	7.3	18 13	7.3
22 SA	04 53	6.9	17 23	7.2	22 TU	06 17	7.5	18 59	7.4
23 SU	05 45	7.3	18 20	7.4	23 W	07 01	7.8	19 40	7.4
24 M	06 34	7.5	19 12	7.5	24 TH	07 42	7.8	20 17	7.3
25 TU	07 20	7.6	19 58	7.5	25 F	08 19	7.6	20 51	7.0
26 W	08 02	7.6	20 41	7.3	26 SA	08 55	7.3	21 24	6.8
27 TH	08 43	7.5	21 22	7.0	27 SU	09 30	6.9	21 55	6.4
28 F	09 23	7.3	22 01	6.7	28 M	10 05	6.4	22 30	6.0
29 SA	10 04	6.8	22 44	6.2	29 TU	10 50	6.0	23 20	5.6
30 SU	10 50	6.3	23 32	5.8	30 W	11 54	5.5		
31 M	11 44	5.8			31 TH	00 33	5.4	13 17	5.2

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1st Heacham Cubs

We returned after the Easter holidays on 20th April and, as per the norm, we renewed our Law and Promise then played games. This time they seemed just to want to play Kaa's new version of dodgeball with walls, which was a bit strange, but they loved it and Rikki even admitted he broke out in a bit of a sweat playing this game, and he is not one to overdo things - very laid back. Some of the Cubs brought back their peas so we could see how well they had grown over the two weeks, and the winner was Jacob with his pea growing 17cm and he got a small prize. There were 3 plants at 15cm and 6 plants at 10cm; they all got a small packet of sweets for their efforts. Unfortunately, we could not say the same for Hathi's. They were, shall we say, a pretty sorry looking trio of pea plants. In her defence, she did say that she put them in the garden then went away for a week and did not ask anyone to look after them. They were a bit weedy!.

On the same evening, we were pleased to award Alfie and Nathan their number 2 Joining In badge to mark 2 years in the scouting movement.

On 27th April, we had a lovely man called Geoff, who came all the way from Bungay on the Suffolk border, to talk to us about the charity Wateraid. It was very interesting and I have never seen the Cubs sit still for so long watching short videos and listening to Geoff speak about water and the work the charity does, and how this is making a difference to the lives, especially to children in certain areas with improved health and education. We were able to give him a cheque for £30, which the Cubs had brought in as a donation, and this would mean they could buy 6 bags of cement to help build the wells. We even managed to get a game of big Jenga in before the end of our evening.

On 4th May I invited Seb the Scout Leader and he brought a Scout (William) to come and do something 'Scouty' with the Cubs, and to meet the pack as some of them will be going up to Scouts later this year. So Seb and William decided to light fires 3 different ways - so off they went in their sixes to make fire. As one six was outside the other two stayed inside and they played Hockey and we swapped over after 20 minutes or so. I've never had to referee so many Hockey matches in 1 night. We welcomed Samuel to our Cub pack and hopefully he will join us in uniform soon.

Thank You to Seb and William for showing the Cubs how to light a fire safely.

On 11th May we held a Pack Forum, which was part of their Teamwork Challenge badge and then part of their Silver Award. It was interesting what they came up with, mostly good points and fair points but they don't like it when I raise my voice or

blow my whistle; but with 15 Cubs running around it is not always easy to attract their attention, but it was decided that they all enjoyed coming to Cubs. During the evening, we played kick rounders outside and dodgeball inside.

At the end of the evening, in front of their parents, I was very proud to be able to present Dominic, Isaac, James and Zack with their Silver Awards, the highest award a Cub Scout can achieve while in Cubs. They started the award in February 2016 when they went on a Cub Day in Wolferton and finally finished the last challenge in May 2017. There were 30 challenges to complete in all so WELL DONE!!!

On 18th May the Cubs finished off the last part of their Scientist Badge and made periscopes from tall juice cartons and mirrors. Luckily, they managed to keep all their fingers after I brought some new craft knives and they were a bit sharp. They all enjoyed looking out of the window while they were crouched down.

On our last night 25th May, a few Cubs who missed out making the periscopes the previous week made them to complete their Scientist badge, while the other Cubs played kick rounders outside, then they went out and joined them. After a few games outside we came inside and Kaa had a new game Silent Statues which in itself made me laugh - the Cubs cannot be silent or still but they gave it a go. Basically, they all stood still in the hall one was blindfolded and had to walk round to try and find a Cub, which did not turn out to be too difficult as they were not at all silent and kept falling about in fits of giggles, but it was funny to watch.

Green six won the end of term sweets by gaining the most points for the term.

As I am writing this it is pouring down with rain and I am planning the term to start on 8th June. We are hoping to go to the Hunstanton Lifeboat, go on a Penny Hike and go to the Beach, so let's hope for some sunny evenings.

Happy Scouting to all the Cubs

**Akela (Sam), Ziggy (Julie) & Kaa (Rob)
Hathi (Jemma) & Rikki (Tommy) Young Leaders**



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Heacham History Group

Andrew England was our speaker in May and, as usual, delighted us all with his tales of Heacham in the Great War. His enthusiasm and his knowledge of the people and events of that period in Heacham made for a very interesting talk. With the increasing interest in the First World War, we are finding out more and more about the ordinary people caught up in the conflict and the impact it had on our own communities.

He recounted the “saga of the unexploded Zeppelin bomb” which started in a field near Stainsby’s garage with a local soldier home on leave trying to pull a piece of metal out of the ground. With the help of several men, the bomb, finally extracted, was trundled through the village in a cart. It finally rested in a garden in front of a pair of French windows, an armed guard of one, and then two, soldiers was set over the bomb. It was visited by numerous villagers, local dignitaries and the local police. From Andrew’s slides, most of them seemed to have had their photographs taken with the bomb before it was collected in a car and driven away to London.

We all know about the Americans over here during World War Two but Andrew told us of another “friendly invasion” during World War One. The Lovat Scouts, a Scottish regiment originally formed during the Boer War from stalkers, ghillies and shepherds, went on to become the British Army’s first sniper unit. In 1915, they were in Norfolk on training and were billeted in houses in Heacham. They must have been an unusual sight striding down Heacham High Street in their kilts!

The next meeting will be on the 31st July when Mike Weatherstone will be talking to us on “Norfolk – A History Through its Village Signs”. We all know why we have Pocahontas on our village sign, but what about the other villages, what do their signs mean? Where and when did the custom of villages erecting signs to represent their community start? Its closer than you think! Mike will be able to answer these questions and give us an insight into Norfolk’s village signs.

The meeting will begin at 7.30 pm. As usual the venue is the Old Friends Hall, Sunnyside Close, Heacham, PE31 7DU. Everyone is welcome. Admission £3 (Members £2).

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Hunstanton Conservative Club

Entertainment for July

Saturday 1st Music by **Lloyd E Moon**

Saturday 8th Music by **Mark Steele**

Saturday 15th Music by **Lee Richards**

Saturday 22nd **Curry Night 7.00pm for 7.30pm**
Entertainment with **Rob Stevenson**

Saturday 29th To be arranged





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Just who or what is "Trefoil Guild"

Trefoil Guild is linked to Girl Guiding and has been in existence since 1943.

Membership is open to anyone over the age of 18 who has either been a member of Girl Guiding or Scouting or been prepared to make their Guild Promise and abide by the aims of the Trefoil Guild.

- To keep alive the spirit of the Guide and Scout Promise and Laws.
- To carry that spirit into the community in which members live and work.
- To give practical, financial and moral support to Guiding and Scouting.

There are Guilds all over the country and even some abroad. We are slightly attached to a local District and Division within the County of Guiding and we meet other Guilds at events and gatherings, but each Guild follows its own self-directed programme and each Guild can be completely different, but we all have one main thing in common:

"Our love of Guiding and the fun and friendship it gives us."

If you would like to know more, or are interested in joining us, then please leave your name and phone number and someone will contact you.

Mary Harpley – Chairperson
07813 014477

Kay Drewell – Secretary
07901 977321

FRIDHEM BINGO

Monday 31st July 2017

Eyes down 7.00pm sharp!



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Heacham at Night

July; the turn of the year sliding towards longer nights. Hopefully, a few clear ones.

Remember July 3rd at 9.11pm the Earth is at aphelion, its furthest point from the Sun – 152 million kilometres or around 94.5 million miles. So, from the 4th until about Christmas we are getting a little closer to the fire; hold your hands out and feel the warmth.

Significant planets to see in the night sky remain Jupiter and Saturn (see last month's article). Jupiter is still bright in the SW but wanes as the month progresses. On the 28th /29th the crescent Moon is close to the gas giant and the star Spica.

Saturn sets about 3am but is easily visible late evening in the south. The Moon is above the ringed planet at about 11pm between the 5th and 7th. It is closest to the Moon on the 6th and almost due south.

Venus is really bright, a true 'Morning Star'. You will have to get up to see it about an hour before sunrise at 4.30am. Look a little north of east. At the beginning of the month it is close to the Seven Sisters – the Pleiades. On the 20th / 21st Venus will be close to the crescent Moon and the star Aldebaran.

As viewed from Earth, Mercury is moving away from the glare of the Sun and might be visible as a bright spark very close to the NW horizon about an hour after sunset. You need a sea view and no atmospheric murk but worth looking for.

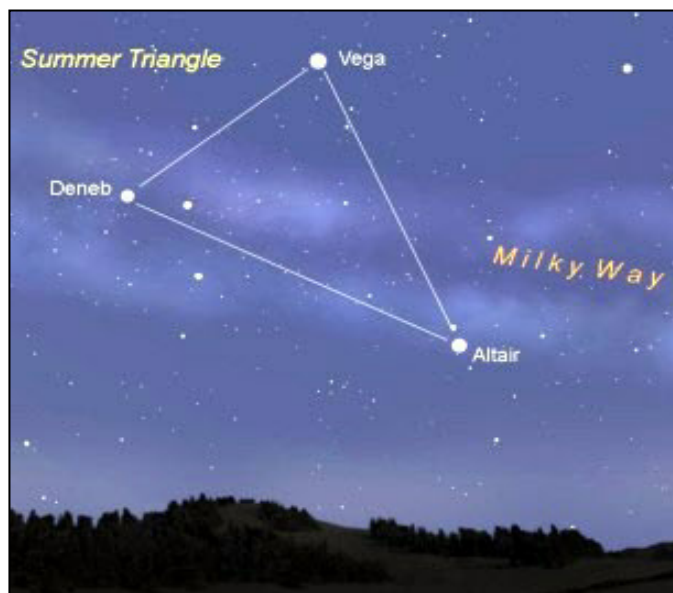


Pluto and Charon from New Horizons

On the 10th July we are as close to Pluto as we will get in our lifetimes as it is at opposition and a mere 3,007,120,365.282376

miles away. Look due south and about a third of the way up the sky and you will be pointing your eyes in the right direction. You won't see it as a significant telescope and very clear, dark, skies are needed to do that. I saw it once but that was in the winter. On the 10th at 1.15am, Pluto lies due South and is between the Moon and Saturn.

Two years ago, on the 14th July, the New Horizons spacecraft flew by Pluto and its largest Moon Charon. Data is still being analysed from that visit whilst New Horizons flies on to a rendezvous with 2014 MU69 a Kuiper Belt object far, far away. Read about it next year.



Internet

Look above your head when evening has just become night and you will see three bright stars arranged in a triangle, the Summer

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Triangle. An asterism popularised by Patrick Moore in the 1950s. The stars are Vega, Altair and Deneb. Vega is the brightest and highest, Altair the lowest and Deneb off to the left in the middle. Just to the left of Vega is Epsilon Lyrae, which those of you who are young and have keen eyesight might split into a double star. With good conditions a telescope splits each star of the double into two stars – it is a double double!

Even in our light polluted stretch of NW Norfolk it is possible to see the faint loom of the Milky Way stretching across the middle of the sky. Follow a broad line from the southern horizon through the Summer Triangle and roughly north. You are looking through our galaxy towards its centre. We are about half way out from the centre of a spiral of between 200 and 400 million stars. The band of light is uneven and has gaps where great dust clouds obscure the stars behind them. At the centre of the galaxy is a black hole which gobbles up passers by. Take care.

Terry Parish



Stephen Gibson

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Dear Newsletter

Kenwood Road

Too often children are the targets of deadly assaults. These are two poems, one prompted by the horrible carnage in Manchester, the other following the deaths of hundreds of children in a conflict a few years ago.

John Windibank

Waiting

Waiting hoping, waiting coping, waiting for your call,
Partners always waiting on this and every day,
But not for our young daughters, going out to play.

All those children, the phones are dead,
An explosion! the feeling in us erupt and shred,
White, blinding flash, deadly missiles spear everywhere.

Young skin, young bones, young open hearts, young life,
Crushed to extinction and the world's despair,
Violence, but why the children? insane, gone in the air.

Waiting, waiting, tears, aching tears, waiting, waiting.

23/05/2017

Hope

Looking forward looking up looking well beyond,
Looking always hoping life goes on and on.

For life and youth are hope,
The hope the young most see,
And hope is what they need,
Their young and hope is free.

With hope, things can be different,
With hope, we know things change,
With hope, we can do anything,
With hope, no one's to blame.

But hope will die my brothers,
No hope just brings despair,
No hope will see no future,
No hope and none cares.

This life of hate and killing, just to stay alive,
Destroys the things of beauty, we nurture to survive,
But hope will not destroy you, this life alone did that,
But hope it made a difference, to life's quick onward crash.

So give them hope you people,
For youth will always thrive,
Let them always find a way,
That's good to be alive.

Anonymous 20.10.2009

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News from Heacham Fire Station

JOIN LIKE JOE!

There is some really positive news from the fire station this month as I am able to say that, as of the 30th May, we have a new firefighter 'on the run' and responding to calls for us!

His name is Joe Eglen and he is our third crew member to have been part of the Fire Cadet scheme at Hunstanton (he wouldn't forgive me if I didn't put a plug in for them - recruiting now!).

Over a number of months, he has completed the various assessments and two week training course necessary in order to attend incidents and we are obviously delighted to welcome Joe to the crew and say 'well done' on your achievement.

Here's Joe to say something in his own words about why he decided to become a firefighter:

"Hi, I'm Joe, I'm 18 years old and I have recently joined the fire station in Heacham."

"I'm glad to have the opportunity to join because it has given me the chance to give something back to the local area and help anyone who needs it."

"I would hugely recommend anyone, male or female, to join the crew as it is a chance to help the community and also to develop skills which could help you in your full-time employment as well."

"If you are interested in joining or just want to find out more about it, don't hesitate to come to one of our drill nights which are on Mondays from 7.00-9.00pm."

Thanks Joe.

I don't know which has made me feel older..... a guy joining who is young enough to be my son or Joe who wasn't even born when I started!



Like the rest of us, Joe will never stop learning throughout his career but it's fair to say that the first few years, known as the 'development' stage, is when the most intensive training takes place. This is why now is a great time for others to join as they will be able to share the experience and help each other as they go through the process together.

Joe may only be 18, but people successfully begin their retained service at a wide range of ages. Those over 40 should certainly not think that they are too old! It is good to have a mix of ages and experiences as everyone brings something different to the table which helps to produce a really effective team.

The most important thing is to give it a try!

So go on, give it a go and..... JOIN LIKE JOE!

Chris Wood

Heacham Fire Station

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The Heacham Newsletter Scrapbook of Heacham- Old Memories... (Heacham in Black and White)

By Paris Larham



**Malthouse Row,
Heacham
Jackie Davis**



**Heacham School,
1907
Jackie Davis**



**The Huts,
Heacham Beach-
Peter Robinson**



**Heacham
Railway,
Jackie Davis**



**The Station and Beach Road
Heacham,
Jackie Davis**



**Heacham
Railway,
Jackie Davis**



**Heacham
Railway,
Jackie Davis**



**Heacham
Railway,
Jackie Davis**



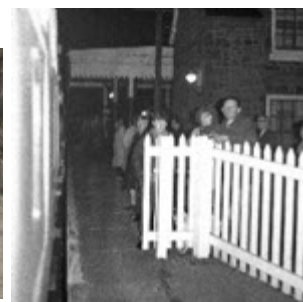
**1st Heacham
Scout Troop 1928-
Jackie Davis**



**1930's Heacham
Girl Guides-
Jackie Davis**



**1930's Heacham
Scouts-
Jackie Davis**



**Heacham
Railway,
Jackie Davis**



**Old Heacham
School Photo-
Jackie Davis**



**Heacham School
1900-
Jackie Davis**



**Heacham School
1950-
Jackie Davis**



**Heacham Crowd-
Jackie Davis**



**Caley Mill, Heacham 1904-
Simon Massen: "West
Norfolk A Portrait in
Old Picture Postcards."**



**High Street, Heacham 1903-
Simon Massen: "West
Norfolk A Portrait in
Old Picture Postcards."**



**Poplar Avenue. Heacham
1920- Simon Massen:
"West Norfolk A Portrait
in Old Picture Postcards."**



**Hunstanton Road, Heacham
1903- Simon Massen: "West
Norfolk A Portrait in
Old Picture Postcards."**



**The Hall, Heacham 1907-
Simon Massen: "West
Norfolk A Portrait in
Old Picture Postcards."**



**The Roxburgh Boarding
House, Heacham 1905-
Simon Massen: "West
Norfolk A Portrait in
Old Picture Postcards."**



**The Ruskin School,
Heacham 1904- Simon
Massen: "West Norfolk A
Portrait in
Old Picture Postcards."**



**The Public Hall, Heacham
1905- Simon Massen:
"West Norfolk A Portrait
in Old Picture Postcards."**



**The Station, Heacham
1938- Simon Massen:
"West Norfolk A Portrait in
Old Picture Postcards."**



**"Kalajuggah", Heacham
Beach 1906- Simon Massen:
"West Norfolk A Portrait in
Old Picture Postcards."**



**Zeppelin Air Raid, Heacham 19th
January 1915- Simon Massen:
"West Norfolk A Portrait in
Old Picture Postcards."**



**Church Road,
Heacham-
Peter Robinson**



**The Foot Bridge. Heacham-
Peter Robinson**



**Jubilee Bridge, Heacham-
Peter Robinson**



**The Bungalow Bridge, Heacham-
Peter Robinson**



**The Beach, Heacham-
Peter Robinson**



**Beach Road and Putting
Green, Heacham-
Peter Robinson**



**The Old Mill, Heacham-
Peter Robinson**



**The Village Sign and
Lavender Farm,
Heacham- Peter Robinson**



**Heacham Church-
Peter Robinson**



**The Church and Memorial,
Heacham-
Peter Robinson**



**View from Heacham Church-
Peter Robinson**



**The Green, Heacham-
Peter Robinson**



**The Windmill, Heacham-
Peter Robinson**



**Roxburgh House,
Heacham- Peter Robinson**



**Fridhem, Heacham-
Peter Robinson**



**The Primitive Methodist
Chapel, Heacham-
Peter Robinson**



**Caley Farm, Heacham-
Peter Robinson**



**Crisp Butchers, Heacham-
Peter Robinson**



**International Stores,
Heacham-
Peter Robinson**



**Country Lane, Heacham-
Peter Robinson**



**Lodge Lane, Heacham-
Peter Robinson**



**The Sunnyside Shelter,
W.T.A. Centre, Heacham-
Peter Robinson**



**Ruskin School, Heacham-
Peter Robinson**



**Public Hall,
Heacham-
Peter Robinson**



**The Bowling Club,
Heacham-
Peter Robinson**



**The Harbour, (Looking
North) Heacham-
Peter Robinson**



**Cannon Corner,
Heacham-
Peter Robinson**



**Jennings Camp,
Heacham-
Peter Robinson**



**Beecham's Camp,
Heacham-
Peter Robinson**



**Church Hill,
Heacham-
Peter Robinson**



**White City,
Heacham-
Peter Robinson**



**Almshouses,
Heacham-
Peter Robinson**



**Some of the Chalets,
Beecham Holiday Camp,
Heacham- Peter Robinson**



**Beach Farm,
Heacham-
Peter Robinson**



**The Games Room, The High
House, Heacham-
Peter Robinson**



**The Lounge, W.T.A Centre,
High House, Heacham-
Peter Robinson**



**The Pavillion, W.T.A
Centre, Heacham-
Peter Robinson**



**Dining Room, W.T.A Centre,
High House, Heacham-
Peter Robinson**



**The Green and Archway,
Heacham-
Peter Robinson**

*With thanks to Jackie Davis, Simon
Massen and Peter Robinson.*

WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room
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)
FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey 07900 818311 (PH)
ROLLASON STAGE SCHOOL Dance Classes 6yrs+ Ballet/tap/modern 4.15-5.15pm Junior Street 5.15–6pm Tel:579074 (PH)Top Room
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 – 6pm Contact Tel: Kathryn 572138 (MC)
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)
1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs) 7 - 9pm Tel: Seb 07477 511116 (SG)
HEACHAM IN BLOOM 3rd Monday Monthly 7pm at Heacham Parish Library
INDOOR BOWLS CLUB 7pm (MC)
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)
WEST NORFOLK MIND CARERS SUPPORT GROUP 1-3pm 4 Poplar Avenue Tea Coffee & a chat Joyce Armstrong 07704338775
LINE DANCING 1.30 - 3.30 pm Improver/Intermediate £3.50 Contact Diane 571166 (PH)
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)
1st HEACHAM GUIDES 5.30 – 7pm Tel: Sue Theunissen 07833747059 or just come along (MC)
WEIGHT WATCHERS 6pm (OFH)
ZUMBA 7-8pm £4 per class or £7 for both Tuesday & Wednesday classes Tel: Michelle 07585002124 (SG)
PARISH COUNCIL MTG 3rd Tuesday monthly 7.30pm (PC)
HANDS & NEEDLES GROUP every other Tuesday 7.30 – 9.00pm Tel: Joan Careless 570363 (MC)
HEACHAM & 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
CAR BOOT SALES 7am to 12noon (Gates open 6.30am for Booters) (HSC) Sports Field
WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar Ave Heacham Tel: Joyce Armstrong 07704338775 www.westnorfolkmind.org.uk
SCALLYWAGS PLAYGROUP 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
PATIENT ADVICE & LIAISON SERVICE 2 – 4pm on 2nd & 4th Wednesdays monthly (PC)
TENNIS from 4pm Contact the Sports and Social Club for more details on session times (HSC)
HEACHAM LITTLE DRAGONS Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)
FOOTBALL Under 8&9's 4.30-5.30pm Contact Mark 07561303886 (HSC) playing fields
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)
LINE DANCING 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
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)
FITSTEPS 6.15 – 7.15pm To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (OFH)
1st HEACHAM CUBS ages 8 – 10yrs Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)
SOCIAL EVENING Table games and darts 2nd Thursday monthly 7.15pm (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
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

HEACHAM YOUTH CLUB Term Time School years 6-11
Tel: Louise 07411457017 (SM)

SUNDAYS

CAR BOOT SALES 23rd & 30th July 7am to 12noon
(Gates open 6.30am for Booters) (HSC Sports Field)
SUNDAY AFTERNOON SERVICE 4pm 1st Sunday Monthly
Everyone welcome For details Tel:579440 (PRH)

HEACHAM DIARY

Saturday 1st July GIG 'Dirty DC' at Heacham Public Hall
For tickets £12.50 Tel: Trev Framlingham 07747156204

** GIG 'Carole-Ann' at Silver Sands

** GIG 'Mark Wilkinson Jazz' 8.30pm at Fox & Hounds Station Rd

Friday 7th July Heacham in Bloom are hosting 'A Talk by Dr Ian Bedford' 'Butterfly Gardening' 7pm for a 7.30pm start at the Old Friends Hall Sunnyside Tickets £5 from Mary Tel: 572130 or Helen Tel: 572550 or email – heachaminbloom@btinternet.com

** GIG 'Jam Session with DNA' 8.30pm at Fox & Hounds Station Rd

** 'Quiz Night at the West Norfolk' starting 8.30pm at the West Norfolk Inn Station Rd in support of the Breast Care Unit at QEH King's Lynn cost £3.50 per person

Saturday 8th July GIG 'Kaeoke' at Silver Sands

Monday 10th July 'Bingo at the West Norfolk' Eyes down 7.30pm at the West Norfolk Inn Station Rd in support of the Breast Care Unit at QEH King's Lynn

Tuesday 11th July GIG 'Norfolk Blues Society JAM Night' 8.30pm at Fox & Hounds Station Rd

Wednesday 12th July 'Community Coffee Morning & More' 10am to 12noon at the Old Friends Hall Sunnyside Everybody welcome

Saturday 15th July 'Coffee Morning' at Heacham Methodist Church 10am – 12noon Cake Books & Bric'a'Brac stalls with 'David Godfrey' on his keyboard from 11am

** 'Summer Fete' at Heacham Infant & Nursery School 11am to 3pm Various attractions to include – Magic Show BBQ Bouncy Castle Games Tombola etc ** GIG 'Chrissy' at Silver Sands

Tuesday 18th July 'Heacham Bizmums' (ladies networking group) meet 10.30am – 12 noon at Farmer Fred's Playbarn Norfolk Lavender Adults and Babies free of charge – usual admission charge for children Enquires to Kyra Cruise Tel: 571230 or via Facebook – Heacham Bizmums

** GIG 'Whiskey Twist' 8.30pm at Fox & Hounds Station Rd
Thursday 20th July 'Art & Crafts' at Sunnyside Close 10am to 12noon £1 includes Tea & Coffee All welcome

Saturday 22nd July 'Messy Church Picnic' 10am to 12noon at St Mary's Church For more information Tel: Veronica Wilson 570697 or the Church Office 572539

** GIG 'Mike Fox' at Silver Sands

Thursday 27th July GIG 'Black Dogs' 8.30pm at Fox & Hounds Station Rd

Friday 28th July GIG 'Retro Rockets' 8.30pm at Fox & Hounds Station Rd

Saturday 29th July 'Radical Hospitality' 2pm at Heacham Methodist Church Inspiring and joyful music with Revelation, Organist David Godfrey and poet Ren Smith

** GIG 'Jo Manning' at Silver Sands

** GIG 'Dead Horse' 8.30pm at Fox & Hounds Station Rd

Sunday 30th July Fridhem Rest Home's 'Superhero Scarecrow Hunt' 12pm onwards entry £2.50 each or £8 family of 4 The 3 fastest times win prizes.

** GIG 'Crossing The Tracks' 8.30pm at Fox & Hounds Station Rd

Monday 31st July 'Bingo' at Fridhem Rest Home Eyes down at 7pm All welcome

** Heacham History Group 7.30pm at the Old Friends Hall Sunnyside Talk by Mike Weatherstone 'Norfolk – A History Through its Village Signs' Admission £3 (Members £2) Everyone is welcome

Friday 4th August 'Quiz Night' at the West Norfolk' starting 8.30pm at the West Norfolk Inn Station Rd

Sunday 6th August 'Heacham Carnival Parade' starts at 1pm For further details contact the Parish Office

Saturday 26th and Sunday 27th August 'Photographic Exhibition' at the Old Friends Hall Sunnyside Entry is free and exhibitor registration forms are available from the Parish Office (Tel: 572142) or from Roger Drinkwater (Tel: 571659)

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OTHER EVENTS

Saturday 1st July 'Summer Fair' 10am – 1.30pm at the Union Church Hunstanton Coffee/Tea & Light Lunches Variety of stalls and the Hunstanton Concert Band

** Music by 'Lloyd E Moon' at Hunstanton Conservative Club
Sunday 2nd July 'Car Boot Sale' at Glebe House School Hunstanton

Friday 7th to Sunday 9th July HDFA 'Drama Festival' of One Act Plays at the Princess Theatre 2.30pm & 7pm Tickets from £8.50 per session (3 plays)

Saturday 8th July 'Music by Mark Steele' at Hunstanton Conservative Club

Sunday 9th July 'Car Boot Sale' at Glebe House School Hunstanton

Tuesday 11th July Brancaster Camera Club 7.30pm at Brancaster Staithe Village Hall

Friday 14th to Sunday 16th July The Wash Art Group Snettisham 'Summer Exhibition' at Ringstead Village Hall 10am to 5pm daily

Saturday 15th July Cinema in Syderstone presents 'Jackie' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50

** Music by 'Lee Richards' at Hunstanton Conservative Club
Sunday 16th July 'Car Boot' at Smithdon High School 8am to 1pm (pitch holders from 7am) Pitch fees £5 Cars/£10 Lrg Cars or Cars with trailers Refreshments

Monday 17th July Hunstanton U3A 2pm at the Community Hall Hunstanton with speaker David Morton on 'Buckingham Palace'

Saturday 22nd July HDFA 'Craft Fair' 10am to 4pm at Hunstanton Town Hall Free admission Refreshments

** Curry Night 7pm for 7.30pm Entertainment with 'Rob Stevenson' at Hunstanton Conservative Club

Tuesday 25th July Brancaster Camera Club 7.30pm at Brancaster Staithe Village Hall

Saturday 29th July to Sunday 6th August The 5th Ringstead Annual Open Art 'Art in Your Eye' 10am to 5pm at Ringstead Village Hall PE36 5JU Free entry and parking

Sunday 30th July 'Car Boot Sale' at Glebe House School Hunstanton

** Open Day at R.A.F. Bircham Newton Heritage Centre 10am–4pm Admission free

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

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

Mondays

FITSTEPS 6.30 – 7.30pm at Ingoldisthorpe Village Hall To book Tel: Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

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 : 07919 492294

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 For more info Tel: Julie Manning 600930 or Gemma Smith 01366 377803

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

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

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

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

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

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

ROLLASON STAGE SCHOOL Musical Theatre class All ages 4.30 – 5.30pm at Hunstanton Town Hall Basement

For info Tel: 579074

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

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

Fridays

BRANCASTER BABY & TODDLER MUSIC GRP Simms Reeve Inst. Hall Brancaster 10–11.30am(term time) 1st & 3rd Friday monthly £1.50 per family (see Tuesday for info details)

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

ZUMBA at Docking Ripper Hall 6.15-7.15 £4 pp for info Tel: Michelle 579074

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

Saturdays

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

ROLLASON STAGE SCHOOL with Lucy Rose

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

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

Day 3 - Shira Camp 2750 metres to Barranco Camp 3900 metres via Lava Tower 4600 metres



Hi all

Today is going to be a hard-long day. To ensure you can cope with the higher altitude you have to do acclimatisation walk to get used to lack of oxygen as you climb higher. Altitude sickness is one of the main reasons for illness and failure on the mountain. It is very debilitating and can cause serious side effects.

It's important that the doctor and the guides can judge your ability to reach the summit and you yourself can get a handle on how you feel. So, we climb high and sleep low. With this in mind, today we will ascend from Shira Camp at 2750 metres up to Lava Tower at 4600 metres then return back down to Baranco Camp at 3950 metres. The whole walk will take 7-8 hours with an hour at Lava Tower.



I had an absolutely terrible night, having to leave my tent at midnight for a toilet visit. It was so cold there was frost on the inside of the tent roof. I climbed into the sleeping bag with as many clothes on as I could muster. I had pain in my ears and head.

Breakfast was an unappealing bowl of watery porridge. Although most of the meals are good, breakfast is not always amongst them.

The path starts steep and rocky and in some areas we have to scramble over the rocks, but eventually the trail becomes more undulating.



The weather is constantly changing from hot and sunny to damp and cold, then back again. The views are absolutely fantastic as we climb up above the clouds. They look like a big quilt you can jump and bounce on. In the distance, we can see

Mount Meru which is 4600 metres high, the same height as we were trekking to today.

We arrive at Lava Tower after a 4.5 hour walk. I feel fine considering the previous night. The only thing is my ribs hurt and one of the guides thinks it's the position of my rucksack, so we sort that out ready for the next part of walk. There is an hour to rest



during which time we have some lunch and a hot drink. The doctor checks us all. I feel tired but no signs of altitude sickness. My heart rate and oxygen levels are good. It's important that you drink as much as possible to stay hydrated avoiding your nasal passages drying out, and to keep an eye on the colour of your wee to ensure your kidneys are working correctly. Liquid

intake is one of the things the guides are constantly reminding you to take.



The walk down to Barranco Camp is steep and rocky and more than once I nearly fell. We come across some Elephant trees. The myth is that hundreds of years ago a herd of elephants wandered

onto the mountain but were unable to get off; a magic man seeing their struggle turned them into trees so preserving them. The clouds follow us and after 3 hours we arrive at a large spread out camp. This is Barranco Camp. It's impressive and a dried-up river bed marks its boundary. Behind it though stands the equally impressive Baranco Wall. This is 257 metres high and we have to climb it tomorrow.

That is for next time. Take care friends.

Trekking Penguin and Dean



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Scallywags Parent, Baby & Toddler Group



Not only are the children growing in all sorts of ways, our sunflowers are growing up too and thank you to the children for putting the watering cans to work and giving them a drink in the hot June weather!

We've also been busy sewing mini meadows in ice cream tubs and creating lots of lovely things including these little chaps from clay and all sorts of bits and bobs! And thank you to Sarah White for thinking of us and donating craft materials so the



fabulous individual creations can keep on coming!

Please do pop along for a play when you can, there are makes, puzzles, toys, books and plenty of slides 'n' swings! As well as lots of very nice parents, grandparents and child minders with their lovely little ones!

Open every term time
Wednesday from 9.30-
11.00am at the Scout Hut in



Sunnyside - £2 per family covers rent, refreshment and resources. For further info please text/phone Jo on 07521 447284.

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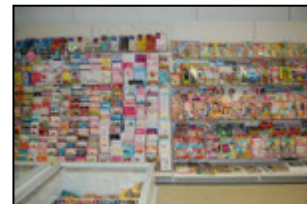
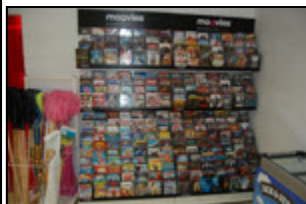
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around & about...



Free Events for summer from the HDFA:

- 1st July - at the Spinney - "Decades - Acoustics" 1pm
7th/8th/9th July - Drama Festival of One Act Plays at the Princess Theatre - 2.30 & 7pm
Tickets from £8.50 per session (3 plays)
22nd July - Craft Fair at Hunstanton Town Hall - 10-4pm
30th July - at the Spinney -
Children's Entertainment Day -
"Loads of fun" with Heart Beeps, AJ, Punch & Judy, Face painting & Bouncy Castle.

August Highlights:

- 9th August - "Murder on the Terrace" with Heartbreak Productions - 7.30pm at Thornham Village Hall Grounds.
(An Outdoor production - bring seating & warm clothes.) Tickets £12.00. available from the Tourist Information Centre.
20th August - "Picnic on the Green" at the Bandstand With Hunstanton Town Concert Band.
2-4pm.

Bring your own food and comfortable seating!

Further info from www.hdfa.org.uk or enquiries@hdfa.co.uk.

DERSSINGHAM VILLAGE CINEMA

Friday 28th July 2017 at 7.30pm

'Billy Elliot'

Venue - St Nicholas Church Hall, Dersingham

Information from: 01485 541450

Hunstanton Lifeboat Sandcastle Competition

Thursday 10 August 2017

Start 2.00 pm registration from 1.00 pm

On the beach at Old Hunstanton

in front of the RNLI boathouse and shop

Entry £1 only

Everyone welcome, especially children with families

The competition lasts for about an hour and is in three age groups

Prizes will be vouchers for the RNLI shop

Parking available at the Le Strange car park



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Stall holders are reminded to please take all unsold goods and rubbish away with them.



Dog Show and Family Fun Day -

to raise valuable funds for
Wells Community Hospital Trust

Join us for a fabulous fun filled day for all the family ... two and four-legged ... at Creak Abbey from 10am to 4pm on Sunday 20th August 2017.

Gates open and registration from 10am, with classes from 11am – 4pm.

Lots of fun classes for your dog to enter together with a huge array of children's activities as well as various craft stalls and trade stands.

Plus ... all the other fabulous facilities at Creak Abbey, shops, food hall and café.



Entry £4 per person, free car parking and children under 12 go free!

Wells Community Hospital Trust is a local charity that provides a wide range of flexible and integrated health and wellbeing services for the community we serve. We support people locally to keep independent longer by the provision of high quality preventative clinical services and non-clinical therapeutic support within a safe environment. We are a really important community resource which addresses a wide range of social, emotional and practical needs holistically thus enabling people to take greater control of their own health.

We receive no core funding from the NHS, therefore have to rely on fundraising events throughout the year to ensure our sustainability, with one of our larger events now being our annual 'Dog Show and Family Fun Day'.

Do join us for what promises to be a fun day with agility demonstrations, 'Have A Go' sessions, live music in the afternoon, children's entertainer and bouncy castles plus much, much more...

For more information please contact Wells Community Hospital Trust on 01328 711996 or admin@wellshospital.co.uk

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PUBLIC URGED TO STAY ALERT

Norfolk Police Chief

24 May 2017

Norfolk's chief police officer has urged people to go about their daily business, while being alert to suspicious activity.

It comes as police respond to the national terror threat level being raised to critical.

Armed officers have been deployed to key locations in both counties, in particular crowded areas with high footfall such as the city centre, to provide visible reassurance.

It comes after the Joint Terrorism Analysis Centre raised the threat level last night – meaning an attack not only remains highly likely but a further attack may be imminent.

Chief Constable Simon Bailey said: "The public would expect us to respond appropriately to this raised threat level and the deployment of armed officers is our primary response to this.

"Norfolk is a safe county and this additional policing is about providing a visible reassurance to the public.

"I would encourage anyone who sees those officers carrying out patrols to approach them, speak to them and support them because when incidents happen like those witnessed in Manchester and in Westminster, it's those officers who rush to the scene to help, at a time when everyone else is trying to get away. I know they would appreciate the support."

Military personnel are not currently being deployed in joint patrols with police officers in crowded places – but the threat assessment is continuously under review.

Officers are also reviewing security plans for a number of events in the coming weeks. Mr Bailey added: "I would urge people to go about their daily business as usual, but be extra vigilant and report anything you think looks out of place."

Members of the public are asked to remain calm but alert – if you see anything which causes you concern, then call the police immediately. Look out for anything that seems out of place.

Latest guidance on recognising the terrorist threat and remaining vigilant can be accessed via www.nactso.gov.uk

To report any suspicious activity or behaviour call **0800 789 321** or in an emergency dial **999**.

Q&As

1. The national threat level has been raised to 'critical' – what does this mean?

The Joint Terrorism Analysis Centre raised the threat last night (23.5.17) meaning an attack not only remains highly likely, but a further attack may be imminent. In response to this heightened threat the public will see an increased policing and security presence across the county and at key sites and other crowded places to help protect communities.

2. What does this mean specifically for Norfolk?

Norfolk remains a safe county and any additional policing is about providing a visible reassurance to the public.

3. Are military personnel being deployed in joint patrols with police officers across Norfolk?

Military personnel are not currently being deployed, but the threat assessment is continuously under review. We will be patrolling some of the key locations in the city and town centres as well as other places that have a high footfall. They will be carrying weapons and are there to provide reassurance whilst



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remaining approachable. We would encourage anyone with questions about what their role is to go and speak to them.

4. There are events coming up – are these safe to go to?

Our officers from the event planning team and protective security experts will be working with event organisers and the multi-agency Safety Advisory Groups to ensure that venues have appropriate security measures in place.

5. Will these events still go ahead now that the threat level has been raised?

Some public events may be subject to cancellation. Please contact your event organiser or check details online before attending large events such as sports matches and concerts.

6. What do I do if I'm going to one of these events?

Allow extra time in advance of attending public events as heightened security measures, such as searches, may be implemented. Please be patient while these important checks are made by a police officer or authorised security representative.

7. What is your advice to members of the public to keep safe?

Norfolk Police and our partners are doing everything we can to prevent an attack and to protect the public, but communities can take steps to help protect themselves. We urge the public to tune in to national/local news bulletins and to follow the @NorfolkPolice Twitter account for advice and information about keeping safe.

8. What do I do if there is a terrorist incident in Norfolk?

If you are caught up in a firearms or weapons attack we urge you to stay safe by following the 'RUN. HIDE. TELL.' advice. If you come under attack we advise you to:

- **RUN, if you can;**
 - **HIDE, if you can't run;**
 - **TELL, when you can, the police what's happening.**
- The police can get help there quickly to stop the threat. Also tell others of the threat so they don't approach danger.

9. What do I do if I suspect someone is involved in terrorism?

We ask the public to remain calm but alert – if you see anything which causes you concern, then call the police immediately on **999** or the anti-Terrorist Hotline on **0800 789 321**. Look out for anything that seems out of place, we would rather investigate concerns which come to nothing, than hear that an incident could have been prevented.

All information passed to the police through the anti-Terrorist Hotline is treated in the strictest of confidence. It is thoroughly analysed and researched by experienced officers before, and if, any police action is taken.

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WEST NORFOLK LIBRARIES EVENTS July 2017

Hunstanton Library

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.

Colour yourself calm – 2nd and 4th Mondays of the month 10.30-12.00noon.

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

Job help session - Every Wednesday 3.00-5.00pm (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!

Special events:

Friends of Hunstanton Library – Wednesday 5th July 5.30-6.30pm.

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.

Summer Reading Challenge Launch – Wednesday 12th July from 3.00pm.

Come and sign up for the Animal Agents reading challenge!

Monthly events:

Yet more old stuff – Thursday 6th July 10.00-12.00noon

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.

Book Club – Monday 10th July 2.30pm

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

Walk and talk group - Tuesday 11th July 2.30pm from the library

Join Mick for 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 13th July 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.

Animal Agents, Summer Reading Challenge 2017



Have you heard about the strange goings-on at your local library this summer? Meet the Animal Agents, and join the Summer Reading Challenge – it's your chance to solve a mystery and catch a crafty crook!

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- Sign up at your local library where you'll receive a collector folder to start you off
- As you read over the summer, you'll use your wits and power of observation to sift through the clues. You'll even pick up some stinky stickers along the way
- And there is an Animal Agent adventure for pre-school children too
- Enjoy your library this summer – reading and sharing books.

Visit any Norfolk Library or mobile library during the summer to start the adventure. There is something for all the family at your library this summer

You can also follow library events on Facebook at:
www.facebook.com/LynnLibraries - for Lynn, Dersingham and Hunstanton Libraries.

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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) Source of light
- 2) An upright
- 3) An implement
- 4) A metal
- 5) The first one can be traumatic!
- 6) Morally objectionable
- 7) Not dead
- 8) Not going West
- 9) Secures
- 10) Carbonated water
- 11) A resident of North Africa
- 12) Smile radiantly
- 13) A friend
- 14) Can be fried
- 15) Break
- 16) Look searchingly

Puzzle Word: Indefinitely

Answers on page 41

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

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578171 / 01485 578244

Email: cinema@syderstone.com

Turn at Middleton

King's Lynn Woodturners, a local group of enthusiasts, celebrate their 20th Birthday with an open day at Middleton Village Hall, PE32 1SA, on Saturday 2nd September starting at 10.00am (see separate poster for full details). The public are invited to view a range of members' work, and see lathes in operation with members turning a variety of pieces.

Under the watchful eyes of a member, those who fancy the prospect of 'having a go', can work on a part-prepared piece and take the finished work home. For safety, only those over the age of 16 can take up a gouge, and then the young need to have a responsible adult in attendance.

The members display of finished work will be on display and some items will be for sale.

Refreshments will be available all day and entry is free.



An invitation to

Turn at Middleton

Join King's Lynn Woodturners
at their 20th & AWGB*30th
Birthday Celebration

Saturday 2nd September 10.00 until 4.00pm
Middleton Village Hall, off A47 (PE32 1SA)

'Have a go' to take home

Supervised by a club member - Sorry age restriction min 16 years when
the young must be accompanied by responsible adult.

Display of members work

Entry Free Members work For Sale Refreshments

*Association of Woodturners of Great Britain



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DRAMA FESTIVAL 2017

The 2017 Drama Festival of one Act Plays will take place at the Princess Theatre in Hunstanton on July 7th/8th/9th this year. Performances are at 2.30 or 7.30pm with the Gala Night - which includes our "Oscars" ceremony and Dance Festival Winner Awards – starting at 6.30pm on Sunday 9th.

Entrants so far are:-

The Kings Lynn Players – with an extract from "Kindertransport" by Diane Samuels.

Methwold Theatre Club, "Me and My Sister" by Burtie Welland. Peterborough Mask Theatre "The Final Act of Henry Gladstone" by Mathew Clift.

Downham Amateur Dramatic Society "Morning Star" by Steve Harper.

Boston Playgoer Society, "Last Tango in Little Grimley", by David Tristram.

The Rollason Stage School Youth Groups with three original entries.

Wilburton Theatre Group "Old Charlie's Party" by Mick Newbold.

Smithdon High School, "Romeo and Juliette Smithdon Style" adapted by Vicky Proctor.

Tickets cost £8.50 per session to see three one-act plays, or £30 season ticket to see all the shows.

Further info and tickets from the Princess Theatre on 01485 532252 or contact Ann McKimm on 01485 533933 for entry information. Or see the HDFA website www.hdfa.org.uk or Facebook.

Brancaster Camera Club

We have two evenings planned for July:

Tuesday, 11th July

'An evening with Dave Jordan FRPS'.

Dave is a very accomplished and gifted photographer. His evenings never disappoint.

Tuesday, 25th July

Print Competition

1 x 'Light & Shade' 2 x own choice.

Judged by Malcolm English.

We meet in Brancaster Staithe Village Hall at 7.30pm on the appropriate evening. Entrance is £3 to include refreshments. We welcome visitors and especially any photographers who may be holidaying in the area. Come along and join us. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725.



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The Fifth Annual Ringstead Art Exhibition

The preparations for the Fifth Annual Exhibition "ART in YOUR EYE" are well underway in Ringstead, an attractive village close to Hunstanton. In previous years the event has been described as 'Fantastic', with over 200 pictures from more than 40 talented local artists providing an opportunity to create an extravaganza of artworks.



We invite you to view an extensive selection of pictures in a variety of different media and styles on display in the village hall. You will have the opportunity to purchase original artwork at reasonable prices and even meet some of the artists taking part.



The event takes place from Saturday 29th July until Sunday 6th August with free admission and parking from 10.00am till 5.00pm. The event is organised to raise

money to help maintain Ringstead Village Hall.



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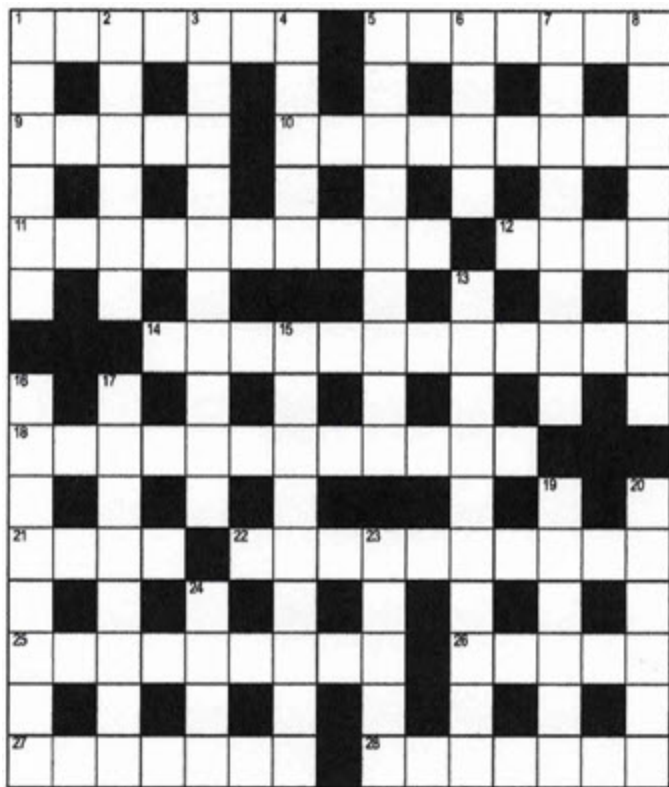
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CROSSWORD CLUES

Across:

1. It's hard to run rings around university (7)
5. Comic forgetting line will survive investigation (5,2)
9. It's just about accurate (5)
10. Make clear – last client organised tab (9)
11. Displayed finest made fudge (10)
12. Is qualified to trim wires (4)
14. Make an all-round epic pedal for front position (5,2,5)
18. Manage to complete the round? (4,3,5)
21. After starting tractor I'll plough the land (4)
22. Forego dinner (including joint) and iron, maybe (5,5)
25. Tailor costume, with hat to finish off, before meeting the queen (9)
26. Prone to telling stories (5)
27. Instrument in a sorry state is shown respect (7)
28. Labourer joins function with staff (7)

Down:

1. Church capital revealed on web browser (6)
2. He's a hero to supporter near goal (6)
3. Not working or just isn't on? (3,2,5)
4. Settles down, conserving energy needed to make places (5)
5. Open grassland backs on to meagre additional space (5,4)
6. Take off around Sweden to find bay (4)
7. Layabout sounds exhausted (8)
8. Having gone in front initially, pacemaker dropped back (8)
13. Tooth needs drug, presenting moral dilemma (5,5)
15. Named iced cocktail in old-fashioned way (9)
16. Feelings of submission detected in some quarters (8)
17. Seek tall eccentric – and thin! (8)
19. A victory is cut short by lobby (6)
20. Iris is working the bottle! (6)
23. Quarrel? A right set to! (5)
24. Make last album and first film (4)

Solution on page 41

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Ruffle gets into a flap

by Rachel Greaves

There was something new in Eric's door,
It wasn't there yesterday, Ruffle was sure.
Now dogs are always hungry – what should Ruffle do?
To get to the cat food, he would have to go through!



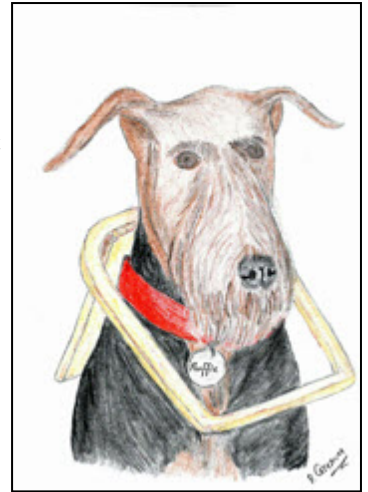
First Ruffle decided to put his head through,
Mmm, that seemed very easy to do.
Shoulders next – he gave a little woof!
As this he found was a little more tough.



Ruffle tried to move backwards, but found he was stuck!
Caught like a fly that's been swatted in a book,
For Ruffle had been stopped by the new cat flap,
And was now truly snared in the tight plastic trap!



Ruffle stood there helpless,
stuck in the door,
He didn't think he would eat
cat food anymore!
Luckily Eric soon came to
Ruffle's rescue,
'Stand still Ruffle so the flap
I can unscrew!'



Once Ruffle was freed from
the door he sat down,
Eric looked at him with a large cross frown.
But his face soon changed when he saw what Ruffle wore,
'A new collar Ruffle? It's the funniest I ever saw!'

www.ruffletheraildog.co.uk

Competition Winners!

In conjunction with the author of Ruffle the Rail Dog books, we have decided that there should be two winners of the competition that we ran in the May edition of The Heacham Newsletter. The two winners are: Mrs Susan Bowles and Mrs Lizabeth Dormer-Ainge who both win a complete set of Ruffle the Rail Dog books. Congratulations to them both.

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Entertainment for the month of July

Sat 1st July – 8.30pm:	Dancing to ‘The Lawrie Haley duo’
Fri 7th July – 8.30pm:	Dancing to ‘Mike Shelby’ (solo)
Sat 8th July – 8.30pm:	Dancing to ‘Steve Perry’ (solo)
Fri 14th July – 8.30pm:	Country Night with ‘Aces High’
Sat 15th July – 8.30pm:	Dancing to ‘Splash’ (duo)
Fri 21st July – 8.30pm:	Quiz Night. £2 per person plus food.
Sat 22nd July – 8.30pm:	Dancing to ‘In the Mood’
Fri 28th July – 8.30pm:	Dancing to ‘Graham James’
Sat 29th July – 8.30pm:	Dancing to ‘Kenny & the Motives’

**Dick Melton
Sunny Hunny**

Answers to Spiral Word Puzzle

1) Lamp	2) Post
3) Tool	4) Lead
5) Date	6) Evil
7) Live	8) East
9) Ties	10) Soda
11) Arab	12) Beam
13) Mate	14) Eggs
15) Snap	16) Peer

Puzzle Word: Eternal

CROSSWORD SOLUTION

Across

1. Callous
5. Stand up
9. Right
10. Translate
11. Manifested
12. Able
14. Pride of place
18. Make ends meet
21. Till
22. Scrap metal
25. Outfitter
26. Lying
27. Saluted
28. Workman

Down

1. Chrome
2. Legend
3. Out of order
4. Sites
5. Spare room
6. Apse
7. Deadbeat
8. Preceded
13. Upper molar
15. Dedicated
16. Emotions
17. Skeletal
19. Atrium
20. Flagon
23. Arrow
24. Mist



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RESCUE : WOODEN : BOATS

Celebrate our seagoing history this summer with Rescue Wooden Boats!

Rescue Wooden Boats invites you to join in the maritime heritage fun this summer!

You can take a trip on a restored Dunkirk lifeboat, come to one of the exciting events we're participating in, and find out all about our boats, displays and stories at our Maritime Heritage Centre.

Heritage trips afloat...

Take a memorable trip on our restored Dunkirk lifeboat, Lucy Lavers, at Wells-next-the-Sea, Norfolk. Book your trip in advance at the Wells Tourist Information Centre, 14 Freeman Street, NR23 1BA or 01328 710885.

Check out the list of planned dates on our website, www.rescuewoodenboats.com.

For a very special experience, including a glass of bubbly and a certificate, or to charter the whole boat, contact Liz Rogers on info@rescuewoodenboats.com or 07920 760238.

Days out with the family...

Learn about fishing and lifeboat tales and see old wooden boats being restored at Rescue Wooden Boats' Maritime Heritage Centre, Old Military Camp, Greenway, Stiffkey, Norfolk NR23 1QF.

Open on Saturdays, Sundays and Bank Holiday Mondays, 11am– 3pm, until 31st October.

You'll also find children's quizzes and activities, films, our merchandise shop, and much more!

Summer events for your diaries...

Saturday 29th July – Monday 31st July 2017: Historic Lifeboat Festival, Wells-next-the-Sea



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The inaugural Historic Lifeboat Festival, part of the 2017 Wells Carnival, is on Saturday 29th, Sunday 30th and Monday 31st July at The Quay, Wells-next-the-Sea, Norfolk.

Six historic lifeboats will be moored at Tug Boat Yard throughout the festival. There will be a parade of Historic Lifeboats down the channel, led by *Lucy Lavers*. There will also be a display of model lifeboats in Wells Library, continuing throughout Wells Carnival week to Sunday 6th August. Visit us at our stand on the Quay during the Festival, and come to see the parade!



Saturday 12th August 2017: Film screenings and maritime heritage event at Creake Abbey Barn

(by kind permission of Diana Brocklebank-Scott)

A great day of local maritime heritage displays, family activities, and films!

Events include **two screenings of our film, Lucy Lavers return to Dunkirk 75 years on, at 12 noon and 3pm.**

This evocative hour-long film tells the story of how our newly-restored lifeboat *Lucy Lavers* made the commemorative journey from Wells-next-the-Sea to Dunkirk and back in May 2015, 75 years after she joined the Dunkirk Little Ships in 'Operation Dynamo'.

Proceeds from the day will kickstart the fundraising for our latest restoration project, *Whelker Bessie*.

An important local boat, Bessie also has her own intriguing Dunkirk history...

We look forward to welcoming you!

10am - 5pm, Saturday 12th August, Creake Abbey, Creake Road, North Creake, Norfolk NR21 9LF.

Book your tickets for the film shows in advance. Choose from 12pm or 3pm screenings, tickets cost £7.50 and include a drink – book online at www.rescuewoodenboats.com or in person from Wells Tourist information Office (details above) and the Maritime Heritage Centre (details above).

In the meantime...

Get in the mood by checking out our website for its large and fascinating collection of films and photos: www.rescuewoodenboats.com.

Fancy volunteering with our friendly team? No experience needed, just a friendly smile...

Contact Liz Rogers info@rescuewoodenboats.com or 07920760238.



Heacham Foot Health Clinic

professional foot care service

clinics held at Heacham and Hunstanton

HOME VISITS AVAILABLE

Tel: 01485 570512
Mobile: 07767 733838

JANET PITKIN DipCFHP, MPSpract
West Norfolk Mind, Poplar Avenue, Heacham

Parking Disabled Access

HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

Cheney Hill Development: The revised application is still to come before the Borough Council planning committee.

South Beach Road parking: Congestion continues to be a major issue. The Police have suggested a clearway of the verge order, as used at Bawsey. Cllr Parish had approached Highways about this and had been informed that this would cost £5000-£8000 and the process could take 18 months.

Footway lighting: The conversion of the village's lighting stock to LEDs continues. This is taking longer than anticipated due to delays in the manufacture of the new units.

Skatepark graffiti: The Council is to commission a local artist to graffiti the Lodge Road end of the Recreation Ground skatepark. It is hoped that 'professional graffiti' will stop the non-professional, offensive type of graffiti.

Beeken's garage: The Council continues to receive complaints about parking on the footway, and in the Station Road layby outside Cunningham Court, associated with this business. The Police are to be asked to take action.

Neighbourhood Development Plan: Mrs Raby reported that the Heacham Parish boundary had been approved as the area of the Plan. Information was being gathered prior to a public launch, informed by findings from the Council's earlier village survey.

Co-option: The Council was pleased to co-opt two new members, bringing the number of Councillors back to the full complement of 17. The new Councillors are Mr Kevin Patience and Mr Mike Trebbick. Mr Patience has been a postman for 28 years and has lived in the village for 34 years, helping with village football and the Heacham Horse Show. Mr Trebbick, who runs a business in Lincolnshire, has lived in the village for 13 years and has been involved with the Social Club and takes an interest in planning matters.

Rubbish and dog bins clarified: Litter bins are for litter, dog bins are for dog waste. Dog waste can also be double bagged and put in your own black bin.

Old Friends Hall Photographic Show: Please do support this local photographic showcase. The show is on Saturday 26 and Sunday 27 August and if you would like to show your work you can pick up a registration form from the Parish Council Office.

The next Full Council meeting will be held on Tuesday 18 July at 7.30pm at the Parish Council Office.

LIBRARY SUMMER LUNCH



Library volunteers and Parish Council staff met for their Summer Lunch at Heacham Manor last month. Heacham Library is a valuable resource and villagers will want to join the Parish Council in thanking the volunteers who run it for the community.

ANNUAL PARISH MEETING



The Annual Parish Meeting was held on 16 May. The minutes of last year's meeting were approved and matters arising noted. The Chairman reported on events of the last year including the sad loss of Tracey Swann, the retention of School Crossing Patrols, the Hopkins Homes roundabout and the Lidl planning application. He noted the Council's intention to adopt a Neighbourhood Plan and continued involvement in the Wash East Coast Management Strategy forum. The Clerk gave the financial report, showing that the Council's financial situation was healthy. There were reports from Ward Members and village organisations. Presentations were given on the new Community Building Project and Neighbourhood Plan. Parishioners items for discussion included the poor quality of the Borough Council's grass cutting, rural crime, buses, 'No cold calling areas' and Borough recycling.

GRASSCUTTING

The Parish Council receives many complaints about the cutting of grass on residential estates in the village. It is the Borough Council that cuts the grass and complaints should be made directly to their clean up line on 0800 253 2687 or cleanup@west-norfolk.gov.uk.



Heacham Carnival Parade and Fete 2017

THERE'S STILL TIME TO REGISTER YOUR FLOAT
CLOSING DATE 28 JULY

Come and join in the fun, whether on wheels or walking - all entries welcome. Application forms available from the Parish Council Office, the Library and the Social Club.

Any queries should be addressed to:
Heacham Parish Council Office
Jubilee Clinic Pound Lane Heacham
Norfolk PE31 7ET
Tel/Fax 01485 572142
heachampc@btinternet.com
www.heachamparishcouncil.co.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 01328 823411

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 111999

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, Wed, Fri 10.30 to 12.30 572539

Old Friends Hall Sunnyside Close 572142

Heacham Scout Hut 572890



Acorn
 Pest and Country Services

npta National Pest Technicians Association

Rats & Mice Squirrels Rabbits
 Moles Birds Wasps & Bees
 Bed Bugs Fleas
 Cockroaches

01485 576162 - 07725 878712
 www.acornpestandcountryservices.co.uk
 Acorn Pest and Country Services, Syderstone, Norfolk

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KINGS LYNN

Stagecoach in Norfolk

Service 10 (Mon-Sat)

Via:- Heacham Lavender, Fox & Hounds, Lodge Road & QE Hospital

0707 first bus to King's Lynn then twice an hour from 0838

0644 first bus to Hunstanton then twice an hour from 0908

Service 10 (Sunday)

Via:- Heacham Lavender, Fox & Hounds, Lodge Road & QE Hospital

0809 first bus to King's Lynn then hourly

0838 first bus to Hunstanton, then hourly

Service 11 (Mon-Sat)

Via:- Sandringham, Dersingham, Snettisham & Heacham (A149 only)

0930 first bus to King's Lynn then hourly from 1045

1025 first bus to Hunstanton then hourly

Service 11 (Sun)

Via:- Sandringham, Dersingham, Snettisham & Heacham (A149 only)

0945 first bus to King's Lynn then hourly

1024 first bus to Hunstanton then hourly

Coasthopper (Mon-Sat)

Via:- Heacham, Snettisham and Dersingham

0924 first bus to King's Lynn then twice an hour

0749 first bus to Hunstanton then twice an hour

Coasthopper (Sunday)

Via:- Heacham, Snettisham and Dersingham

0939 first bus to King's Lynn then twice an hour

0859 first bus to Hunstanton then twice an hour from 1034

Coasthopper Service to Cromer, via Holme, Thornham, Titchwell, Brancaster, Wells, Sheringham.

Smithdon High School Bus

Service NG10

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 0835

0654 first bus to Hunstanton then twice an hour from 0759

Service 34 - (Mon-Sat)

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

0720 first bus to King's Lynn then hourly from 0919

0848 first bus to Hunstanton then hourly

Service 33 - (Mon-Sat)

A fast service running three journeys daily. 09.49, 11.49 & 13.49 to

King's Lynn and 09.13, 11.13 & 13.13 to Hunstanton

Services 35 & 34 (Sundays)

A shared twice hourly service.

0829 first bus to King's Lynn then twice an hour

0835 first bus to Hunstanton then twice an hour

The No.34 runs once every two hours via the QE Hospital from 09.34 (to King's Lynn) and 09.02 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) 3rd/17th/31st	July	ROUTE WEL 123 10th/24th	
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		