



WW!
SOLDIER

**M
ER**

A voluntary non-profit publication produced with financial assistance from Heacham Parish Council

letters...



Dear Newsletter

Long Woods Hunstanton Road (2)

As a resident of Hall Close I have watched with alarm and dismay the destruction of Long Wood. This is perhaps the only remaining woodland in Heacham.

Trees have been indiscriminately uprooted, destroyed or burnt and a JCB constantly roams the wood so no saplings are allowed to survive. A wood should be a safe haven for birdlife and that is certainly no longer the case here.

Perhaps the residents of Heacham are unaware that only the building plot has been sold for development so what is the future for the wood!!

So come on Heacham Parish Council, please take note and strongly oppose any plans for the development of what is by your own admission an ancient woodland which should enjoy the full protection of the law.

A Heacham Resident

(Name & Address supplied)



Dear Newsletter

The Right to Reply!

This is getting rather confusing, with all the Concerned Residents, Summer Residents, Heacham Residents, etc, but I will go along with it once again and keep the conversation at arm's length by withholding my name and address. Suffice it to say, I am not the Resident of Heacham who writes of irresponsible dog owners, but I am the Heacham Resident addressed by the Concerned Holidaymaker on the subject of drones.

As I recall, I did not write in defence of drones; I merely pointed out that the drone pilot I encountered on the beach was considerate and kept his machine away from my dog, and also that perhaps the Holidaymaker's attitude could have been confrontational and led to the invitation to fight. I referred to his letter and a second one as rants, and I would stand by that description. Both letters sounded angry, and were calling for measures that would make life unpleasant for many people.

I also pointed out that visitors have a right to enjoy our lovely area, and we should not begrudge that, and that as a rule Heacham residents welcome our guests, which is what holiday visitors surely are. But we are met far too frequently with coldness and rudeness, and a lack of consideration and, as the Irresponsible Dog Owners letter points out, an upsurge in the amount of waste food, rubbish and dog mess in our village. And let us not forget, it is OUR village.

The letter cited also reveals between the lines the resentment that many locals do feel, in spite of being polite to visitors. If visitors wish to be made welcome by locals, surely they should stop being rude, and stop trying to dictate how locals live their lives? As I said previously, if they don't like us or our village, they could always go elsewhere.

A Heacham Resident

(Name & Address supplied)



Dear Newsletter

Heacham

'Working Together'

I am lucky enough to reside in Heacham for 8 months each year, and am looking to move permanently into the area.

I agree with a lot of the comments expressed by the author of 'Irresponsible Dog Owners', but feel a couple of points need to be made.

Dog fouling and litter are not resident or visitor issues - they, unfortunately, are in evidence in all areas - but true, they increase in summer as Heacham's population expands.

I walk my dog, not only on the beaches, but on local walks not frequented by casual visitors, and I am sorry to say, evidence is clearly on display that dog fouling is occurring throughout the year. On my observations, I cannot equate the rise in this disgusting habit to be 99.9%, when visitors arrive in the main summer months. I wonder how many people actually see these acts? In the years I have been coming to Heacham, I have only seen horse mess left on the roads and beaches on North Beach - a point no-one seems to be interested in. I think most dog fouling is committed early in the morning, or late at night, when the excuse of 'no-one can see' seems to take sway over common decency - it is not hard to carry a bag, use it, then bin it!!

Regarding the comments on litter, I totally agree the increase is massive during the main summer months, mostly fast food containers and plastic. There are no refuse facilities on the beaches, and only a couple on the approach roads and slipways. Shops may have a token bin but, typically, it's small. I accept the council must balance their finances, but am certain bins on the beach and more on the approaches would reduce the mess. Couple this with the suggestion to cafe and fast food suppliers to increase their refuse collection facilities (advertises on the side could even offset costs, increase exposure and show penalty notices).

If this has sounded like a rant, I am sorry, but the bottom line is all areas suffer from a few irresponsible, selfish people who ignore common decency and spoil it for the vast majority of us, both resident and visitor. Heacham is a lovely place, and anyone seeing abuse such as fouling or litter should report it.

'Concerned'

(Name & Address supplied)



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Station Road

Dear Newsletter

Beeken's Garage

Reading the Parish Council report in the last issue of the Heacham Newsletter brought a wry smile to my face with respect to the item entitled "Beeken's Garage".

The portion of Station Road referred to as a layby outside Cunningham Court is, in fact, the remains of a failed attempt to complete a road widening scheme in the late sixties/early seventies. During that time, Parish Councillor John (Jack) Beeken senior, refused to sell or part with a strip of land in front of what became Cannon Pott Close. There was a planning restriction at that time which stated that, where a road widening scheme was scheduled, the landowner was compelled to forfeit sufficient frontage to allow the scheme to take place before planning permission was granted.

Mr Beeken knew of this and flatly refused. Later, this restriction was lifted. He sold the land for development without forfeit and hence the dog-leg on Station Road. The wall in front of Arco Tool hire was moved back at an angle about mid-way along after my father came to an arrangement with the Council, but this turned out to be a futile gesture because nothing was done on the opposite side of the road.

Thus, Station Road is not as it should be but provides the Beeken enterprise with additional public space, free of charge, from which to run a business.

R F Callaby

(This is a copy of a letter sent to Heacham Parish Council)



Blatchford Way

Dear Newsletter

Used Postage Stamps please

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

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

Stamps can be left at:

The Christian Bookshop, Heacham (closed on Thursdays)
"Bliss Hair & Beauty", High St., Heacham
The Community Charity Shop, High St., Heacham

A Big Thank You to all those people who already save them for me - it is very much appreciated.

Doreen Reed



Leicester

Dear Newsletter

North Beach

I'm writing about the jet skis dominating the beach and sea at North Beach. They are dangerous to the children playing in the sea, and when they are coming in in droves down the ramp.

I witnessed a toddler walking up the ramp, unseen by the driver, very nearly run over. They then gather together at the shoreline and then shoot off at breakneck speed. This goes on for hours - the noise is horrendous.

And, as a holidaymaker, I make sure I take my rubbish home and clean up after my dogs. I think the beach needs to be cleaned of the horse muck that is just left, and the stinking dead seals which seem to be left to rot for ages. These things are all a health hazard.

A caravan owner on Putting Green

(Name & Address supplied)



Fenway

Dear Newsletter

Wool Appeal

A desperate plea for wool for Cora to make blankets for the QE Hospital League of Friends. It doesn't matter how small the amount is. I can collect. My Car Boot stall is not looking too good without the blankets.

Any donations of good clothes would always be welcome.

Come to the Happiest Car Boot on Wednesdays.

Thanking all my generous friends.

Phyllis Sanderson

(Tel: 01485 570643)

Station Road Garage

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Heacham

Dear Newsletter

Suttons Estate Agents

The Pocahontas Players would like to thank Mr Peter Sutton for the support he has given to their Drama Group over the years. This includes sponsorship, promoting ticket sales, putting our name forward to receive help with lighting and sound systems at influential committee meetings and using his Estate Agency window for several weeks as a huge advertising board for our productions.

"All the best in your retirement Peter but remember, if you get bored, the Pocahontas Players are always looking for male thespians!"



Thank you so much for your support.

**Heacham
Pocahontas
Drama Group**



Leaside

Dear Newsletter

Heacham RBL

I'm still trying to reach a total of 15 active members which I hope to achieve at the Heacham Carnival. Currently, I am half way there.

The King's Lynn Branch have been asked to mail a letter of mine to all inactive Heacham Members for them to make contact with me.

The Poppy Appeal will be run from King's Lynn this year. However, Armistice Sunday will be a home event run by last year's organiser, Marcus Liddington. I'm hoping to have a local Standard Bearer appointed for the event.

If anyone is interested in selling Poppies this year please contact me and I'll put your name forward to King's Lynn. I can be reached on 01485 570179, 07785 930590, email: colin.toule@gmail.com or call at 33 Leaside.

Many thanks.

Colin Toule

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news & events in the community ...

Old Friends Hall Photographic Exhibition

The Old Friends Hall, Sunnyside, off Caley Street will once again be holding a photographic exhibition over the weekend 26th-27th August; opening hours are from 10.00-16.30 hours.



Admission is free to all those who visit, as it is to those who exhibit. We welcome clubs or individuals to show their works. It's still not too late to enter, just contact the Parish Office or myself at the number below for an entry form.

With this article is a picture captured by Bruce Ponder, which was exhibited at last year's show, entitled 'Arctic Terns'.

This year there is no theme to the exhibition, so we are anticipating a wide variety of subjects and styles to be on show. Again, we will be asking visitors to choose their own personal favourite exhibit; there are no prizes, it's just a bit of fun and it's definitely not compulsory. However, it's an activity where couples, friends and groups discover how varied their tastes really are.

The committee have agreed that any donations received, at the exhibition this year, will go to the Child's Bereavement Charity "Nelsons Journey".

We look forward to seeing you there.

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

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

FRIDHEM BINGO

Monday 28th August 2017

Eyes down 7.00pm sharp!

Refreshments

Come and join us

Proceeds go into the Residents Entertainment Fund

Fridhem Rest Home
79 Station Road, Heacham



Photographic Exhibition Heacham

26th-27th August 2016

10.00-4.30pm

Free entry

**The Old Friends Hall,
off Caley Street,
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PE31 7DU

Heacham Parish Council
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CHURCHES TOGETHER IN HEACHAM

A Change of Perspective?

Perspective changes things. From one angle something can seem small and insignificant. From another, it can appear large or even dominant. A small pebble on a beach can appear to be a large boulder, with the distant sea now merely a backdrop.

We have a great deal of choice about how we look at things. We can skip over the details and take in the wider picture, or we can get in close and examine the tiniest speck. Changing perspective means we have to do something about it – we need to move.

This can also be true about how we “see” things in our lives. Our current perspective will cause some things, whether they are events, people, ideas or something else, to look either larger or smaller. Their apparent importance and impact may vary depending on how we are looking at things at the time.

A shift of perspective might enable us to realise that we’ve been caught up too much in the details, or maybe we’re so obsessed with the big picture that we can’t see the small things any longer. Either way, a change of perspective might help us to appreciate differently the balance of elements in our life.

Looking at things (as far as it is possible) from God’s point of view can open our eyes to a whole new set of priorities. Some things increase in size and importance, whilst others diminish. It can help to shift our perspective and see life in new ways. What seems important or “big” in your life right now?

Is there anything you may have lost sight of?

Have you tried moving, changing your perspective?

With my prayers and best wishes for August.

Veronica Wilson

Rev’d Veronica Wilson, Team Rector of Heacham and Snettisham

Churchyard Wall

You will have noticed that, at last, work has begun on repairing and replacing the churchyard wall. The work will take some months to be completed. We have raised almost enough money to complete the job, and are very grateful for donations received and grants given. Thank you to the West Norfolk for fundraising at your Quiz and Bingo night.

But we do need some more. If you are able to give or to raise some money to go towards restoring and replacing this essential part of the village churchyard, please speak to Penny Taylor at the church office, 17 High Street. Tel: 572539.

The Parish Church of St. Mary: **Sunday Services in August 2017**

| | | |
|---------|---------------|----------------------------|
| 8.00am | 13th and 27th | Holy Communion (BCP) |
| 10.00am | 6th | Holy Communion (CW) |
| 10.00am | 13th and 27th | Morning Prayer |
| 10.00am | 20th | Morning Prayer and Baptism |

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.

PARISH REGISTERS

Recent Funerals at St Mary's

| | | |
|----------|---------------------|----|
| 12.06.17 | Leonard Payne | 77 |
| 13.06.17 | Marjorie Morris | 95 |
| 10.07.17 | Dick Garwood | 93 |
| 14.07.17 | Mary Edith Deighton | 95 |

'Blessed are those who mourn for they will be comforted'

Norfolk Open Churches Week - 5-13 August 2017

HEACHAM PARISH CHURCH

FRIDAY 11th August 2017 - 12 noon

'TWO CHICKS AND A JOANNA'

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HEACHAM METHODIST CHURCH AUGUST 2017

Sunday Services: 10.30am Morning Worship

6th August Tim Grimwood
13th August Marion Kemp
20th August Hazel Miles
27th August Revd David Howarth- Holy Communion
27th August Revd Steve Oliver – Beach Service 4.00pm

Like the schools and parliament, August is a holiday month for many of the regular church meetings so this August there will be **NO** Fellowship, Hands & Needles, Bible Study or Social Evening, but we will hold a midweek Communion, a coffee morning, a tea afternoon, a beach service and the weekly bowls.

Midweek Communion

The August midweek Communion will be on Wednesday 9th August 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.

Tea and Coffee

August coffee morning is on Saturday 12th August 10-12noon with John Harris playing the piano from 11.00am. There will be the usual bric-a-brac, cakes and book stall.

There's another chance to try tea afternoon on Thursday 24th August from 2.30-4.00pm. You can choose from Yorkshire, Earl Grey or Peppermint tea plus a slice of quality homemade cake for £1. You provide the chat.

Beach Service

On Bank Holiday Sunday 27th August, we're taking our afternoon service to the beach. Come and praise our Lord with the holidaymakers, favourite hymns and a message from Heacham Radio D.J. Minister Steve Oliver. Bring a friend – That's Sunday 27th August at 4.00pm at North Beach Heacham.

Short Mat Bowls

Short Mat bowls continues through the summer at 7.00pm every Friday. Holidaymakers welcome.

MIDWEEK ACTIVITIES

Tuesday - 10.00am-12noon - Open Door weekly
Wednesday - 10.30am - Midweek Communion 9th
Thursday - 2.30-4.00pm - Tea Afternoon 24th
Friday - 7.00pm - Indoor Bowls (weekly)
Saturday - 10.00am-12noon - Coffee Morning 12th

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



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DJ Rev. Steve Oliver
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9th August 2017
10am-12noon
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Heacham - PE31 7DU
In Support of the Community Building Project



Hunstanton Catholic Parish

On Saturday 1st July, the parish celebrated the 40th anniversary of the ordination of Fr Henry McCarthy. The Mass was celebrated by Fr Henry with assistance from nine other priests from the Diocese. The congregation was made up of relatives of Fr Henry, some of whom had travelled from Ireland for this very special day and also of guests from the many parts of the Diocese of East Anglia where Fr Henry had served as Curate or Parish Priest during these last 40 years.

Many tributes to Fr Henry and his work during this period were delivered by family and friends and he was presented with a framed special map of the locations where he had ministered. Many cards and gifts were given to Fr Henry to mark the occasion and he has said that all the monies given to him will be sent to one of his special charities, 'Médecins Sans Frontières'. It is with grateful thanks to Fr Henry that he continues to minister to us.



Fr Henry & family



Fr Henry & Priests

On Saturday 8th July, we had 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. After a slow start we had a steady stream of visitors and, including some late donations, around £1,000 was raised for the parish.

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.

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



Heacham in Bloom

As mentioned in our July article we must give a big, big vote of thanks to our sponsors/donors for 2017: Palm Beach Holiday Park (Canoe Bed at North Beach), Heacham Carpet Bowlers (North Beach Roundabout & Public Hall Baskets), Colin Manning (Lavender Bed), Jim Wilding & Kevin Partyka (Fire Station Bed), Paul Curson (Village Sign) and the following businesses and organisations for their donations re baskets/troughs in the High Street, A E Wallis (Bikes and Baskets), Heacham Post Office, Heacham Youth & Community Trust (Charity Shop), Hepburn Hair, St Mary's Church (Church Hall & Church Arch), Heacham Fish Bar, Ward Gethin Archer Solicitors, Bliss Hair & Beauty, Gary Rushmore Flooring and Heacham Parish Council (Heacham Library). Without your support we could not carry on doing the work we do.

The second weekend of July was a busy one for us with the 'Butterfly Gardening' talk on the Friday evening, where I'm sure we will all agree we came away knowing more about Butterflies than what we did when we went in. Also that weekend; on the Saturday, the judging of the Caravan Competition took place and the judges had a very difficult job as everywhere was looking so smart and tidy.

The winning park this year is Riverside Holiday Park, joint runners up are Long Acres and Tall Trees and this year there is a highly commended for Palm Beach. In the individual competition, 1st place went to Mrs Wilkinson at Pioneer Holiday Park, 2nd place to Mrs Butler of Riverside Holiday Park and 3rd place to Mr & Mrs Woodward of Seashore Holiday Park. Photographs of the winners can be found on our Facebook page and will be published in our September article.

Thanks must also go to Mark & Marie at the Fox & Hounds for once again sponsoring this event and providing the first prize in the individual competition. This year we had 11 entries and we thank you all for taking the time to enter. The standard of your displays was very high and it made the task of judging very difficult indeed.

Heacham in Bloom Committee
Heacham in bloom @btinternet.com

Heacham Lawn Tennis Club - update

Heacham Lawn Tennis Club is proud to announce a number of sponsors: Glebe House School, James Johnson & Co (Accountancy) Ltd, Norfolk Holiday Homes, Northgate Indian Restaurant, Paint Me Ceramics, Paris Print & Design and The Old Boathouse Café. Potential new sponsors are also welcome to sponsor the club as banners are seen regularly by car booters, caravanners and various sports club members!

The club is pleased that its Wednesday coaching sessions, organised by KES Community Tennis, have been progressing well and details of our summer coaching camp will shortly be available. Please look at our Facebook page for details.

New and potential members are always welcome to try out the fabulous grass courts and meet others on Sunday morning club sessions from 10am.

Membership details and coaching details can be obtained by contacting us by email on heachamlawntenniscub@gmail.com or via our Facebook page.



Heacham Group Practice GP Changes

From September 2017, we will be sadly losing Dr Nic Bohlender who is returning to Germany to establish his own GP Practice. We wish him every success with his new venture.

We have been very fortunate to welcome Dr Emily Waits to Heacham Group Practice.

Dr Waits is well known to our patients already as she has been completing her General Practitioner Training with us over the past year.

Dr Waits will be joining the current GP Team of :

| | | |
|--------------|---------------|-------------|
| Dr A Clifton | Dr L. Motwani | Dr H. Terry |
| Dr S. Tyabji | Dr J. Russell | |

Dr Bohlender patients will be assigned to Dr Waits, but please be assured you may continue to book to see any GP within the Practice.

We will be managing GP list sizes fairly based on the sessions worked by each GP.

Thank You

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Saturday 8am-3pm

A family business since 1918



Paris Larham

In Remembrance of Heacham's famous Pocahontas



Rebecca Rolfe, born in 1595 and daughter of Native American Chief Powhatan, was one of the first Native Americans to visit Britain. Rebecca Rolfe was more commonly known as Pocahontas and Powhatan could also be referred to as Chief Wahunsencawh.

Pocahontas had gained the respect of the Jamestown colonists when, at the age of ten, she had intervened to save the life of Captain John Smith who had been sentenced to death by her father. Following her intervention, she was taken hostage by the colonists in 1612 as a way to guarantee her people's good behaviour. A year on from this, Pocahontas converted to Christianity. This is when it is said Pocahontas was given the name Rebecca.

After Pocahontas converted to Christianity, she married (in 1614) an Englishman, John Rolfe, who was one of the early English settlers of North America. Shortly after their marriage, in 1615, Pocahontas and Rolfe had a son, Thomas Rolfe. Their marriage helped stop the fighting between the Native Americans and the English.

In 1616, the family were thought to have sailed to England, where the princess was received by King James I and feted at banquets in London. It is said that Pocahontas then went on to plant a mulberry tree in the grounds of Heacham Hall to mark her visit there. But unfortunately, the hall itself burnt down in the early 1940s.

Some Native Americans joined the journey with Pocahontas, John and Thomas Rolfe to England in a small, wooden sailing ship, named the 'Treasurer'.

Pocahontas was also famous due to many of her characteristics. It is believed that Pocahontas tried to keep the peace and that she was brave because she left her home to cross the ocean to Britain, as well as saving the life of Captain John Smith.

She was very popular within Britain and made great success whilst travelling around there, everyone wanted to meet her. Pocahontas and her family spent some seven months travelling around England.

During her visit, a painter made a portrait of Pocahontas. The picture shows Pocahontas dressed as a fine English lady.

Sadly, Pocahontas died in 1617 as the ship prepared to sail back to America with Pocahontas and her family. She became severely ill. She had caught smallpox and her health had become very poor. The ship turned back, but Pocahontas passed away. She was buried in Gravesend in England.

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PARADE & FETE

SUNDAY 6 AUGUST 2017

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FROM 6.00AM

BBQ FOOD

BAR IN THE PAVILION

THE SHEEP SHOW

CRAFT TENT

CHILDREN'S FAIRGROUND

JUDO DISPLAY

MUSIC CITY OF NORWICH BRASS BAND

GUN DOGS

VINTAGE CARS

NORFOLK OWLS

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• DISPLAYS BY JAMIE'S FIT STEPS & ROLLASON STAGE SCHOOL •

• • • SOCIAL CLUB • • •

BAR OPEN 8am to 11pm – PIMM'S O'CLOCK ALL DAY
BREAKFAST 8.30am to 10.30am – LUNCH 12 noon to 5.00pm (Booking advisable)
MUSIC AT NIGHT "WHERE'S FRANK" 6.00pm to 9.00pm

TIME TABLE ~ TIMES MAY VARY

| | | |
|------------------------------------|---------------------------------------|---------------------------|
| 6.00pm Car Boot (All Day) | 2.00pm Parade Arrives Sports Field | 3.30pm Sheep Show |
| 12 noon Craft Stalls Open | 2.15pm Judging and Prize Presentation | 4.00pm Jamie's Fit Steps |
| 12.30pm Sheep Show | 2.30pm City of Norwich Brass Band | and Rollason Stage School |
| 1.15pm Parade Starts College Drive | 3.00pm Judo Demonstration | 4.30pm Gun Dogs |

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Open daily 11.00am – 11.00pm (except 25/26 Dec)

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Buffets available on request.

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Afternoon Prize Bingo – 16th August – 1.30pm

Carnival and Fete Day 6th August

Melody Best 19th August - 8.30pm

Charity Auction Hall 19th August

Reckless Jivin 8.30pm 27th August

Bingo – Friday nights

Car Boots – Wednesday a.m. & Sundays 6/8, 13/8, 20/8, 27/8.

ALL WELCOME TO OUR ACTIVITIES & FUNCTIONS.



Her mark is left in the village of Heacham on the village sign in a carving based on the most famous portrait of her, and this year marks 400 years since Pocahontas' death. There are many stories and myths related to Pocahontas' life which are still frequently told today. Accordingly, we don't know the exact story of Pocahontas and what is exactly true or false about her. A memorial can also be seen of Pocahontas in the village church.

Reporting for THN

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TIDE TABLES FOR AUGUST & SEPTEMBER 2017

| HIGH WATER AT HUNSTANTON | | | | | | | | | |
|------------------------------------|---------|-----|-----------|-----|-----------|---------|-----|-----------|-----|
| Heights above chart datum | | | | | | | | | |
| Time Zone UT (GMT) add 1hr for BST | | | | | | | | | |
| Aug 2017 | | | | | Sept 2017 | | | | |
| Date | Morning | | Afternoon | | Date | Morning | | Afternoon | |
| | Time | m | Time | m | | Time | m | Time | m |
| 1 TU | 00 28 | 5.6 | 12 51 | 5.6 | 1 F | 01 51 | 5.5 | 14 37 | 5.4 |
| 2 W | 01 32 | 5.5 | 14 03 | 5.5 | 2 SA | 02 59 | 5.7 | 15 42 | 5.7 |
| 3 TH | 02 36 | 5.6 | 15 10 | 5.6 | 3 SU | 03 54 | 6.2 | 16 33 | 6.2 |
| 4 F | 03 35 | 6.0 | 16 09 | 5.8 | 4 M | 04 40 | 6.6 | 17 16 | 6.6 |
| 5 SA | 04 24 | 6.3 | 16 57 | 6.2 | 5 TU | 05 21 | 6.9 | 17 56 | 6.8 |
| 6 SU | 05 08 | 6.7 | 17 39 | 6.4 | 6 W | 06 01 | 7.2 | 18 34 | 7.0 |
| 7 M | 05 48 | 6.9 | 18 18 | 6.7 | 7 TH | 06 39 | 7.4 | 19 12 | 7.2 |
| 8 TU | 06 25 | 7.0 | 18 57 | 6.8 | 8 F | 07 17 | 7.5 | 19 47 | 7.3 |
| 9 W | 07 05 | 7.2 | 19 34 | 6.9 | 9 SA | 07 52 | 7.6 | 20 20 | 7.2 |
| 10 TH | 07 40 | 7.3 | 20 10 | 6.9 | 10 SU | 08 28 | 7.5 | 20 55 | 7.0 |
| 11 F | 08 14 | 7.3 | 20 45 | 6.9 | 11 M | 09 07 | 7.4 | 21 33 | 6.8 |
| 12 SA | 08 47 | 7.3 | 21 20 | 6.8 | 12 TU | 09 51 | 6.9 | 22 20 | 6.3 |
| 13 SU | 09 25 | 7.0 | 21 59 | 6.6 | 13 W | 10 46 | 6.4 | 23 20 | 6.0 |
| 14 M | 10 08 | 6.8 | 22 46 | 6.2 | 14 TH | | | 12 00 | 6.0 |
| 15 TU | 11 02 | 6.4 | 23 48 | 6.0 | 15 F | 00 45 | 5.7 | 13 38 | 5.8 |
| 16 W | | | 12 13 | 6.1 | 16 SA | 02 14 | 5.8 | 15 05 | 6.1 |
| 17 TH | 01 08 | 5.8 | 13 41 | 6.0 | 17 SU | 03 26 | 6.3 | 16 16 | 6.6 |
| 18 F | 02 31 | 6.0 | 15 07 | 6.2 | 18 M | 04 24 | 6.8 | 17 12 | 7.0 |
| 19 SA | 03 41 | 6.4 | 16 19 | 6.6 | 19 TU | 05 14 | 7.3 | 17 58 | 7.3 |
| 20 SU | 04 41 | 6.8 | 17 21 | 7.0 | 20 W | 05 57 | 7.5 | 18 38 | 7.4 |
| 21 M | 05 32 | 7.3 | 18 13 | 7.3 | 21 TH | 06 38 | 7.6 | 19 15 | 7.4 |
| 22 TU | 06 17 | 7.5 | 18 59 | 7.4 | 22 F | 07 18 | 7.6 | 19 47 | 7.3 |
| 23 W | 07 01 | 7.8 | 19 40 | 7.4 | 23 SA | 07 54 | 7.5 | 20 17 | 7.2 |
| 24 TH | 07 42 | 7.8 | 20 17 | 7.3 | 24 SU | 08 26 | 7.3 | 20 45 | 6.9 |
| 25 F | 08 19 | 7.6 | 20 51 | 7.0 | 25 M | 08 57 | 6.9 | 21 11 | 6.6 |
| 26 SA | 08 55 | 7.3 | 21 24 | 6.8 | 26 TU | 09 29 | 6.4 | 21 41 | 6.2 |
| 27 SU | 09 30 | 6.9 | 21 55 | 6.4 | 27 W | 10 06 | 6.0 | 22 22 | 5.8 |
| 28 M | 10 05 | 6.4 | 22 30 | 6.0 | 28 TH | 11 00 | 5.5 | 23 27 | 5.5 |
| 29 TU | 10 50 | 6.0 | 23 20 | 5.6 | 29 F | | | 12 29 | 5.1 |
| 30 W | 11 54 | 5.5 | | | 30 SA | 01 01 | 5.4 | 14 01 | 5.2 |
| 31 TH | 00 33 | 5.4 | 13 17 | 5.2 | | | | | |

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Borough Council News

On 31st July, the Borough Council planning committee considered the planning application to double the number of houses to be built off Cheney Hill to 133. Over 200 public objections, objections from Heacham Parish Council, objections from both Heacham Borough Councillors, and from our local MP, would have been considered against the desire of planning officers to say yes. I couldn't vote as my views were published long ago.

I hope the planning committee rejected the application – in which case they should be congratulated for sorting the wheat of right from the huge pile of chaff. If they accepted the application then please do not do the same. Make a noise and make it loud. It will have serious implications for the next round of applications being considered this autumn.

If you are thinking of escaping to a smaller village, choose carefully as boundaries are being re drawn so more houses can be squeezed in.

A ten-year tree strategy is being considered. It is Borough wide so think about where trees might go including, perhaps, to replace all those being rooted out prior to yet more development.

Parking at south beach might be eased next year but not due to any borough initiative. More information later.

Terry Parish

NEWSLETTER SUDOKU No. 114

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

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

Solution to
Newsletter
SUDOKU
No. 113

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

Ruffle and the Moving Stone

by Rachel Greaves

Ruffle was lying dozing on the warm garden grass, Keeping one ear open for anything that should pass. Suddenly he heard something, a faint snuffling sound, Curious what it was, Ruffle sat up and looked around.



There was nothing on the grass but a small mottled stone, Sitting right in the middle of the lawn, all alone. 'Mmm', thought Ruffle, 'I'm sure it wasn't there before. Perhaps I'll keep an eye on it just to be sure!'



Ruffle sat down then looked on in surprise, As very slowly the stone began to rise. First from the front appeared a timid head, Then from each side a small, wrinkly leg!



A stone with legs? That can't be right! Ruffle decided to pick it up, holding it quite tight. He took it carefully over to Eric's station door, And placed it very gently upon the stony floor.



Ruffle began to bark to give Eric a shout, Finally, the door opened and Eric came out. He looked down and smiled at the stone on the ground, 'My tortoise, Shelley! Ruffle, that's what you've found!'

www.ruffletheraildog.co.uk

Competition Winners!

As was stated in the July Newsletter, we had two lucky winners in our recent competition who each won a set of Ruffle the Rail Dog books. Below are photos of the delighted winners each receiving their prizes from Rachel Greaves and... Ruffle!:-



Rachel & Ruffle and Mrs Lizabeth Dormer-Ainge

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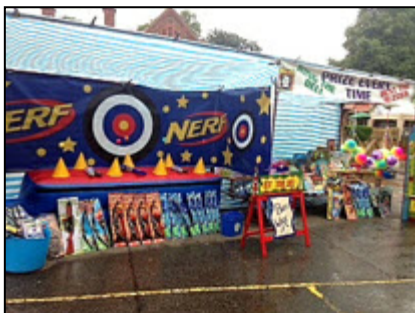
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PTA NEWS

Our summer fete on Saturday 15th July was a great success.

Despite the very damp start everyone had an amazing time. We had a great variety of stalls, games, rides and not forgetting the fantastic snail racing.

We raised a staggering £1,400 for PTA funds. These funds pay for extras for our children and trips such as the annual Year 2 trip to Bewilderwood.



We would like to thank: Paul Hind for the fantastic ride, Sharon Wagg, Jason Sandle, Chris Gillings and Nikki Fuller for cooking and serving our tasty BBQ, Redgate Bakery for the rolls and Walsingham farm shop for the BBQ meat, Victoria English

and Victoria Proctor for our refreshments, Louise Rudd and Louisa Coldman for the amazing cakes, the Parish Council, Rodney and Steve Wagg for the tables, the lovely stall holders, and all our other helpers - Louise Jackson, Mrs Tuckwood, Mrs Patnell, Jo Ingrey, Rachel and Tony Steel, Liz Steadman,

Amanda and Adrian Ruddock, Ella, Hollie, Stuart, Gracie and Emmie Ashley, Karen Frary, Louise Prosser, Jo Kellythorn, Sarah Drew, Tegan, Maisie, Kourtney and Eris, Dylan Mc Shane, Lauren and Jack Sandle. We could not have managed it without them. I'm sorry if I have missed anyone.

On a sad note, this was our first school fete without Tracey Swann helping us; it was not the same without her smiling face selling raffle tickets!

The last thank you goes to everyone who donated to the raffle, tombola and cake stall, and especially to those who came and spent their money, and supported us on the day; without your support we would not have raised so much money for our school and our children.

Here's looking forward to next year's fete. Have a great summer holiday!

Rachael Sandle & Victoria English
PTA



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Radio Heacham Monthly Update

Lots of planning is going on this month for charity events and also events to help us raise money to keep the station going. The main two events we are planning at the moment are the Heacham Carnival float as well as Children In Need for later on in the year.

Our work for the Float this year is underway and starting to come together. This year though we will not just be sitting in the back of the truck. We will also be giving out some nice treats to say 'Thank You' to everyone we pass for supporting us with our journey so far, as well as walking about with our cameras for pictures on the website. So, if you see us give us a wave and a smile.

For Children In Need last year I did a 24-hour show when I did not sleep for 24 hours; I was on the radio non-stop. This year I will be up for 24 hours but I'm not just going to be stuck on the radio. I'm going to be out and about selling small things to raise money, as well as maybe giving you a chance to win a prize. This all depends on what sponsors we get for this. This is where you come in. If you run a small business / Group and would like to team up with Radio Heacham for Children In Need this year, please let us know via our website or Facebook page. We really need your help to get this event going and, if this goes well, hopefully we can do events like this in the future. So please get in contact and help us raise money for Children In Need.

Radio Heacham is run on donations from the public. Everyone who is part of the team help out in their spare time and get no pay for their time. Every donation we get does go straight through to the station to help up 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.

There are many ways you can tune in. You can download the Radio Heacham App that is available from the google play and apple store or Download the tune in app and search Radio Heacham. You can also tune in via our website at www.radioheacham.org.uk/listen.

Joseph Rumens

Radio Owner

www.radioheacham.org.uk

ELEVENTH ANNUAL Norfolk Family Walk
at Holkham Hall
for **BRAIN TUMOUR RESEARCH & SUPPORT**

SUNDAY 15th OCTOBER 2017
10am-4pm

Adults : £5 Children : FREE
Car Parking : £3.00/CAR can be redeemed at the shop
The walks are: 1, 3, 6, or 10 miles.
The one mile walk for children has games along the way.
Prams, trikes, wheelchairs and animals on leads are welcome.

Brain tumours now account for more deaths among children and those under 40 than any other cancer.
Join others and raise sponsorship for your chosen brain tumour or cancer charity and help us all find a cure for this devastating disease.

The 2017 "World Walk" for Brain Tumours is a project of the International Brain Tumour Alliance (IBTA) and is in its eleventh year. We hope to achieve enough mileage world-wide to encircle the Earth at the Equator many times. The "World Walk" symbolically unites all those around the globe whose lives have been touched by a brain tumour.

Go to www.astrofund.org.uk to download a sponsorship form and for a link to create a fundraising page or contact via email treasurer@astrofund.org.uk or telephone 01485 525279

Organised by the Norfolk Branch of Astro Brain Tumour Fund, charity no. 1133667

Logos: HOLKHAM, IBTA, astro fund, Brain Tumour Fund, ADRIAN FLUD



Is this your home from home?

Do you love the Norfolk Coast? If you are a second home owner in the Norfolk Coast Area of Outstanding Natural Beauty, you can play a crucial role in keeping the area and its wonderful towns and villages as vibrant tomorrow as they are today. Some tips on how to help:

1. **Don't leave homes empty** – if you don't use it all year round, why not consider short lets?
2. **Spend your money locally** – buy local products, local crafts, use local businesses
3. **Travel sustainably** – use the great public transport links, walk, cycle, or help with a local community transport scheme
4. **Be part of the community** – make links with local people, bring your skills to the area
5. **Understand your Norfolk Coast** – get involved with local issues, find out about local traditions and features
6. **Make your voice heard** – volunteer for local causes
7. **Keep your place special** – keep your garden tidy and your property in good order
8. **Ensure your safety** – sign up to flood alerts, sign up to oil tank watch schemes
9. **Watch your waste** – dispose of all of your waste in the correct way
10. **Stay in touch and secure** – Build a good neighbourhood network, follow local police guidance.

For more info: www.norfolkcoastaonb.org.uk

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Heacham Social Carpet Bowls Club Sally Groom Memorial Trophy Tournament Sunday 21st May 2017

The Carpet Bowls Club held their first Sally Groom Memorial Trophy in May this year. Sally was a member of the club for many years, both playing and helping with all the tasks that make our club so successful. We had 12 teams enter from all around the area, with Ramsey and Littleport being the finalists, and a great match was held, with Littleport emerging the winners.

Sally's sons - Gary, Paul and Andrew - presented the winning team with the beautiful trophy. Perhaps next year it will return to us in Heacham; more practice required! The beautiful wooden spoons were duly presented to Dersingham. A most important raffle completed the afternoon and many prizes were won - and of course the tea and cakes were delicious. See you next year.

The Club will be closed during August but why not come and practise with us Tues/Wed/Thurs 10am to 12.00 at the Social Club from September.



The Sally Groom Memorial Trophy



Winners presented with their cups by Vice Chairman Angela Gee



Runners-up including Alan Holman, founder of the Carpet Bowls Club.

Gary, Paul & Andrew Groom with the winning Littleport team

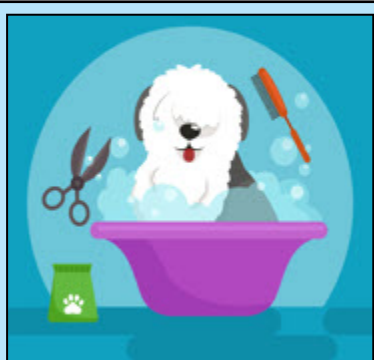


Someone has to get the booby prize – better luck next time Dersingham

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Annual Summer Tournament Sunday 25th June 2017

Twenty-eight members took part in our Tournament and an enjoyable time was had by all. With seven teams of four competing, play was pretty full on. However, welcome relief from play came at midday when competitors were treated to a Ploughman's Lunch prepared by the Social Club Chef, Alison. At the end of the first round of games, four teams took part in the semi-finals, with the two winning teams then going on to an exciting and close final. Final results were as follows:-

Winners:

Alison Bowyer
Monica Goff
Linda Oakland
Carol Sugg

Runners-up:

Alan Holman
John Hunt
Sheila Kirkham
Marian Wylie



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Dominoes champions support West Norfolk Mind

Players from Heacham Social Club Dominoes Team went along to West Norfolk Mind's Heacham Centre to present an £80 donation which was raised by winning the dominoe league.

Zena Penty, Volunteer Co-ordinator at West Norfolk Mind, said "It was great to meet some of the team and we were delighted with the donation, which was spent on a new retro music system which plays vinyl especially so our older persons group can bring in their old records to listen to. We have made particular progress this year in raising awareness and eradicating stigma



amongst men locally so we are especially pleased when men choose to support us and visit so we can share experiences and information with them about the local services available. I would like to congratulate them on their league win and wish them luck for next season."



Photo: Left to right Heacham SC Dominoes Team: Trevor English, Jeff Turner, Joy Waldron (West Norfolk Mind) Robert Howell. (Other team members are: Kevin Pooley, Kevin Crompton, Phillip Lee).

For information about fundraising or volunteering for west Norfolk Mind call Zena Penty on 01485 572707 or 07919 235143 or email zena.penty@westnorfolkmind.org.uk

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Sandringham Explorers

We would like to wish three of our Explorers the best for the future – Jack Parr, Holly Bowen and Trudy Cooper.

Jack has been a Beaver, a Cub and a Scout at Heacham and joined Sandringham Explorers at age 14. Jack has been on several International Camps as well as doing Norjam and Essexjam and has enjoyed mixing with other Scout troops around the world. Jack has learnt lots of Scout skills attending survival camps, from Map reading to First Aid. Jack also gained his Platinum Award which was achieved by completing two nights away, carrying all the equipment that was needed for the nights away; 2-day hikes and 3 months aiding in the community which involved helping at a Beaver Colony and had to learn a new skill. Jack is now going to train to become a Cub leader at the 7th in King's Lynn.

Holly Bowen met us at Norjam 2014. Holly has been a really good Explorer taking all challenges with gusto. Holly has a few medical issues but she does not let that get in her way. Holly also gained her Platinum Award doing all the tasks she was set. Holly is also set to train as a leader for the 7th.

Trudy Cooper has had a very busy time at Explorers, attending every camp that she was able to. Trudy has also gained her Platinum and her Diamond Awards, despite struggling with the extreme heat whilst on a 3-day hike. Trudy is now going to University and, when she gets settled, will attempt to do her Queen's Scout Award.

Sandringham Explorers are also proud to present Thomas Edwards with his award.

We have had a very busy programme this year doing all the scouting skills that you would expect from a good Scouting unit. Explorers were given a challenge of three tins of food, not knowing what they were as the labels had been removed. They were challenged to make a meal with them and other ingredients were provided like noodles and spices. Surprisingly, they made some really good meals and there were some incredible aromas!

We also had an event at the beach which turned into mud racing, which the Explorers thoroughly enjoyed.

This is just a snippet of the things that the Explorers got up to. They are now looking forward to their summer camp which is going to be held in Holland.

Anybody wishing to join or is just interested, please contact us on 07534 361956 or email: little123kingfisher@gmail.com

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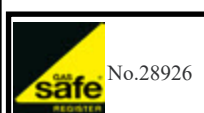
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Heacham at Night

August already and another issue of this publication marks the passage of time. Observations in astronomy have something in common with the Newsletter, as earlier astronomers were often charged with measuring time between events so predictions could be made and knowledge give power – theological, political or academic. The length of day and year may seem obvious though the latter requires a Leap Year. The length of a month is more complicated and is connected to the lunar cycle, new moon to new moon, which is 29.5 days.

Precise measurement and recording of the times of solar system events has enabled astronomers to predict all manner of phenomena for millennia and, more recently, ensured spacecraft reach their distant targets exactly on time after journeys of many years.

On the 21st August, there is an event which has been important to humans for countless years, a total eclipse of the Sun when the Moon will completely cover the fiery disc and birds will fly backwards. It is visible along a track crossing the USA. However, should you not be on that line which crosses Trump heartlands, look at the Sun at 7.47pm (through eclipse glasses or by projection) and a thin sliver at the bottom of the disc will be missing. Blocked, of course, by the Moon in front of it. Followers of the Wiccan religion call this a Black Moon.

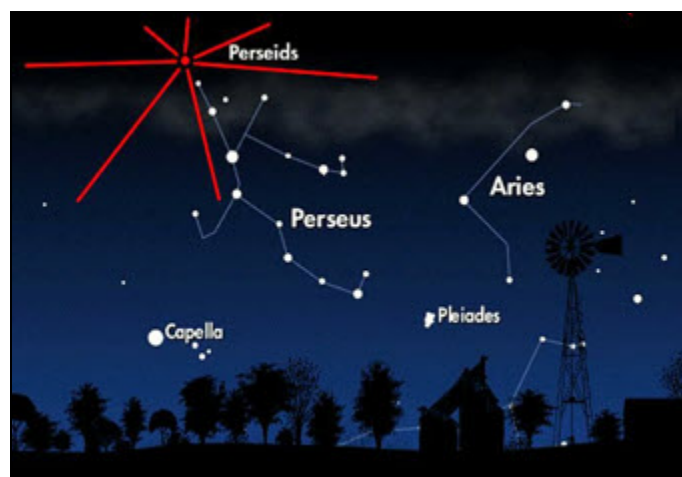


Just before totality in China in 2009. My totality picture was fuzzy

A total eclipse comes about by a mathematical coincidence of size and distance; the Sun is 400 times as wide as the Moon but is 400 times further away so appears to be the same size. If you have read the Hitch Hiker's Guide to the Galaxy you will know this is no coincidence.

Anyway, enough of Heacham when the Sun shines, the skies are getting a tad darker so what can be seen at night? Another predictable event occurs on the 12th / 13th which means late on a Saturday and early on a Sunday. It is the peak of the Perseid meteor shower which is, in my experience the best shower of the year. The shower actually starts mid-July and carries on to

the third week in August so start looking for meteors on any clear night. Before dawn is the best time but a little unsociable. Also, on the peak night, a waning gibbous Moon appears after midnight which will hinder observations unless patchy cloud blocks it but not the meteors.



Look North East

Another eclipse best viewed elsewhere: On the 7th August look at the full Moon when it rises at 7.10pm and continue observing it for a while. You may discern that it gets brighter because, at moonrise, it lies in the Earth's penumbral shadow as seen from the UK. As it passes out of this half shadow the Moon enters full sunlight again.

The planets: Jupiter is still bright in the west after sunset but is slipping lower in the sky all the time and will be effectively gone by the end of the month. Saturn, in the south, starts higher in the sky and will be with us until the end of September. If you want to see the rings you need to do it sooner rather than later and also look for that spark of Titan mentioned last month.

At 11pm on the 1st-3rd, look for Saturn in the SSW below the Moon. The bright reddish star even lower is Antares. The star above Saturn and the Moon is Sabik. This pattern repeats itself around 9pm between the 29th and 30th.

An article in the New Scientist magazine suggests that the giant moon of Saturn will be the next human extra-terrestrial colony after Mars. It has a dense atmosphere, albeit largely nitrogen, and water ice. An attraction is a range of possible energy sources including tidal power. Saturn's gravity causes tidal changes of about 1 metre/day in Kraken Mare, a methane sea, and a feature called the Throat of Kraken is akin to Earth's Straits of Gibraltar. So, your distant grandchildren might live there one day. Titan will be habitable once Earth has vanished within the expanding Sun in about 5 billion years.

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The ice giants Uranus and Neptune are coming into view again but I will leave them until next month when the skies are a little darker. Suffice it to say that the reappearance of these two planets and the disappearance of Jupiter, then Saturn, from our night sky is significantly due to the faster rotation of the Earth around the Sun. In one Earth year the Earth has travelled around 583 million miles whereas Neptune, for example, has only travelled 106 million. Consequently, Earth is always overtaking the outer planets on the inside track.

Venus is brilliant in the pre-dawn sky and is visible in the ENE from about 4am. Venus is an inner planet and travels faster than the Earth so is always overtaking us which is why its position in the evening or morning sky changes so quickly.

At 5.30am between 18th-20th, Venus is close to the crescent Moon. To the left and slightly above are the stars Castor and Pollux, the heavenly twins born of Zeus. Castor is above Pollux and is a system of six stars some of which are hot and blue-white whilst others are dim red dwarfs; Pollux is a yellow orange giant star.

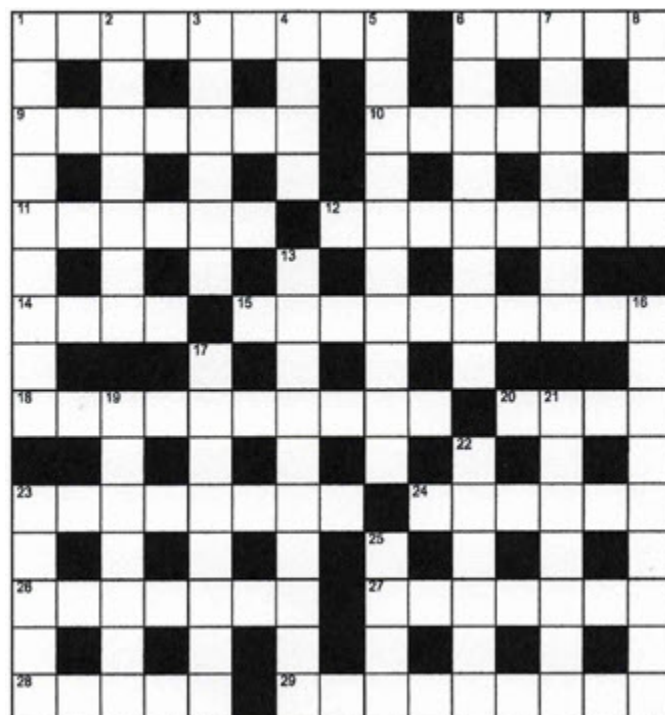


Look a little east of south in the middle of the month and you will see, low down, the pattern of stars above. It is Capricorn, the goat. The top right star is Algedi and may be discerned as a double though it only appears so. Each of the stars is a real double – two stars are linked gravitationally. The star below Algedi is Dabih which is a true double, one star being yellow, the other blue white.

Why look at these stars? They are further examples of the many multiple star systems which exist and you just have to move your eyes a little west of south and down a tad and you will find Saturn. So, your time is efficiently used.

Look out for that sliver of a solar eclipse on the 21st. More about it next month.

Terry Parish



CROSSWORD CLUES

Across:

1. Potter joined one club after another (9)
6. Writer exhibits manuscript and verses (5)
9. Gloss over, somewhat, as leaders fall foul of rule (7)
10. Break broadcast the moment golfer is due to start round (3,4)
11. Article about increase has come to light (6)
12. Penalty applied for gratuitous strike (4,4)
14. I work with a devious character (4)
15. Recording early fast time, the French ship was unstoppable (10)
18. Choose to speak for voters (10)
20. Tail suffers small wound (4)
23. Come back and prepare a stew (8)
24. Girl meets boy and another girl (6)
26. Call home before I serve cocktail (7)
27. Hail cuckoo, yet catch fish (7)
28. Car makes three-point turn with father on board (5)
29. Special regard shown for film (9)

Down:

1. Ignore wag on a plane (4,5)
2. Precious flower seen from down under (7)
3. Barred first eleven and another team prior to display (6)
4. A throwaway line? (4)
5. Cleaners put off over toilets (10)
6. Can't leap off to secure lifeline! (8)
7. Imposing building is doomed if I cease in residence (7)
8. Small measure of grain (very small) (5)
13. Cutting down on ironing? (10)
16. A material point crops up during a random test (9)
17. A restraining order (4,4)
19. Made it possible to finish table in no time (7)
21. Gauge quality (7)
22. Develop revolver, within limits (6)
23. Starts racking out before exhibiting summer dresses (5)
25. He appears in short uphill section (4)

Solution on page 42



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1st Heacham Cubs

Our first night back after the half term was on 8th June, with the evening following the usual pattern of Cubs renewing their Law and Promise followed by a night of games run by Kaa. The only difference was that the seconders of each six did the flag break at the beginning and ending of each session. Unfortunately, I cannot write what games were played on this night as I did not put them down in my book, but probably kick rounders and others; but I'm sure they must have enjoyed them. As it was the start of a new month we gave out Joining In Badges to Dominic and James to celebrate 4 years in the Scouting Movement.



The following week on the 15th we went to the Lifeboat Station in Old Hunstanton. The Cubs were given a talk by Pete about the kit that is used by the Lifeboat men and women and Andy modelled it for them, but it was a bit of a warm evening and he did get a bit hot stood there. Then

they had a talk about the tractor (it was huge). Victor, the tractor driver, had to take it away and came back with another one equally as big. I must admit I did like the massive oil drip tray underneath. It made me smile as my car leaks oil and I seem to have a permanent patch of sand on my driveway. Anyway, back to the story. After the tractor(s), it was the hovercraft which they had a look round and a chat about.

Afterwards, we went upstairs where it was Kate's turn to talk to the Cubs about Water Safety. She talked to the Cubs about how to stay safe on the beach and what the different flags mean, who do you phone and what do you do if you are in trouble. Kate tried very hard to get them to sing but they were not too impressed. They all got a badge and pen with Alexi winning a small prize for the colouring competition. Heacham Cubs were able to donate £30 to the Hunstanton RNLI.

Next, on the 22nd, the Cubs either refreshed their memory or learnt how to use a compass ready for the following week when they would be going out. They also played kick rounders.

So, on the 29th, the Cubs went on a Penny Hike/Compass Points walk. Basically, this was where they flipped a penny, or in our case 2p, as Kaa said this was bigger and easier to read. If it was heads they went left and if it was tails they went right, but they had to record left or right then the compass bearing on a sheet of paper. They were split into 3 groups and were gone for about

45 minutes. Some found it easier than others, but it will click into place. It is just getting them used to NOT following the big red arrow which always faces North, unless of course you want to move in a Northerly direction; there is a much smaller arrow which is the actual direction of travel. Thank you to Ziggy and Hathi who took one group, then Kaa and Tommy took another and the final group was escorted by Barry, Simon and William (a Scout).

The 6th July saw us out of the hut again, this time at South Beach in Heacham. After meeting in the car park, the Cubs walked towards Snettisham doing a litter pick on the way. Once we were out of the way of the houses we found a dune and the Cubs played Capture the Flag and good old fashioned Hide and Seek. On the way back they were skimming stones but some had to have it explained that a rock the size of a small boulder was not really an ideal skimming stone, but it did make a good plopping sound.

On our last evening, we had a BBQ and played games at the hut as it was drizzling, so Simon got a bit wet outside while doing the cooking. We had a football shoot-out, which I was pretty bad at and a bleep test which I was pretty good at, but considering my one stride is probably about four of the Cubs I did get to the other end of the hall a lot quicker than they did! At the end of the evening we had to say Goodbye to Alfie, Isaac and Nathan who have reached the grand old age of 10½ and hopefully will go onto Scouts in September. It was sad to see them move on, but as they get older, and if they continue in the Scouting movement, they will have so much fun. 100% attendance certificates went to Alexis, Harley and Zack and Blue Six won the prize for the most points earned this term. Nathan got the prize for Cub of the Term for his Excellent Attitude while at Heacham Cubs.

Finally, on 25th June, some of the Cubs went with Zingy, Kaa and Barry to help with the Butterfly Walk in Sandringham Woods, helping set up the trail. As they walked the trail which was the longer one of the two at Sandringham, they were awarded with their Hikes Away Badges; Harley, Jacob and Samuel received their Hikes Away 1 and James received his Hikes Away 2 badge.

We are now on our summer holiday break and will meet up again in September.

Happy Scouting to all our Cubs and enjoy the summer - stay safe!



Akela (Sam), Zingy (Julie) & Kaa (Rob)
Young Leaders Hathi (Jemma) & Ricky
(Tommy)

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Heacham Seniors FC

Season 2017-18

NEW VENTURE

Anglian Combination Division Four, official tie-up with King's Lynn.

You may have seen the following report which was published recently in the Eastern Daily Press –

“Kings Lynn Town have announced an official tie-up with Anglian Combination Division Four side Heacham FC.

Heacham manager David Griggs said “Myself and the club are very pleased to confirm this new venture between ourselves and King's Lynn Town.

“Initially Lynn will be loaning us two youngsters for the new season to give them experience of a season in men's football.

“It is hoped that they will gain a good grounding of football with ourselves playing at Anglian Combination level.

“We have achieved two promotions over the past two seasons and are looking to move along to the next level. This is just the beginning of what we hope will be a long and fruitful partnership between the two clubs.”

Linnets reserve team boss Rob Back is looking forward to the new venture.

“I'm really happy with this new arrangement,” he said. “We have a few younger players that need to play adult football so this link we now have with Heacham FC will bridge another gap for us.

“It is a partnership that will work both ways going forward and again it's another move from the club to put itself into the community and to be seen to supporting local football within the area. I am looking forward to working with David and Heacham next season.”

Season starts August 19th 2017.

August 19th Home to St Andrews

August 23rd Away to Gayton Reserves in Division One N.W.N League

Teams in the Division are: Aylsham Res., Yarmouth Town Res., Bungay Town Res., Stalham Town Res., Mulbarton Res., Bradenham Res., North Walsham Res., Reepham Res., Wymondham Res & Sheringham Res..

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WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room
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 7.00pm (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 7am to 12noon (Gates open 6.30am for Booters) (All Day Car Boot from 6am - 6th Aug)

(HSC Sports Field)

SUNDAY AFTERNOON SERVICE 4pm 1st Sunday Monthly
Everyone welcome For details Tel:579440 (PRH)

HEACHAM DIARY

Friday 4th August 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 cost £3.50 per person

Saturday 5th August GIG 'Matt Pierce' at Silver Sands

Sunday 6th August 'Heacham Carnival Parade' departs from College Drive at 1.15pm Also an 'All Day Car Boot Sale' on Heacham Social Club Sports Field from 6am

Monday 7th August '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 8th August GIG 'Part Time Blues' 8.30pm at Fox & Hounds Station Rd

Wednesday 9th August 'Community Coffee Morning & More' 10am to 12noon at the Old Friends Hall Sunnyside Everybody welcome

Friday 11th August 'Two Chicks and a Joanna' with Grace Ng & Marian Abramovich playing duets on the grand piano at St Mary's Church from 12noon Free Admission Light Refreshments Retiring collection

** GIG 'Odd Man Out' 8.30pm at Fox & Hounds Station Rd
Saturday 12th August 'Coffee Morning' at Heacham Methodist Church 10am – 12noon Cake Books & Bric'a'Brac stalls with 'John Harris' playing the piano from 11am

** GIG 'Gabby Starbucks' at Silver Sands

Tuesday 15th August ** GIG 'Blues Situation' 8.30pm at Fox & Hounds Station Rd

Thursday 17th August 'Art & Crafts' at Sunnyside Close 10am to 12noon £1 includes Tea & Coffee All welcome

Friday 18th August GIG 'Paddy Maguire' 8.30pm at Fox & Hounds Station Rd

Saturday 19th August 'Vespa and Lambretta Scooter Rally' with live music 3pm at the Fox & Hounds Station Rd

** GIG 'Travis Graham' at Silver Sands

Tuesday 22nd August GIG 'John's Blues Crew' 8.30pm at Fox & Hounds Station Rd

Friday 25th August GIG 'Hush' 8.30pm at Fox & Hounds

Saturday 26th August 'Open Day' at Heacham Fire Station 12noon to 4pm

** GIG 'Craig Powel' at Silver Sands

** Hunstanton Lions Club present 'Sounds of the 60's with The Debonairs' 8 'til late at Heacham Public Hall Doors open 7pm Tickets £12 available from Tel: 07748052765

Saturday 26th and Sunday 27th August 'Photographic Exhibition' at the Old Friends Hall Sunnyside 10am to 4.30pm Entry is free and exhibitor registration forms are available from the Parish Office (Tel: 572142) or from Roger Drinkwater (Tel: 571659)

Sunday 27th August Heacham Methodist Church will be holding a 'Beach Service' at North Beach from 4pm

** GIG 'Old Wartime Memorabilia & Steve Perry at Silver Sands

Monday 28th August 'Bingo' at Fridhem Rest Home Eyes down at 7pm All welcome

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OTHER EVENTS

Saturday 5th August 'Go Wild at the Drove' 10am – 4pm at Drove Orchards with the Norfolk Ornithologists' Assoc (NOA) More info available from: www.noa.org.uk

** 'Music with David Young on Clarinet' at Hunstanton Conservative Club

Saturday 5th & 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

** Hunstanton Community Players present 'Blithe Spirit' at Hunstanton Town Hall 2.30pm & 7.30pm (Sat) 2.30pm (Sun) Tickets £10 from Tourist Info Office or Tel: 532610

Monday 7th to Friday 11th August 'Crossroads Club' Children's club run by Christians 12noon to 2.30pm on Hunstanton beach or green Info- www.crossroadsclub.org.uk

Thursday 10th August RNLI 'Sandcastle Competition' 2pm on the beach at Old Hunstanton Entry fee £1

Friday 11th to Sunday 13th August Brancaster Camera Club's 'Annual Photographic Exhibition' 10am to 4pm at Brancaster Staithe Village Hall

Saturday 12th August 'Entertainment by Budgie' at Hunstanton Conservative Club

Saturday 12th & Sunday 13th August 'Norton Hill Light Railway' in Snettisham 1pm to 5pm

Wednesday 16th August H.C.P. 'Poetry Morning' 10.30am-12pm at Hunstanton Town Hall Basement Entry £2.50

Saturday 19th August Cinema in Syderstone presents 'Hidden Figures' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50

** 'Entertainment by Bigsy' at Hunstanton Conservative Club

Sunday 20th August Hunstanton Rotary Club 'Kite Festival' at Smithdon School For info – www.hunstanton-rotary.org.uk

** HDFA 'Picnic on the Green' at the Bandstand with Hunstanton Town Concert Band 2 to 4pm

Saturday 26th August 'Car Boot Sale' on the Playing Field Snettisham 8am to 12noon Stallholders from 6am Cars £5 Vans £10 All proceeds to The Salvation Army Snettisham

** HDFA 'Craft Fair' 10am to 4pm at Hunstanton Town Hall Free admission Refreshments

** 'Entertainment by Waddo' at Hunstanton Conservative Club

Saturday 26th & Sunday 27th August 'Norton Hill Light Railway' in Snettisham 1pm to 5pm

Sunday 27th & Monday 28th August 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

SEDGEFORD 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) Sedgeford Primary School Ringstead Rd Sedgeford – 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

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 Sedgeford Village Hall Contact Sandee Tel: 01485 570485

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

LYMPHOEDEMA SUPPORT GRP meets the 2nd Wednesday monthly 10.30am-12noon 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 Sedgeford Primary School Ringstead Rd Sedgeford – Tel: 01485 579489

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

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

FIRE CADETS at Hunstanton Fire Station 7–9 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07710 066145

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

Thursdays

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

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

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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 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@wattsginton.com

Sallywags Parent, Baby & Toddler Group

A big thank you to all our lovely big and little Sallywags for coming along this year. We head into summer amongst colourful paper plate fish and cake wrapper jellyfish(!), snacking on scones, cream and Liz the tea lady's home-made strawberry jam!

Wishing you all happy, sunny, long summer days. Thank you also to Liz for margarine tub boat building for water play, and to Alison for your amazing end of session help and box sorting(!) - reuniting Happyland people to their rightful Happyland homes, and sorting out that puzzle soup!!

The Sallywags doors are open again on Wednesday 6th September - hope to see you all again and, to those of you who are soooo big now that it's time to play and learn at lovely Heacham Nursery & Reception School, then I wish you happy days there and thank you for your time with us.

If you're new to Sallywags Parent, Baby & Toddler Group, we meet every term time Wednesday at The Scout Hut in Sunnyside



(off Caley Street) between 9.30 and 11am; there is a car park. We are also fortunate to have use of facilities including a garden, with lots of swings and things! We have makes, puzzles, books and toys, a sit-down snack for the children and nursery rhymes after tidy up time! We ask £2 per family to cover rent, refreshments and resources.

Please do pop along for a play when you can with lots of very nice children, parents, grandparents and childminders. See you there! Tel/Text Jo on 07521 447284 if you would like any more information.



Thoughtful presents with a difference

Craft Fairs are always a source of inspiration for presents with a difference.

The Hunstanton & District Festival of Arts Craft Fairs are on again at Hunstanton Town Hall this month. Here you can find good quality handmade goods, including patchwork cushions and quilts, very cute felted animals and beautiful framed photographs of the area for a fraction of the cost to be found in larger outlets.

All the goods are handmade by local craftspeople so you would be supporting local cottage industry in the area too. Do go along and have a look at what's on offer.

Entry is free to the public and delicious homemade refreshments will be on sale as usual.

The next dates are Saturday August 26th from 10am – 4pm, then September 16th and 23rd.

Those interested in booking a stall should contact lorraine@thebeadqueen.co.uk for more information.



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Dogs Help Families Beat Summer Boredom

As children begin the countdown to the long school holidays this summer, parents everywhere will undoubtedly be fearing the dreaded 'I'm bored' announcement from their offspring. This announcement is often approached with the same parental concern as the 'Can we have a dog?' question but there is now a local solution to both! Barking Mad (North West Norfolk), a 5* rated dog sitting service provider, is currently offering animal loving families, with children aged five or above, the opportunity to join their Host Community and experience having a friendly dog to stay. Walks, play and all the fun associated with caring for a lovely pooch are included, at a time to suit the individual family.

There is a growing trend for children to lead a largely screen based lifestyle nowadays, with smartphones and gaming consoles becoming more enticing than playing outside. In 2016 a two year

study funded by the government was published, which shockingly stated that,

'12% of children (c. 1.3 million) had never visited the natural environment in the previous 12 month period.'

Dogs have been proven to encourage us to exercise, get out and about more and generally improve our well-being. This has been documented by Deborah L Wells of the School of Psychology, Queen's University, Belfast, in 'The Effects of Animals on Human Health and Well-Being' which concluded:

"This particular companion animal can contribute to a significant degree to our well-being and quality of lives."

Tania Stowe of Barking Mad (North West Norfolk) enthuses:

"We are currently seeking more hosts in the local area to care for dogs whose owners are away. This is an ideal opportunity for families, or teaching professionals, who cannot commit to full time dog ownership during term-time, to experience the joy and life enhancing benefits of canine companionship, at a time to suit them.

Every Summer, Barking Mad witnesses families whose holiday time is transformed by visiting dogs. They arrive with all their own food, bedding, toys and treats, with all insurance and administration taken care of by ourselves. There is no need to provide anything other than your time and affection and a loving home environment. If you are real dog lovers and have some free time this Summer, we would love to hear from you! You can call Tania on 01485 205715 or email tania.stowe@barkingmad.uk.com or visit our website www.barkingmad.uk.com to find out more."



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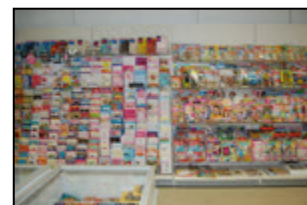
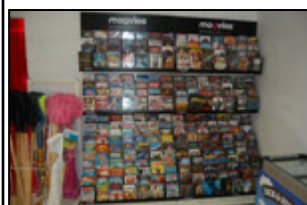
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2nd Heacham Rainbows

Our first week back the Rainbows designed badges for the district outing to Banham Zoo in September. Our unit will go on coaches to the Zoo with other Rainbow, Brownie and Guide units in the district. We had some interesting designs from meerkats to giraffes.

The next week, we were joined by the Heacham Guide Leader to plant poppy seeds. Each Rainbow decorated a plastic cup with some woodland stickers then used their hands to fill their cup up, plant the poppy seeds and water them. Hopefully they survived!

Our Young Leader Danielle did the next evening. We only had 3 Rainbows so she brought the board game Monopoly for them to play. They enjoyed the game a lot and I was very impressed that they concentrated on the game for the whole hour and asked to play again soon.

The next week was a very hot week so the Rainbows enjoyed playing in the garden, making daisy chains and playing on the slides. I brought out some bandages and slings for them to play with and they enjoyed wrapping themselves and their friends (and me) up in the bandages and pretending to be mummies.

On our first week back after half term, we went on a penny walk. The Rainbows all wore a high-viz jacket and they all had a partner. It's called a penny walk because we took a penny with us and when you get to a junction you flip the coin and

whichever side it lands on is the direction you go in (heads = left and tails = right or vice-versa). During our walk, I tasked the Rainbows with trying to spot something which began with each letter of the alphabet, (some of the letters proved to be quite a challenge as you can imagine!). We were very lucky with Z as Danielle spotted her little sister Zoe through her bedroom window!

We were invited to Hunstanton Lifeboat Station to have a look around the tractor, lifeboat and hovercraft and listen to a talk about water safety. After looking around the big machines and listening to a talk about them, the Rainbows sat on the side of the hovercraft to listen to the water safety talk. The Rainbows were given big pictures of a beach scene and had to circle any potentially dangerous scenarios and learned a song to remind them what to do if they fall off an inflatable in deep water. Another thing they had to remember is what you should do if you fall into cold water, swim, panic or float? A few said swim and several said panic! However, the correct answer is float. Each Rainbow was given a picture as part of a colouring competition. However, only one brought hers with her so she got a lifeboat keyring.

This week we made our contribution to the Sandringham Flower Show in July. Girl Guiding Norfolk has been given a stall on the royal route this year so they have a very big marquee to fill with all things Guiding. Each member of Guiding was given an A4 speech bubble and was asked to write their favourite thing about being a Rainbow, Brownie, Guide, Leader etc. I took a head and shoulder photo of each Rainbow and adult and put it on the bottom of the speech bubble then sent them off to be laminated and ultimately displayed at the Flower Show.

In August, the Rainbows will be walking in the Heacham Carnival parade in costumes all handmade by Danielle. The Rainbows will all be little Pocahontas's and over two weeks they decorated headbands and canoes to go with their costumes. Somehow, I was talked into being the Raccoon 'Meeko' from the Disney film! Hopefully the weather will be kind and everything will go well! So, keep an eye out for lots of little Pocahontas's wandering around.

On our last meeting before the summer holiday we had a teddy bear picnic in the park. It was a very warm evening so the Rainbows laid out their blankets in the shade of a tree and sat together to eat their tea. Then they went off and played on the climbing frame, swings and round-a-bout. After an hour of playing we walked back to the hall where their parents were waiting.

Kathryn Couzens
Unit Leader

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Edgar of Heacham - Part 1

This spring we got rid of our conservatory to replace it with a more useable room. We know that 25+ years ago some bones had been found in next door's garden so I thought we might also find some. I told Terry that we would re-bury anyone we found – after finding out as much as we could – assuming it would be an ancient burial.

The builders started to dig the trench for the footings and shortly after, one builder appeared at the kitchen door holding a human thigh bone and asking, 'Anyone lost something?' All digging stopped and I phoned the police. Two constables soon came. They called their Sergeant who arrived and phoned for the CSOs.

We looked at the face of the trench and saw vertebrae and a large animal jawbone with teeth, the combination enthusiastically identified as Lord Lucan and Shergar.

The CSOs arrived and examined the bones. Then another man peered around the corner saying, 'Is it OK, can I come round?' He was the Building Inspector and, on a previous job, there had been a grenade in the trench.

The CSOs thought the bones were human and old, as we all did apart from the female constable who was still learning what human thigh bones looked like from diagrams on the youngest builder's smart phone. I thought it looked like an Anglo-Saxon leg and that he would have been 6 feet tall.

The concrete mixer was booked for the next morning so the police agreed to tell us by 8am whether or not to start pouring. They took some bones away for checking – if bones are 70+ years old they don't investigate. Promptly at 8am they phoned to say the bones were 'old, very old' and it was OK to build.

We saved all the soil to examine later having already found leg, arm and part of a pelvis plus the vertebrae in the trench face. There was time, a few days later, when the builders were not on site, for further digging inside the 'new room' before the concrete slab was due to be poured. Terry found the skull, a spear

point and lots more animal bones. We tried to inform and get advice from the county archaeologists but not too successfully, so went to Lynn Museum and also made our own appointment with the carbon 14 dating lab at Oxford to find when the skeleton was alive.

I carefully cleaned the skull (complete but fragile so broken on removal) and teeth. All 32 teeth had grown, 30 were present with just the 2 small central incisors missing from the lower jaw. All 4 wisdom teeth showed little wear but other molars were worn down and both upper premolars had broken probably due to decay. Was he about 32 years old?

The police returned the bones they had borrowed and kindly let us have their photos.

I called him Edgar which means happy or lucky spear and under that name I took him to Oxford where a small skull sample was taken for carbon 14 dating. I got rather an odd look from the professor when I lifted Edgar from the car in his washing basket and assured him (the professor) that Edgar had travelled well and not been sick in the car.

Realising that SHARP (Sedgeford Historical and Archaeological Research Project) were now operating for their summer season, I visited and asked if anyone was interested to seeing what and who we had found, Yes, they were, and 3 people came to visit Edgar and his animals. They shared lots of knowledge and gave encouragement and kindly offered more – which offer I am about to take up.

Gressenhall say they do not have the records for our neighbour's find. Eventually we will give them all the information we have for our site.

No-one has been mentioned by name in this preliminary article. I hope to report further information in future, crediting people who would like to be acknowledged. Meanwhile, thanks to our excellent builders, enthusiastic and helpful Lynn Museum staff, and knowledgeable SHARP people.

June Parish & 'Edgar'
of Heacham

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News from Heacham Fire Station

As I write this column in mid-July, there are a fantastic number of summer events going on all across Norfolk. One that has just taken place is the Weeting Steam Engine Rally and Country Show, a long established event held over three days every year.

What has this got to do with Heacham Fire Station I hear you ask?

Well, along with a vast array of different steam engines, the show features (amongst other things), vintage tractors, tank rides, heavy horses, classic cars, a fairground and a fire engine section! Attending for the first time this year was a former Heacham appliance which served in the village from 2005-2014. The 1996 Mercedes is now part of the Norfolk Fire Museum and it was one of six vehicles they took along to the show. Although it does not currently have a home where the public can visit, the museum takes the vehicles out to as many events as it can, both to display them and to deliver the community fire safety message.

At Weeting, there are two arenas providing entertainment throughout each day and our former appliance took part in vehicle parades, children's water squirts and live fire displays. It was even jumped over during a motorcycle stunt display by 'Flyin Ryan'!



Heacham's former Mercedes appliance (2nd left), being jumped over as part of the 'Flyin Ryan' Motorcycle Stunt Show. PHOTO: Graham Eglen

The weekend was rounded off nicely when our old pump was awarded the runner-up prize in the best fire engine class.

The Fire Museum is run by volunteers and, like most such groups, it would be glad of some more helpers, as there are always jobs to be done to keep it going. Search for 'Norfolk Fire Museum' on Facebook if you would like to know more.

Two of the museum's vehicles should be attending our own Open Day which this year will be on Saturday 26th August from 12:00 till 4:00pm. Now in its fourth year since being re-established, it will feature old favourites including the raffle and cake stall plus one or two new attractions which we hope youngsters in particular will enjoy.

OPEN DAY
HEACHAM FIRE STATION
Saturday 26th August
12.00 - 4.00pm
 Cake Stall
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 Classic Fire Engines
 Raffle

We hope to see you all then!

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HIDDEN FIGURES (PG)

This is the untold story of Katherine G Johnson, Dorothy Vaughan and Mary Jackson, a team of brilliant African-American women mathematicians working at NASA during the early years of the US space programme. The visionary trio crossed all gender and race lines to play a vital role in the launch of astronaut John Glenn into space.

Starring Taraji P Henson, Octavia Spencer, Janelle Monae and Kevin Costner.

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

Brancaster Camera Club

Brancaster Camera Club's Annual Photographic Exhibition will take place in Brancaster Staithe Village Hall on 11th, 12th, and 13th August from 10am – 4pm daily.

This year it will be judged by Ann Miles FRPS, MPAGB, EFIAP, FBPE. Entrance is free and refreshments will be available.

Please come along and see the work that we do throughout the year. We especially welcome any photographers who may be visiting the area.

Our first meeting after the summer is on Tuesday, 26th September. We would welcome any potential new members. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725.

United Services Club **Homefields Road, Hunstanton**

Entertainment for the month of August

- | | |
|------------------------|---|
| Fri 4th Aug – 8.30pm: | 'Soul & Motown with Lucas' |
| Sat 5th Aug – 8.30pm: | Dancing to 'Shane Gould' |
| Sun 6th Aug – 3.00pm: | Dancing to 'Tony G' |
| “ “ “ 8.00pm: | Pure Magic – Tribute to Freddie Mercury |
| Fri 11th Aug – 8.30pm: | Country Night with 'Rick Storm' |
| Sat 12th Aug – 8.30pm: | Dancing to 'Transition' |
| Fri 18th Aug – 8.30pm: | Quiz Night - £2 per person plus Food. |
| Sat 19th Aug – 8.30pm: | Dancing to 'The Strollers' |
| Fri 25th Aug – 8.30pm: | Dancing to 'Gemini' |
| Sat 26th Aug – 8.30pm: | Dancing to 'Night Owls' |
| Sun 27th Aug – 3.00pm: | Dancing to 'Rhiannon Rae' |

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Hunstanton Conservative Club

Entertainment for August

| | |
|------------------|---|
| Saturday 5th | Music with David Young on Clarinet |
| Saturday 12th | Entertainment by Budgie |
| Saturday 19th | Entertainment by Biggy |
| Saturday 26th | Entertainment by Waddo |
| September | |
| Saturday 2nd | Entertainment by Rowena Burke |

Hunstanton & District Lions Club

Hunstanton & District Lions Club are holding a fundraising event on Saturday 26th August 2017 in Heacham Village Hall. The event is a 60s night with a live band, "The Debonairs". A three-piece band playing music from The Beatles, The Who, Small Faces, The Kinks and many more. There is a licensed bar. Tickets are £12 per person. For tickets please call 07748052765.

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| | |
|------------------|----------------|
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| Saturday | 12pm – 11pm |
| Sunday | 12pm – 10:30pm |

*As we are not doing food at the moment, feel free to **order in a takeaway** or use our **barbecue** and cook your own!*

*Saturday August 5th – Karaoke / Disco:
70s and 80s theme so dig out those loons!*

*Wednesday August 9th and 23rd – Quiz night in Dining Room
– £1 entry, all welcome*

*Wednesday August 9th – Camera Corner: share knowledge,
pick up tips. Novices and experts welcome*

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GO WILD AT DROVE!

Joint wildlife event at Drove Orchards with the Norfolk Ornithologists' Association (NOA), Saturday 5th August 2017, 10am-4pm

On August 5th, the Norfolk Ornithologists' Association will be teaming up with Drove Orchards for 'Go Wild at Drove', celebrating local wildlife and offering visitors the chance to get up close and see the amazing variety of birds, insects and plants at Drove Orchards. The Norfolk Ornithologists' Association, whose base at Holme Bird Observatory lies just to the north west of Drove Orchards beside the coastal footpath between Thornham and Holme next the Sea, will be on site to bring close encounters with birds, moths, butterflies and caterpillars. Guided walks around the orchards and around the wildlife-rich areas of the farm will take place during the day, and there will be lots of information and activities available at the big barn. This year will include the chance for visitors to be 'ringed' and find out some of the amazing journeys made by migrant birds that have visited Drove in recent years.

The event will run between 10am and 4pm, taking place in the big barn just behind the farm shop car parking area. There will be indoor and outdoor displays, activities and goody bags for kids, and fun for all the family.

For more information, visit the NOA website at www.noa.org.uk and follow the Events link in the menu bar. See also the Drove Orchards website at www.droveorchards.com

Norton Hill Light Railway 2017

The steam railway at Norton Hill in Snettisham is open again this year for three weekends through the summer.

These weekends are wonderful family days out – the little carriages are pulled by steam engines running through woods, over a viaduct and under a tunnel. As well as the train rides there are many other attractions and refreshments. All proceeds go to local charities.

The first weekend was held at the end of July and the August dates are: August 12th/13th and August 26th/27th. Time 1pm to 5pm.

The Norton Hill Light Railway location is Hall Farm, Old Church Road, Snettisham and, for Sat Nav users, the post code is PE31 7LY.





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WEST NORFOLK LIBRARIES EVENTS

August 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 10.30-12.00.

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

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

Special events:

Friends of Hunstanton Library

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

Yet more old stuff – Thursday 3rd August 10.00am-12.00

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.

The Detective Dog – stories and colouring Monday 7th August 10.30am-12.00

Peter's dog Nell has an amazing sense of smell. So who better to have on hand when they arrive one morning to discover that the school's books have all disappeared! Can you help detective dog Nell sniff out the culprit? Suitable for children under 8 years old. **This is a free event but must be booked in advance.**

Walk and talk group - Tuesday 8th August 2.30pm from the library

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

Count on Norfolk - Wednesday 9th August 11.00-11.45am

How will the Troll under the bridge cope with the goats who keep multiplying in number? If the smartest giant in town buys 12 new items of clothing and then gives half of them away, how many will he have left? These and other important questions

will all be answered in a fun and participatory way in the Count on Norfolk storytelling for numeracy event. The stories, aimed at 4 to 7 year olds, will be told in a fun and interactive way with performance storyteller Liam Carroll. The session should leave children multiplying their demands for stories, being twice as impressed with learning and adding to their understanding of maths! **This session is FREE but booking is essential.**

Knit and natter- Thursday 10th August 10.30am-12.30pm

Animal Agents - Detective Academy - Monday 14th August 10.30am-12.00

Discover more about fingerprint detection, taking a cast, chromatography, handwriting indentations, visual detection and working with witness statements!

This event is for children aged 8+ and tickets are £3 per child payable in advance.

Book Club – Monday 14th August 2.30pm

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

Gruffalo Party - Monday 21st August 10.30am-12.00

There's no such thing as the Gruffalo! Or is there? A mouse took a stroll in the deep, dark wood... To scare off his enemies he invents tales of a fantastical creature called the Gruffalo. So, imagine his surprise when he meets the REAL Gruffalo! Come along and make a Gruffalo mask, a snake and a mouse! This event is suitable for children under 8 and tickets are £3 per child payable in advance.

Love Food Hate Waste! Wednesday 23rd August 10.30-11.30am

How much food and drink is thrown away by UK households each year? Find out the fascinating facts about food waste and learn how your family could save up to £60 per month by taking the

'Plan, Eat, Save challenge.' **This is a FREE event but booking is essential**

Celebrate finishing Animal Agents Saturday 16th September 11.00am

Medal Ceremony for those having completed the Summer Reading Challenge. Booking essential.

Family History and Computer volunteers

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

You can also follow library events on Facebook at:

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

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ELECTORAL REVIEW OF KING'S LYNN & WEST NORFOLK: WARDING ARRANGEMENTS

The Local Government Boundary Commission for England has formally commenced an electoral review of the Borough Council of King's Lynn & West Norfolk. The purpose of this letter is to inform you of the review and seek your views on future ward boundaries for the council. You can also find a copy of the letter to the Chief Executive of the Council on our website [here](#) for further information.

The Commission is carrying out a review to deliver electoral equality for voters across the borough. At present, some borough councillors represent many more, or many fewer, electors than their colleagues elsewhere in the borough. The review aims to correct those imbalances.

What is an electoral review?

The electoral review will recommend new electoral arrangements for the Borough Council of King's Lynn & West Norfolk. It will propose:

- The total number of councillors elected to the council in the future.
- The number of wards
- The number of councillors representing each ward.
- Ward boundaries
- Names of wards.

For parishes, the review can recommend changes to the electoral arrangements of parish and town councils i.e. the number, names and boundaries of parish wards and the number of parish

councillors for each parish ward. However, this is only in circumstances where the parished area is to be divided between wards. Even in these circumstances, the Commission will not normally recommend any change to the number of councillors to be elected to a parish or town council. The Commission has no power to consider changes to the external boundaries of a parish or the creation of new parishes.

When?

27 June 2017 was the start of a ten-week public consultation during which the Commission is inviting proposals for new warding arrangements. The consultation will close on 4 September 2017. After considering all representations made during this consultation, the Commission intends to publish draft recommendations in October 2017. There will then be a further period of consultation on the draft recommendations. Final recommendations are expected to be published in April 2018. The new electoral arrangements will come into effect at the local elections in 2019.

How to get involved?

This is a public consultation and we welcome views from individuals and organisations across the borough on where they think new ward patterns should be drawn.


The Commission is minded to recommend that 54 councillors should be elected to the Borough Council of King's Lynn & West Norfolk in the future. It is now inviting proposals to help it draw up a pattern of wards to accommodate 54 borough councillors.

In drawing up a pattern of electoral wards, the Commission must balance three criteria, which are set out in law, namely:

- To deliver electoral equality where each borough councillor represents roughly the same number of electors as others across the borough.
- That the pattern of wards should, as far as possible, reflect the interests and identities of local communities.
- That the electoral arrangements should provide for effective and convenient local government.

We are asking local people and organisations for their views as to the best pattern of wards for the borough which meet the requirements set out above.




The Commission will treat all submissions equally and will judge each case on its merits and against the statutory criteria. If you wish to put forward a view, we would also urge you to ensure that evidence supports your submission. For example, if you wish to argue that two parishes should be included in the same electoral ward, make sure you tell the Commission why they should be together, providing evidence about community



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facilities, ties, organisations, and amenities, rather than simply asserting that they belong together.

There is plenty more advice on our website about how you can get involved in the consultation and put your views forward. Log on to www.lgbce.org.uk to find out more. The website includes the technical guidance that explains the process and our policies as well as guidance on how to take part in each part of the process. We have set up a page on our site which is dedicated to the review of King's Lynn & West Norfolk where you can find all the relevant information.

You can also access interactive maps of the current ward boundaries across the borough on our specialist consultation portal. The portal also allows you to draw your own boundaries, mark areas of interest on the map and upload documents directly to the site. Log on to <https://consultation.lgbce.org.uk> to access the portal or find it via our main website.

Get in touch:

We encourage as many people and organisations as possible to get involved with the consultation and we encourage local organisations and parish councils to engage their local networks and communities in the review.

View interactive maps of the borough, draw your own boundaries, and have your say at our specialist consultation portal at: <https://consultation.lgbce.org.uk>.

Find out more about the review at: www.lgbce.org.uk

Email your views to: reviews@lgbce.org.uk

Follow us on Twitter at: [@lgbce](https://twitter.com/lgbce)

Write to: Review Officer (King's Lynn & West Norfolk),
Local Government Boundary Commission for England,
14th Floor, Millbank Tower, Millbank, London SW1P 4QP

This phase of consultation closes on 4 September 2017. We will write to you again when we open our consultation on draft recommendations.

Please note that the interests of transparency, copies of the all representations we receive during this review will be placed on our website. We remove any personal identifying information such as signatures and private residential addresses prior to placing any submissions in the public domain.

Paul Kingsley
Review Advisor
reviews@lgbce.org.uk
0330 500 1525



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Top 10 of our favourite local walks Off the beaten track!

With the warmer weather here, the schools closed for the summer and the roads getting busier by the day, why not discover somewhere new and off the usual tourist track?

Try one of our 'Explore more walks'. We've produced free, handy pdfs on ten of our favourite walks spread out across the Norfolk Coast Area of Outstanding Natural Beauty (AONB), for you to download or print off, which are packed full of all the information you need to enjoy the best of the area. The walks are from 2.4 miles to 8 miles, so choose the best one for you and give it a go!

To download one see: norfolkcoastaonb.org.uk and 'Enjoying'. Please get in touch to let us know what you thought and which one is your favourite.

For more info: www.norfolkcoastaonb.org.uk

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Compostable Caddy Liners no longer required!

Using food waste caddies for left-over and waste food just got a whole lot easier thanks to changes to the processing technology. There is no need to purchase compostable caddy liners any more as any small bag, such as carrier bags, bread bags, fruit and veg bags and other freezer/sandwich bags can be used to line the bin or to put food waste in.

The Borough Council's portfolio holder for the Environment, Councillor Ian Devereux, said:

"We've been working with our contractors to make it easier and more convenient for our residents to recycle food waste using old plastic bags. The new technology used by the council's food waste contractor Biogen means that all liners and packaging are now stripped out during the processing."

"This makes it much easier for people as they don't have to remember to buy compostable bags from us or other retailers; they can reuse any bags they may have around the house. Over the new few weeks we will phase out the sale of compostable bags as they will no longer be required."

"I hope that this change will encourage more residents to take up the food waste service as it is a great way to prevent waste from going into landfill."

Food waste should be placed in some sort of bag or wrapping before it is placed into the food waste bin, as this prevents food from sticking to the bin and keeps the bins fresher. Under the revised contract, food not placed in some form of wrapping in the bin, may result in the food waste bin not being emptied.

Residents are also being reminded that they can gain additional points (and possibly prizes) from the Recycle Rewards Scheme by logging into their accounts and signing up to the pledges on food waste.

Any resident who does not yet have an account can still open one by going to: www.west-norfolk.localgreenpoints.com to earn points (and prizes) for yourself and your community.

Biogen's state-of-the-art de-packaging technology separates out the bags and packaging leaving the organic waste behind, which is then used as fertiliser on agricultural land. The food waste also generates methane gas, which is collected and cleanly burnt to produce electricity. The remaining plastic is then subjected to a full recovery operation.

Residents who need a food waste caddy can apply for one online at: www.west-norfolk.gov.uk/yourbins

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Hunstanton Community Players "Blithe Spirit"

by Noel Coward - August 2017

The Hunstanton Community Players will present the popular comedy "Blithe Spirit" by Noel Coward at the Town Hall in Hunstanton on August 5th and 6th.

The play is set in the 1940s and features would-be novelist Charles Condomine. He is a successful novelist who wishes to learn about the occult for a novel he is writing. He arranges for an eccentric medium, Madam Arcati, to hold a séance at his house. At this séance she inadvertently summons up Charles' first wife Elvira who has been dead for seven years.

Charles is played by Mick Yates, Ruth by Lorna Hutchinson, Elvira by Elaine Verweymeren and Madame Arcati by Sharon Yates. Dr Bradman is played by John Harris and Mrs Bradman by Barbara Dennis. Edith, the maid in training, is played by Sue Melton. The play is directed by Ann McKimm.

Come along and join in the fun On Saturday August 5th at 2.30 or 7.30pm and Sunday August 6th at 2.30pm only. Tickets cost £10.00 and available through the Tourist Information Centre on 01485 532610 or at the door. Venue Hunstanton Town Hall and doors open half an hour before each performance. Light refreshments will be available.

This is a new local drama group always looking for new members and backstage help. Please contact ann_mckimm@hotmail.com for further information.

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Friday 11th - Odd Man Out

Tuesday 15th - Blues Situation

Friday 18th - Paddy Maguire

Saturday 19th - Vespa and Lambretta Scooter Rally with live music (3pm)

Tuesday 22nd - John's Blues Crew

Friday 25th - Hush

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Searles donates to Cystic Fibrosis

Searles Leisure Group recently presented a cheque for £2,500 to Cystic Fibrosis Trust. The money was raised through a number of fundraising events throughout last year, including £800 at a Golf day last September. Christine Berwick, from Cystic Fibrosis, was on hand to receive the cheque.

Director Andrew Searle commented, "We are delighted to be able to continue to support such a worthy organisation as Cystic Fibrosis Trust. The money goes to funding cutting-edge research, driving up standards of care and supporting people with the condition and their families every step of the way".

Cystic Fibrosis is a genetic condition that affects more than 10,800 people in the UK. A condition that you are born with and cannot catch in later life, even though one in 25 of us carries the faulty gene that causes it. Cystic Fibrosis affects the movement of salt and water in and out of cells, which presents challenging symptoms affecting the entire body.



Pictured presenting the cheque .

L-R: Andrew

Searle, Joanna Symonds, Rosemary McGinn, Paul Searle, Christine Berwick, Vicky Searle, June Beckett, William Searle, Pauline Ring.

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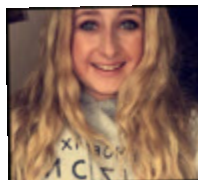


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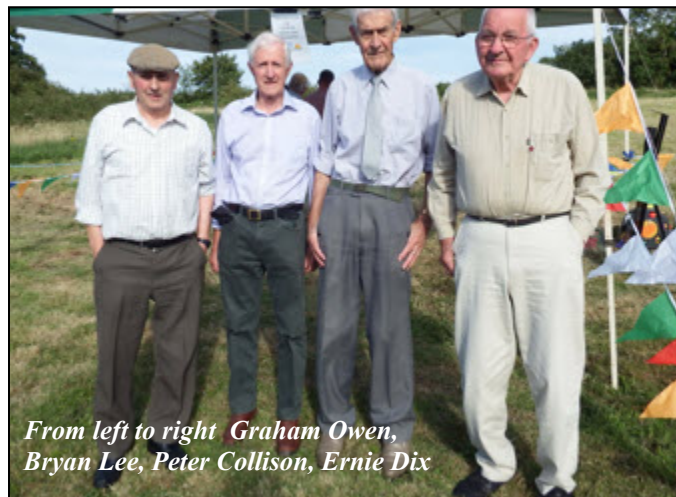


Paris Larham

Wildfowlers 60th Anniversary Members Party

Heacham Wildfowlers was founded in 1957, when a group of Heacham residents met in Heacham's Public Hall and decided on forming the group, known today as the Wildfowlers.

Initially, the group were associated with King's Lynn Wildfowlers during the first two years as a group. This is due to the fact that the King's Lynn Wildfowlers gave Heacham some support whilst forming their group. From there on, a committee



From left to right *Graham Owen, Bryan Lee, Peter Collison, Ernie Dix*

was formed and started attracting members for the Heacham Wildfowlers.

Many years ago, the Heacham Wildfowlers had links to the Royal family. The group were once invited by the Duke of Edinburgh to go pigeon shooting.

This year, Heacham Wildfowlers celebrate their 60th anniversary as a group. I was lucky enough to attend the event at Heacham Chalk Pits on the 8th July to join the party. There was music, a raffle, a bar with a marquee and clay pigeon laser shooting.

When speaking to one of the founder members of the Heacham Wildfowlers, Peter Collison, he said, "There are now only two founder members of the Heacham Wildfowlers, being myself and Ernie Dix. As a group, we hold taster days throughout the year, raise money for charity and go shooting together."

To join the Heacham Wildfowlers you must be recommended by one of the full-time members. There are two types of members within the group, a full-time member and a social group member. The group frequently try to encourage youths to join the wildfowlers through their taster days. Also, at Christmas time, the group normally try to arrange a Christmas meal.

The meetings for the Heacham Wildfowlers take place on the first Friday of every month, apart from July.



Photo by Laura Benstead

Peter Collison would like to thank all of the committee for scheduling the event and helping out. Also, a big thank you to Darren Whitmore.

Reporting for THN

What's on this Summer in West Norfolk

(B) Booking essential (C) Chargeable event (F) Free event

Thursday 3 August

I Spy Animals 1.00-2.00pm (B) (F) (LYN)
 The Detective Dog 2.30-4.00pm (B) (F) (DER)

Monday 7 August

The Detective Dog 10.30am-12.00 (B) (F) (HUN)

Tuesday 8 August

Cops & Robbers 2.30-3.30pm (B) (F) (LYN)
 Holiday Storytime 10.20-11.30am (F) (GAY)

Wednesday 9 August

Count on Norfolk 2.30-3.15pm (B) (F) (LYN)
 Garlic Theatre Puppetry presents:-
 Little Red Robin Hood 11.00am-12.00 (B) (C) (GAY)
 Count on Norfolk 11.00-11.45am (B) (F) (HUN)

Thursday 10 August

Animal Agents Detective Academy:
 2.30-4.00pm (B) (C) (DER)

Monday 14 August

Bertie was a Watchdog 2.00-3.00pm (B) (C) (LYN)
 Animal Agents Detective Academy:
 10.30am-12.00 (B) (C) (HUN)

Wednesday 16 August

Fun for the Kids with Dogs Trust:
 10.30am-12.00 (B) (F) (GAY)
 Fishy Tales 10.30am-12.00 (B) (C) (DER)

Thursday 17 August

Gruffalo Party 2.30-4.00pm (B) (C) (DER)

Friday 18 August

Zombie Attack 10.30am-12.00 (B) (C) (LYN)
 Coding Taster 4.00-5.00pm (B) (F) (LYN)

Monday 21 August

Gruffalo Party 10.30am-12.00 (B) (C) (HUN)

Tuesday 22 August

Fishy Tales 2.30-4.00pm (B) (C) (LYN)
 Holiday Storytime 10.30-11.30am (F) (GAY)

Wednesday 23 August

Love Food Hate Waste 10.30-11.30am (B) (F) (HUN)
 Dare to Dance 10.00-11.30am (B) (F) (GAY)

Thursday 24 August

Love Food Hate Waste 10.30-11.30am (B) (F) (DER)

Thursday 31 August

Knitting for beginners for families:
 1.00-2.30pm (B) (C) (GAY)

Presentation Ceremonies - (B) Booking essential

| | | |
|---------------------|--------------------|---------|
| Gaywood Library | Sat 2 September | 10.30am |
| Gaywood Library | Sun 3 September | 10.30am |
| King's Lynn Library | Sat 9 September | 11.00am |
| Dersingham Library | Thurs 14 September | 5.30pm |
| Hunstanton Library | Sat 16 September | 11.00am |
| King's Lynn Library | Sat 16 September | 1.00pm |

For more details or to book, call the respective
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Hunstanton Library - 01485 532280
 Dersingham Library - 01485 540181
 Gaywood Library - 01553 768498
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Aug 12th Gabby Starbucks

Aug 19th Travis Graham

Bank Holiday 26th Craige Powel

Bank Holiday 27th Old Wartime

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Heacham Manor host 3rd Ladies Invitational Tournament

Heacham Manor Golf Club were pleased to host their third Ladies Invitational tournament on Wednesday 5th July. Perfect golfing conditions welcomed the ladies with warm sunny conditions and little wind.

Each member in the team invited 2 guests to play in the tournament which saw a record of 39 ladies take part on the day. With the best 2 stableford scores on each hole counting and all 3 counting on the par 3s, every team member had their part to play in the final score.

Volunteers from the men's senior team acted as starters and provided a refreshment cart on the course with the ladies returning back to the Avocet Barn, where the results revealed a close competition and overall good scoring.

The final result saw Johanne Pywell and her team of Karen Whittingham and Helen Cox from Burghley Park Golf Club take first place with a superb score of 93 points. 2nd were Vicki Enderby playing with Denise Whiting and Anita Jessop from Feltwell on 87 points. 3rd were Mandy Howes, Glenna Cooper and Judith Barber from St Neots with 83 points.



A superb day was had by all and special thanks must go to Heacham Manor lady members, Jill Sayer, Sophie De Winton, Annie Keeper and Janet Offord who helped organise the competition.

Ladies Winners: Johanne Pywell and her team of Karen Whittingham and Helen Cox.

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Searles Club Championships 2017

The Searles Golf Club Annual Men's and Ladies Club Championships took place on Sunday 9th July in near perfect conditions. The Club Championship for both men's and ladies is played as a net competition but a prize is also available for the best scratch score.

In the Men's Club Championship for the Le Strange Trophy, good conditions resulted in the top 6 players scoring net 68 (par) or better. After final scores were checked, Peter Green had taken victory with a net 61, pushing Tony Holt into 2nd place on net 64. Junior Alfie Edgson took the 3rd place on 66. Rob Hills also achieved the best gross score for the 2nd year in a row with 76.

The format of the Ladies Club Championships for the Tennison Cup is now played as a Strokeplay competition, the same as the men's with the champion being the best net with a gross prize also presented. With only 3 shots separating the top 3, Sam Gooderson took victory with a net 66 followed by Jan Wright in 2nd on 68 and Linda Holmes 3rd on 69. Sam Gooderson also secured the best gross score with 90.

Searles runs regular competitions for members nearly every weekend with Medals, Stablefords and social matches. Membership is still available. For more information call 01485 536 010 or visit www.searles.co.uk



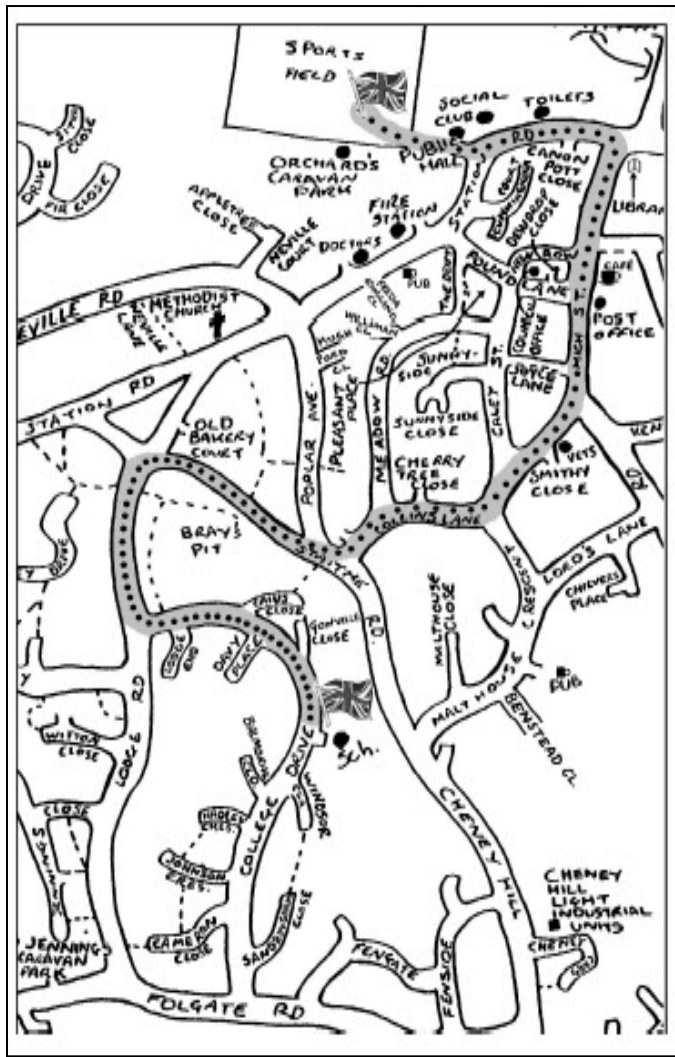
Mens Club Champ

Left, Peter Green
(Men's Club
Champion) Right Ray
Stocker (PGA
Professional)



Ladies Winners

Left to right, Jan Wright, Samantha Gooderson (Ladies Club Champion), Linda Holmes.





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Switch off the TV and turn on the Summer Drama

After the blazing June we've just had you might be sitting out on the patio lamenting the fact that the garden is looking a little warm and weary. The hot June sun has grilled tender leaves to a crisp and if you add a July deluge to the mix, any garden can start to look a bit bedraggled.

But don't lose heart, a multitude of perennials have spent the last few months revving up the energy cells and they're ready to burst forth with a rich pallet of colour and texture. These are the plants that give high summer an unexpected twist in the drama which could be unfolding in your borders. Get ready to witness a total transformation as these stars of the show inject new life into a tired garden.

Our high summer favourite has to be the Rudbeckia. These crazy lazy daisies are low maintenance and excellent socialisers, rubbing along very happily with neighbours like wild flowers and grasses. The Rudbeckia forms substantial clumps of dramatic colour in quick succession making them the Kings of high-summer planting. They are guaranteed to inject new life into a border just when you thought it was all over.

And don't forget to keep watering, generally speaking, grey-leaved plants from Mediterranean regions need less water than soft, lush plants like dahlias but be vigilant, keep an eye out for wilting leaves which are a sure sign that a plant needs hydration.

Green & Pleasant stock a wide range of summer perennials. Find us at Drove Orchards on the A149 between Holme next the sea and Thornham, park in the rear car park behind Erics Fish & Chips, follow the Nursery signs and you'll find our well stocked nursery in the Heritage Orchard.

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Across

1. Wedgewood
6. Poems
9. Varnish
10. Tea time
11. Arisen
12. Free kick
14. Iago
15. Relentless
18. Electorate
20. Scut
23. Reappear
24. Evelyn
26. Bellini
27. Halibut
28. Sedan
29. Goldeneye

Down

1. Wave aside
2. Darling
3. Exiled
4. Oche
5. Detergents
6. Placenta
7. Edifice
8. Speck
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HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

Cheney Hill Development: The revised application was expected to come before the Borough Council planning committee in July.

South Beach Road parking: The Parish Council and Ken Hill Estate are looking into the possibility of Ken Hill providing a car park on their land as a way of alleviating the ongoing parking problems on South Beach Road.

Beeken's garage: The Council had received yet more complaints about parking associated with this business on Station Road. Pedestrians cannot use the footpath, traffic jams are caused, and visibility is obscured. The matter was raised at the recent Safer Neighbourhood Action Panel meeting and a site visit is to be arranged for Councillors to meet with a Highways officer.

Grass cutting: Councillors and Parish Clerks from Heacham and Snettisham had a useful meeting with Cllr. Elizabeth Nockolds to discuss the numerous complaints about the Borough's grass cutting. The Borough cuts highway verges 6 times a year on behalf of the County Council. It also cuts village amenity land 12 times a year. It was acknowledged that funding cuts meant that the village grass could not be kept pristine, and it had proved difficult to recruit staff to cut the grass in this area. However, it was felt that the timing and cost of the service could be looked at, as residents may be prepared to pay more, for more frequent grass cutting.

Footway lighting: Upon upgrading to LED, one of the Pine Mall lights was found to need replacing. This is to be done, at a cost of £2500.

Heacham sign: The Council approved the purchase of a new 'HEACHAM' sign, to be located on the A149 at Redgate Hill.

Hunstanton Road bus stops: Councillors are to meet with Highways representatives in connection with the reinstatement of the Hunstanton Road bus stops now the road is reopened.

Community Building Project: Advice is to be sought from Borough Council Planners as to the proposed designs for the new community building on the old dairy site.

Electoral review: There is to be an electoral review of King's Lynn and West Norfolk warding arrangements. However, Heacham Ward will be unaffected.

Old Friends Hall Photographic Show: The show is on Saturday 26 and Sunday 27 August from 10am to 4.30pm.

Parish Council Meeting start time: Parish Council meetings will now start at 7pm, rather than 7.30pm.

The next Full Council meeting will be held on Tuesday 15 August at 7.00pm at the Parish Council Office.

YOUNG HOT SHOTS DAY

Heacham Wildfowlers' Association will be hosting their Young Hot Shots day on Saturday 19 August at Heacham Chalk Pit. Children from the age of 8 can try their hand at clay pigeon shooting, under the supervision of BASC instructors. Places must be booked in advance at the Parish Council Office. Sessions run from 10.00am-11.30am and 12.00noon-1.30pm. The cost is £2 per session.

FOOD WASTE CADDY LINERS

The Borough Council has advised that it no longer requires food waste to be placed in a compostable caddy liner. Any sort of bin liner, plastic bag or newspaper will do. The Parish Council Office will, therefore, no longer stock or sell the Borough's compostable caddy liners.

NEW PARISH COUNCILLOR MIKE TREBBICK



My wife and I moved to the village some 13 years ago although I have had a long association with Heacham since childhood. Now, being semi-retired, I find that I have time to devote back to the village we love. I have considerable experience in planning matters, property management and building regulations. I hope to use that to the advantage of the village to bring some sense of proportion to development, but more, to promote some shared ownership to enable the younger generations to remain in the area in property they can afford. I want to see a pleasant, attractive environment develop further in the village to please both residents and visitors to this beautiful area.



Heacham Carnival Parade and Fete 2017

We are delighted to announce that Lucy Whitmore and Abigail Fisher-Downes have been selected as our Carnival King and Queen - Sir John Rolfe and Pocahontas - for this year's Parish Carnival Float. They will be attended by Kayla Daniels, William English, James Morley, Olivia Murtagh, Kathryn Pelling, Ellie Joan Proctor and Amelie Witley. To remind you, the Parade leaves College Drive at 1.15pm (see separate route map) joining the Fete at the Sports Field around 2pm. Even at this late stage there's still time to be involved in the Parade itself - turn up at College Drive on wheels or walking by 1pm latest - but, most importantly, just come and support everybody and join in the fun.

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.

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HEACHAM PARISH COUNCIL OFFICE 572142

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STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

Mr C. MANNING 07885 258392

Mr T. Parish 07885 258428

NORFOLK C C MICHAEL CHENERY 07920 286638

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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

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XXXXXXXXXXXXXXXXXXXX Main pick up points for The Heacham Newsletter.

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| HEACHAM INFANT SCH | 11.00 | PINE MALL | 12.30 |
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