



# THE HEACHAM NEWSLETTER



May 2018



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**Deadline for the next edition is 12 noon, Tuesday 15th May**



## BOOK SALE

MENTAL HEALTH AWARENESS WEEK

Are we coping with stress?

Stressed = Desserts  
Indulge in a book rather than a cake!

Wednesday 16 May 2018  
4 Poplar Avenue, Heacham, PE31 7EA  
10am until 2pm

Includes refreshments & raffle  
Book sale in loving memory of Graham  
the proceeds to West Norfolk Mind

Further information : Emma Hardy (01485) 572 707  
4 Poplar Avenue, Heacham, King's Lynn, Norfolk, PE31 7EA

## ANNUAL PARISH MEETING

**YOUR DAY! YOUR SAY!**

Wednesday 23rd May.

An opportunity for you, as a resident, to raise concerns and voice your opinions to the Parish Council on what is happening (or not happening) in Heacham.

The Old Friends Hall,  
Sunnyside.

The meeting starts at 7.00pm and refreshments will be available afterwards.

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

E-MAIL: [theheachamnewsletter@yahoo.co.uk](mailto:theheachamnewsletter@yahoo.co.uk) [www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)

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**THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH**

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

# *your letters..*

**Pat Barrow**

During April we heard the sad news of the passing of one of our previous colleagues Pat Barrow.

Pat was an active member of the village and one of those activities was being part of the Newsletter Team from 2007 to 2011.

We, at the Newsletter, wish to express our sincere condolences to Pat's family and friends.



Dear Newsletter

## **Dog Hooks**

With Heacham being a village of dog lovers and walkers can I suggest that the local shops i.e. Butchers, Bakers, Post Office etc. put a hook in their windowsills to allow the dog owners to hook their leads on allowing them to use the shops to purchase the goods on offer. This would be much appreciated rather than having to tie the lead to the nearest railings, gate post or lamp post.

Jennings store has led the way by having a hook on a post outside their shop. Maybe if any stores follow this suggestion they could let the Newsletter know so a list could be printed to let all the dog walkers know where they are welcome to shop.

**Richard Barlow & Buzz**

\*\*\*\*\*



**Caley Street**

Dear Newsletter

## **"Thank You"**

Thank you everyone for the amazing support given to our Coffee Morning and Spring Fair on Saturday March 17th especially as it was such a bitterly cold day.

We were delighted to hand over the proceeds to Tapping House Hospice which together with a generous donation came to £700.

Once again, well done everyone.

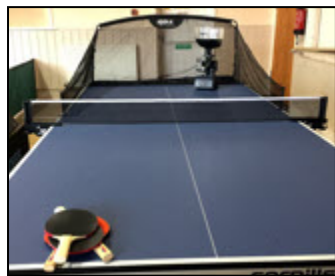
**Jan Andrew  
Pine Residents Group**

\*\*\*\*\*

## **Heacham Table Tennis Club**

### **A Thank You**

On behalf of Heacham Table Tennis Club, I would like to thank Heacham Youth & Community Trust Ltd for buying us a table tennis robot, catching net and 120 table tennis balls.



After they so kindly bought us 4 table tennis tables in 2016, which have been used extensively over the last couple of seasons, this added equipment is the icing on the cake. We arrange coaching sessions out of the table tennis league season and this new equipment will be a great bonus to the coaching sessions.

Above is a photo of one of the tables and the new equipment.

**Malcolm Diggins  
on behalf of Heacham TTC**



Dear Newsletter

**Folgate Road**

## **Retro Tea Party**

I know that we are early for this but please this is just a little reminder date for your diaries.

On Sunday afternoon of July 15th, we will be holding a Retro Tea Party in the Public Hall, Heacham, for hopefully 150 people (15 tables of up to 10). This Tea Party will be slightly different - tea and cake will be served by your individual table named, very own waiter / waitress. There will then be a short Fashion Show of retro clothes from the 1920s to 1970s modelled by both MEN and WOMEN. To add to this, a couple of duets will be sung from the 1940s/1950s era, plus super raffle prizes to be won. All-in-all it's going to be a grand afternoon of nostalgia, chat and fun, raising funds for The RSPCA Eau Brink re-homing Centre, King's Lynn.

If you feel you would like to join us, jot the 15th July down on your calendar or give us a ring and reserve your tickets and table. Tickets will be out later this month along with advertising posters, so watch out for these and more detailed information in the June Newsletter.

Can we just say here "Thank you so much to our many friends and family who have their names on the list already, to donate homemade baked cakes. Yes, even a vegan cake and a gluten free cake(!) and sausage rolls for the folk who do not have a sweet tooth!"


Give either of us a call to reserve your ticket Janice or Dave Curtis (01485 570402).

With many thanks.

**Janice Curtis**

\*\*\*\*\*






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## Heacham in Bloom

Spring is finally here after what has seemed to have been a long and wet winter. The Wallflowers we planted in the autumn are now coming into flower and should (hopefully) give us some spring colour.

**Best Blooming Caravan Competition:** We will once again be running the 'Caravan Competition', the prize being a cup for the best 'Park' and prizes for the 1st, 2nd and 3rd placed in the 'Best Blooming Caravan' category. Posters have been circulated and forms for individual caravan entries are available from your Park's office, Heacham Library or by emailing – [heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com) Judging will be done over the weekend of 7th/8th July 2018.



During 2018 we are hoping to be able to host a 'Gardening' themed talk. No confirmed details are available at the time of writing, please look out for posters in due course or follow our Facebook page where details will be posted when available.

Our next meeting is on Tuesday 22nd May, 7pm in Heacham Library.

Heacham in Bloom Committee  
[heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com)

**HEACHAM  
OPEN GARDENS**



**Saturday 23rd June**  
**From 12 noon**

Enjoy an afternoon wandering around some  
private gardens in Heacham  
Stalls, raffle, refreshments

**Entrance £3 Children free**  
Further info tel: 01485 572252

Follow signs  
Proceeds in aid of Heacham & Criteuil-la-Magdeleine  
Twinning Association

**Heacham  
Spring Art Show**

5th – 6th May 2018  
10.00am - 4.00pm  
Showcase of Local Artists' Work

**Free Entry**

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Event Enquiries 01485 572142

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## A Tale on the former Stainsby site

Les Cottam, aged 91, was in the army and demobbed in 1947. He moved up to the local area in 1948. Les doesn't live in Norfolk anymore, but absolutely loves coming up for holidays in his caravan and visiting Heacham and Hunstanton.

Reg Stainsby was Les' uncle and during the war he was an engineer, dealing with all the aircraft up in Scotland, and Les at the time was in Scotland with the army doing his training. One day, Les' father came up to see them both and had a game of golf. Whilst playing golf, Reg said to Les "If you want a job after the war come and work for me."

In the early 1930s, Reg opened the Reg Stainsby garage on Lynn Road in Heacham. After Les got demobbed he went up to the garage, which was quite small. By then, Reg had started running a coach to take Roger Potts' (former vicar) schoolchildren to school.

Roger Potts had a school at Ingoldisthorpe; children travelled from around the world to be educated at this private school.

Les started the coach pick-up from Old Hunstanton and continued on to pick the majority of schoolchildren up from outside Heacham church. This is due to the fact that most children would lodge in the vicarage. Then he would take them up to the Ingoldisthorpe School, being quite a large school.

On the site located next to the Stainsby Garage were detached houses. Eventually, one became empty and Les moved in there. The small petrol station where Lidl is currently being built and developed, used to sit two houses in a dip, which is where Les lived. In the 1980s they built the shop and petrol station.

A couple of years after Les moved into this house, Les' mother, father and sister moved up to Norfolk from Bedford, where his father was a police officer (Sergeant in Dunstable).

In 1952, Les left Norfolk and moved down to London where he walked in his father's footsteps and joined the police force. He spent 30 years down there and then returned to Norfolk in 1982, where he lived here for another 25 years. Due to family commitments Les eventually had to move back to London.

Les' sister married Phil Johnson who owned Mount Pleasant Farm down Lamsey Lane. Johnson's owned the Old Dairy Crest.



This is in fact, where the Heacham Newsletter originated as the 'Dairy News'.

If you have a story you would like to share about the Village of Heacham  
c o n t a c t :  
[parislarhamreporter@outlook.com](mailto:parislarhamreporter@outlook.com)

THN

Another recipe from

## "Nourishing Winter Meals planned by a Prudent Pensioner"

Now available on Amazon at £4.99

E Book free with paperback or £1.45  
if purchased individually

\* \* \* \*

### Carrot and Raisin cake

#### Ingredients:

100g/3½oz Raisins  
170g/6oz S.R. Flour  
40g/1½oz Butter softened  
140g/5oz Soft Brown Sugar  
2 large eggs  
100g/4oz Carrots peeled and grated  
1 teaspoon Vanilla essence

#### Method:

Line a 2lb loaf tin, set oven at 175c/350f.

Put butter, carrots, sugar and raisins into a large mixing bowl and mix well. Beat eggs in jug, add vanilla essence then add to bowl and mix well. Add flour into mixture and fold in. Put mixture in to loaf tin and cook for approx. 50mins or until done when tested.

I think it improves flavour if left for 24 hours before eating or freezing.

Makes 10 generous slices.

For more budget friendly, easy to make recipes, and 'How to' video clips, visit the 'Prudent Pensioner's' page  
[www.doreenreedpoet.com](http://www.doreenreedpoet.com)



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## The West Norfolk Singers

The West Norfolk Singers are seeking to appoint a new Musical Director in place of our retiring incumbent, Nigel Wickens. Nigel has been leading the Singers for almost twelve years but feels that it is time for him to pass on the baton to some younger blood (someone under 80!).

If you are an experienced musician with a desire to lead a small choir of about 25 singers (sopranos, altos, tenors and basses), who meet weekly from September through to May, rehearsing at Heacham Methodist Church on Wednesday evenings between 7.30pm and 9.00pm with concerts normally held locally before Christmas and in the Spring, then we would love to hear from you.

Chair, Anne Davis, says 'this is an opportunity for some aspiring choir master to lead this keen, enthusiastic group of friendly singers in the joy of singing. The group enjoys a wide range of music and is willing to try anything. We are supported by a very professional accompanist, William Moss, who is always willing to turn his hand to different pieces.'

Anyone interested, please contact Anne on 01485 571315.

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## The West Norfolk Singers

# Spring Concerts

## 2018




**Wednesday, 2nd May 7.30pm**  
**St Marys Church, Long Sutton**

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**Saturday, 5th May 7.30pm**  
**St Nicholas Church, Dersingham**

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**Wednesday, 9th May 7.30pm**  
**All Saints Church, Stanhoe**

The Programme will include a wide variety of music reflecting much of the Singers' favourite repertoire recognising that this series of concerts is the last to be performed under the guidance of our Musical Director, Nigel Wickens.

Admission — £5.00 includes light refreshments  
 Tickets available at the door

More information : [www.westnorfolksingers.org.uk](http://www.westnorfolksingers.org.uk)

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## CHURCHES TOGETHER IN HEACHAM

Just a thought.....

As we move into the season of Pentecost, I have been contemplating the gifts that each person has in the Church and I have no reason to doubt that the Holy Spirit is alive and is constantly with us. From worship to flower rotas, pastoral care to cleaning, all have the gift of the Holy Spirit within them. We should never underestimate what goes on here and how we both individually and as one body make a difference to each other and those beyond our walls.

Mind you, helping each other and those around us can have its drawbacks, as a minister found out not long ago. He was walking down the street one day when he notices a very small boy trying to press a doorbell on a house across the street. However, the boy is very small and the doorbell is too high for him to reach. After watching the boy's efforts for some time, the minister moves closer to the boy's position. He steps smartly across the street, walks up behind the little fellow and, placing his hand kindly on the child's shoulder leans over and gives the doorbell a solid ring. Crouching down to the child's level, the minister smiles benevolently and asks, "And now what, my little man?" To which the boy replies, "Now we run!"

Towards the end of this month is Pentecost Sunday; a time when the Spirit came upon the disciples and changed their lives beyond recognition. But do you believe the Spirit impacts on your life; do you ever question where this Spirit that transformed so many at Pentecost is?

Well, that quiet Presence in our lives that makes us say, "God is near me," is the Holy Spirit. Those times we stand up for what we believe and feel a fire in us that gives us courage and strength are times when the Holy Spirit motivates us. Those times of crisis when we ask God for help are times when the Holy Spirit responds with the graces we need to get through the trouble we are in. The Holy Spirit is the God who dwells in us; God with us now, always.

It is wonderful to think that God invites us to receive the Holy Spirit into our hearts and minds; God with us, God for us, God in us; God involving and engaging us in his work. And with God, all things are possible, and with the Spirit of God with us, in us and for us, all things can work together for the good of our lives, our church, and our community.

**Rev'd Steve Oliver, Methodist Minister**



## Sunday Services at St Mary's - May 2018

6th	10am - Holy Communion 4pm - Pine Mall Service 6pm - Evening Service
10th	7pm - Ascension Day Service at Methodist Church
13th	8am - Holy Communion 10am - Morning Prayer 6pm - Evening Services
20th	10am - All Age Worship for Pentecost 6pm - Evening Prayer Thy Kingdom Come
26th	10am-12noon - Messy Church
27th	8am - Holy Communion 10am - Morning Prayer and Baptism 6pm - Evening Service

## St Mary's Christian Bookshop Heacham

Please come and visit our bookshop which is opposite the Methodist Church in Station Road, Heacham. During the next few weeks it will be open from 10am-4pm on Mondays, Tuesdays, Wednesdays, Fridays and Saturday 10am-4pm.

## CHURCH CONTACTS: (telephone code: 01485)

Methodist Church	Rev'd Stephen Oliver	570232
St Mary's Church	Rev'd Veronica Wilson	570697
	Rev'd Capt Paul Niemiec	541855
St Mary's Church Office		572539
email:	<a href="mailto:heacham.church@gmail.com">heacham.church@gmail.com</a>	

## Thy Kingdom Come

There will be a 24 hour Prayer Room set up at the Church Hall, 17 High Street from 6pm Saturday 12th May- 6pm Sunday 13th May. If you have ever visited a Prayer Space in School it will be familiar to you. There will be different ways to pray set up around the hall. If you would rather you can leave a prayer request in a box and we will pray for you.

There will also be an opportunity to join in a prayer walk on Monday 14th May starting at 7pm from the Church.

For further information please contact Penny Taylor 572539.



## HEACHAM METHODIST CHURCH May 2018

6th May	Cathy Fielding
13th May	Irene Garrard
20th May	Rev Steve Oliver Holy Communion
27th May	Church Fellowship Service

## Midweek Communion

The May Midweek Communion service will be on Wednesday 9th at 10.30am in the church Hall led by Rev Steve Oliver. All welcome.



### Bible Study

Our bible study is now fortnightly on Thursday mornings at 10.40am. We are currently studying Revelation and invite you to come and join us as we discover the truth of the bible and how it's applied to life today. It is a lively hour of learning and discussion led by Rev Steve Oliver. May dates are the 3rd, 17th and 31st.

### Prayer Meeting

A new prayer meeting has started. This is on the same day as the bible study on Thursdays, starting at 10.00am. This will give us half an hour to take our concerns for the world, the country, Brexit, the sick in our community and whatever you wish to pray about. Many churches have proved the power of coming together, talking to our Lord and listening for his response, Note this is not an extension of the bible study – it is a separate meeting. You may come to the prayer meeting and go home at 10.30am. You may come to the bible study which starts at 10.40am or come to both meetings. The prayer meeting will take place in the church. There will be a break for coffee before the bible study starts in the hall. May dates are 3rd, 17th and 31st.

### The Fellowship

There are three fellowship meetings in May The first is on May 1st at 2.45pm when John Smith will give a talk on the History of Hunstanton and surrounding area. Cheryl Nally will hold a quiz on the 15th May and local preacher Elizabeth Batstone will be the speaker on the 29th. Remember this popular meeting for both men and women starts at 2.45pm. Why not give it a try?

### Coffee Morning

Having discovered that the May coffee morning clashes with the wedding of Prince Harry, we have brought it forward a day. It will be on Friday 18th May, 10am-12noon. There will be cakes, books and bric-a-brac on sale. John Harris will provide the music from 11am. Come and bring a friend.

### Open Door

A reminder that the church is open every Tuesday morning from 10am-12.00 noon just for you – there's no meeting or service on, but if you would like to come and pray or talk to minister Steve Oliver or one of the stewards, then pop in. We might even find a cup of tea or coffee for you.

### Hands and Needles

The club for the gifted with their hands and like knitting, sewing, embroidery etc meet fortnightly on Tuesday evenings from 7.30pm May dates 1st, 15th and 29th.

### MIDWEEK ACTIVITIES

Tuesday	10am-12 noon - Open Door weekly 7.30pm - Hands and Needles – 1st, 15th & 29th 2.45pm - The Fellowship – 1st, 15th & 29th
Wednesday	10.30am - Midweek Communion - 9th
Thursday	10.00am - Prayer meeting on 3rd, 17th & 31st 10.40am - Bible Study on 3rd, 15th & 31st
Friday	7.00pm - Indoor short mat bowls weekly
Friday 18th	10am-12 noon - Coffee Morning

Holidaymakers and visitors most welcome to all Sunday services and midweek activities.

The Gospel Hour will now be broadcast regularly from 9pm – 10pm. The station can be picked up on the internet via [www.radioheacham.org](http://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](mailto: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**



**Gospel Hour from 9.00-10.00p.m.,**  
every Sunday with DJ Rev. Steve Oliver  
Listen on [www.radioheacham.org.uk](http://www.radioheacham.org.uk)

## Next Messy Church

Saturday 26th May 10-12noon


At St Mary's church, Heacham.

More information from Veronica Wilson 570697 or Church Office 572539

**You will be welcome to join us!**



# Snettisham Christian Fellowship



Christ centred  
Bible teaching  
Gospel led

10:45 every Sunday morning  
Memorial Hall Old Church Road Snettisham

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## Hunstanton Catholic Parish

There will be a Quiz night on Friday 11th May at the Garnet Room in the parish church, Hunstanton, starting at 7pm. Why not come along and make up a team of 4. £2.50 per head. A shared table buffet, tea and coffee will be available or bring a bottle if you wish.

There is a coffee morning at 11am on Saturday 9th June at the Garnet Room, Hunstanton.

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

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

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Everyone 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](http://www.hunstantoncatholicparish.org)

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Website: [www.thewellbeingpeople.co.uk](http://www.thewellbeingpeople.co.uk)



## Heacham History Group

March's speaker was David Reeve who gave a talk about the Sandringham Flower Show. David's talk was really interesting, informative and humorous. The organisation required to hold such a large event is enormous and David has been heading the team for seventeen years now. Many local charities are the beneficiaries of the profit on the show, which started as a small estate produce show to encourage tenants to grow their own fruit and vegetables and keep their gardens and home in neat order. How it has grown!

For May, Simon Massen will be returning with a new set of his old picture postcards of the local area. It's always a pleasure to see how Simon's postcards give us a peek into the past of our village. Familiar scenes suddenly become changed, a different world, one where cars were few, the horse and cart were supreme.

The meeting on Monday 21st May, will begin at **7.15pm**, which is fifteen minutes earlier than normal, to enable us to get through a very quick AGM before Simon's talk. We will also be renewing membership and enrolling new members that evening at the bargain price of £2 a year. For that you will get admission to the lectures for £2 instead of £3 and an email reminder for the meetings.

As usual the venue is the Old Friends Hall, Sunnyside Close, Heacham, PE31 7DU. Everyone is welcome. Admission £3 (Members £2).

**Linda Nudds Tel: 01485 571794**



## P.G. PLUMBING & BUILDING

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## 'Big Wheely Appeal honours Heacham Man'

The March edition featured the launch by the Buffs (Royal Antediluvian Order of Buffaloes) of their Appeal in support of the Wheely Big Appeal for funds to buy 30 indoor wheelchairs for the Queen Elizabeth Hospital, King's Lynn.

Chris Framingham, the Buffs' current Provincial Grand Primo, has now handed over the first of the wheelchairs which the Order hopes to provide during his year of office.

Each wheelchair purchased through the Appeal bears a sponsorship panel and the Heacham Buffs are proud that their first wheelchair is dedicated to Chris's father, the late Anthony (Tony) Framingham, who was a long-standing Heacham resident and a member of the Order for over seventy years.



Photo: from L to R: Lodge member Mark Framingham (Chris's son), Chris Framingham (Provincial Grand Primo), Walter Rogers (Provincial Grand Secretary) and Claire Roberts the Trust's Associate Director of Patient Experience.


**Extra Hands**
Established 1993

Providers of Home Care in Norfolk

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## Borough Council News

Spring has sprung and you will likely be out and about more. I hope nothing spoils the view such as litter and dog waste. It is now beyond doubt that the latter can go in litter bins. There is a question hanging over how much litter can go in bins. 'Until they are full', you might reply. 'Until three quarters full', I have been told by the BC. I have a meeting in Heacham, with an officer before the next Newsletter.

Talking of litter, much has recently been in the news about single use plastics – plastic straws, disposable cups etc. The BC made the error of giving away plastic junk, containing a large plastic straw, to celebrate something or other and this was seen by another independent councillor. I joined in the small hiatus which followed. The BC, apparently independent of this, is now reviewing policy and taking some steps to reduce the use of single use plastic. They are not doing as much as North Norfolk Council but it is a start.

On your walks, if you can, please remove any plastic waste from the beach or elsewhere and let me know what you find. If it is something large or unwieldy, contact me and I will endeavour to remove it or get someone else to do it. Those responsible for the plastic waste appearing in hedges and ditches along The Drove at the end of School Road, might like to remove that.

The black and white warning flags, just off North Beach, should have been replaced by the time you read this.

Housing Benefit: My sympathies to anyone attempting to claim it who is not a straight forward case. I knew nothing about this; I now know that the opportunities for delay seem endless.

Local planning: I received requests from residents to visit them and look at their planning proposals. I cannot voice an opinion, but hope I can help that their plans be better understood (which

could help decisions go either way). Applicants attending an appropriate Parish Council meeting is also likely to be useful.

Beach hut rents are still a burning issue; apparently Heacham Beaches must offer something better than much of the rest of the coast. Heacham residential beach car parking passes have gone up 60% despite objections by me and the Parish Council. If you are affected please contact me and I will take it up again.

I should be at the Annual Parish Meeting on 23rd May in the Old Friend's Hall and will have a few minutes allocated to me to accept questions (not necessarily answer them). Remember, this is your meeting only facilitated by the Parish Council.

Enjoy whatever sunshine comes our way.

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## Ruffle's Walks – Following a Trail!

by Rachel Greaves

Ruffle was sitting on one of the green platform benches alongside Samantha and Ben, sharing their lunch. Samantha had been telling Ben how Ruffle had sniffed out a biscuit that was hidden right under one of the seats in the carriage that she looked after on the train. Ben had wondered whether Ruffle's nose was good enough to follow a scent – like a bloodhound, so they decided to ask Eric to help them find out just how good a nose Ruffle had!

Eric suggested they lay a trail for Ruffle to follow along the well-worn pathways through the woods that were beside the little steam railway. To ensure that the person with Ruffle knew if he was going in the right direction, they would leave arrows made of sticks to point the way.

Eric cooked some bacon so they could leave a small piece at each stick arrow (this was Ruffle's favourite and the most likely for Ruffle to follow!). Samantha and Eric set off first, laying a trail with sticks at regular intervals. At each stick arrow they left a bacon reward for Ruffle. After ten minutes Ben set off with Ruffle, who was on his lead so that Ben could keep up with him. Before they started, Ben gave Ruffle a piece of bacon so that he could get the taste and smell.

Ruffle soon picked up the scent of bacon and arrived at the first stick arrow quite quickly, gulping down the tasty treat. Ben could tell from the direction of the arrow that Ruffle needed to take the left-hand path but waited for Ruffle to choose the way. Ruffle's nose quivered and wrinkled as he sniffed the air. Then Ben smiled as he was pulled down the path to their left.

Ruffle's nose proved extremely clever and Ruffle, pulling Ben along, soon arrived at the last stick clue that Samantha had

shaped like an Airedale. Eric and Samantha were waiting out of sight behind a large tree so that Ruffle didn't see them, rather than smell out the bacon on the trail.

"Well done, Ruffle!" praised Samantha, "I knew you had a brilliant nose – even if it does get you into trouble sometimes!"



*Why don't you lay a trail for someone to follow using sticks or stones. Make them into an arrow that points in the direction you want them to go. Don't worry about laying bacon down – their noses are probably not as skilled as Ruffle's at following scents!*

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## The Schoolmaster's Tale. Norman Albert Pearmain Spencer.

### Part 1

Norman A P Spencer

Saturday 27th May 2017.

I'm sitting next to John Barnes in the refectory of the Culham Church of England College for Schoolmasters near

Abingdon, Berkshire, half a dozen green clad paramedics in attendance to cover the heart attacks. It's the final Annual Reunion of the 'Old Boys' and I haven't seen him since we graduated in 1960. He was, in those days, a serious young man whose hobby was Church Bell Ringing. These days he's a serious old man whose hobby is Church Bell Ringing. As a committee member of the Central Council of Church Bell Ringers, this man pulls ropes all over the Country. Over lunch he shows me a photocopy of the front page of the EDP dated 14th March 1940 which he had recently picked up whilst ringing in Norfolk. It concerns the suicide of the former Headmaster of South Creake Primary School. He is interested because he suspects that the dead man was his mother's cousin. As I live in the area and he lives in Kent, will I check it out for him? I take the case.

The story of Norman Albert Pearmain Spencer starts with the wedding in 1900 of his parents Ebenezer Albert Spencer and Florence Harriet Pearmain (known rather irreverently by their great grandchildren as Ebb and Flow). They had two children at their home at 3 Gordon Terrace off Caley Road, Heacham and by 1911 had moved to Neal House (now a Pharmacy), in Station Road. Ebenezer's Saddle and Harness business (now a Chinese Takeaway) was two doors down.



Spencer's Saddlery 1901



Spencer's Saddlery 2018

The 1911 Census for Neal House records:-

Name:	Ebenezer Albert Spencer
Age:	34
Occupation:	Saddler
Birthplace:	Swaffham
Name:	Florence H Spencer nee Pearmain
Age:	32
Occupation:	Wife
Birthplace:	Thornham
Name:	Edna Albert Spencer
Age:	10
Occupation:	Daughter (Scholar)
Birthplace:	Thornham
Name:	Norman Spencer
Age:	5
Occupation:	Son
Birthplace:	Heacham
Name:	Ella Pearmain
Age:	32
Occupation:	Sister in law. Governess (County)
Birthplace:	Thornham



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Little Norman and his sister attended the local school at Heacham. Later he attended King Edward VII Grammar School at King's Lynn (Sept 1918–Dec 1922) when he left to qualify as an Elementary Schoolmaster at the Culham Church of England College for Schoolmasters near Abingdon on the Oxon/Berks border. On 28th June 1929 he left Southampton on the 'SS Kenilworth Castle'. According to the passenger list there were several teachers and members of the Clergy on board. He taught in Southern Rhodesia for three years then returned from Mombasa aboard the 'Llandaff Castle' arriving at Southampton on 26th July 1932 and headed straight for Neal House. Letters survive from this period between him and his cousin Rose, to whom he was very close.

He returned to the Parish Church School in Spalding, Lincolnshire, and in 1933 married Phyllis Daphne Hancock. They produced a son, Philip (Pip) in 1938 who in 1964, twenty-four years after his Father's death, married Dorothy Marriott. Before being appointed Head at South Creak, Norman had been an assistant master at Spalding, so this was to be his first headship and a big challenge.

On being appointed, Mr and Mrs Spencer with little Pip, rented Sly's Farmhouse at North Creak whilst the Head's house opposite the School at South Creak was being prepared for them.



Sly's Farmhouse

Mr Harry Schulman, the tenant farmer, had vacated the farmhouse on being commissioned into the County Regiment and was not to return until being released at the end of the War from a Japanese

POW camp. Mr Thomas Albert Collison, already managing Bluestone Farm and Abbey Farm, was then given charge of all three farms, controlling a workforce of some thirty to forty

skilled men, boys and Women's Land Army personnel. He was due to move into Sly's Farmhouse, conveniently positioned between the two farms but postponed his move to accommodate Mr Spencer. In the event, following the tragedy, Mrs Collison declined the offer and the couple with their children never did move in. Daily tasking of the workforce was at a meeting each morning held in the barns or stables on each farm and it was at the Sly's Farm briefing that Mrs Spencer tearfully interrupted Mr Collison and took him over to the dairy. He was in fact the man referred to in the EDP report of 14th March 1940. Peter Collison, son of Thomas, said that his family were told of the incident when his father came home for breakfast that morning. Coincidentally, Peter, who attended South Creak School at the time, became a professional carpenter and joiner and was, much later, responsible for renovating Sly's Farmhouse. The old dairy, where the sad event took place is now the 'Snug' or rest room and the dropdown floor has been raised.

(To be continued).

David Wickens

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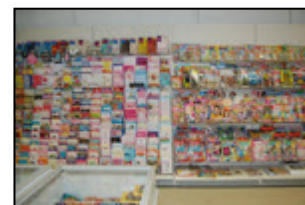
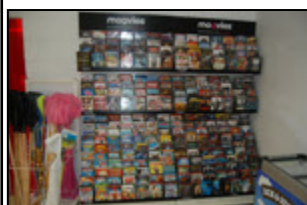
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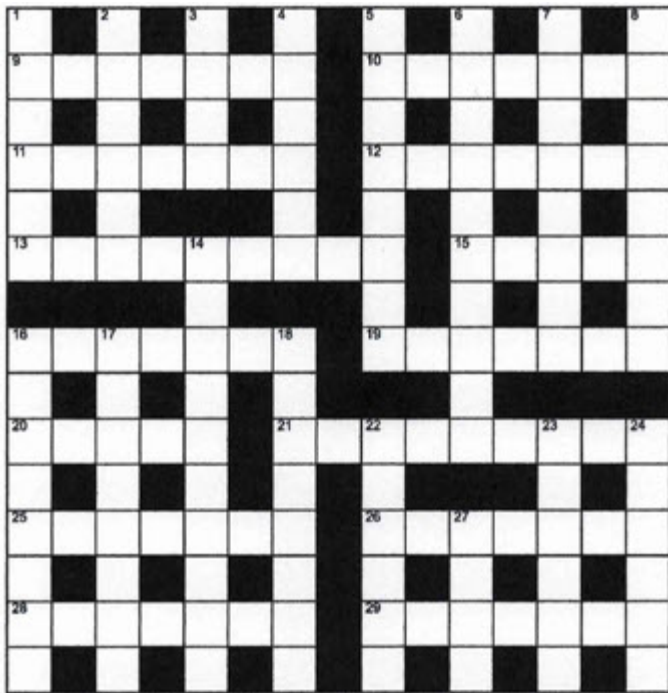
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## CLUES:

### Across:

9. The main worry is fog (3,4)
10. Enlarge a mess for high ranking officer (7)
11. Spell out letter without frills (7)
12. Chance to unbutton trap freely (7)
13. Care for friend swimming in river (9)
15. Charlie and I would start training around ten (5)
16. Light falls on exhibitors (7)
19. It would be a mistake to drop striker (7)
20. What they own will transfer, initially, to the next in line (5)
21. Qualifier with little English is taken for a ride (9)
25. Pirate track is heard alongside another tune (7)
26. Was determined to hold on to tiny lengthcut off (7)
28. Call on nurse after ten to take temperature (7)
29. Given top mark, flounced around showing immaturity (7)

### Down:

1. Swear broadcast is nailed on (6)
2. Bird collector (6)
3. Star I adored in small part is likely to figure in opera (4)
4. Bearing small bronze to church (6)
5. Religiously questioning a back strain starts to irritate convalescent (8)
6. Unrefined, but popular, food outlet can provide for most (10)
7. Exercise is tiring an invalid (8)
8. Offender is comparatively small (8)
14. Fix roller as a means to an end (3-7)
16. Arranges hands on regulator (8)
17. Attach too much importance to bowling speed (8)
18. Split peas to sort and weigh up (8)
22. Come to an agreement with the bench (6)
23. It's a sign of late spring and early summer (6)
24. Read out a notice on possible effects of flash (3-3)
27. Shred letter written in foreign language (4)

Solution on page 42

## NEWSLETTER SUDOKU 119

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

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

Solution page 30

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May 2018					June 2018				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TU	07 02	7.2	19 17	7.3	1 F	07 40	7.0	20 06	6.6
2 W	07 34	7.1	19 53	7.1	2 SA	08 09	6.8	20 38	6.4
3 TH	08 03	7.0	20 25	6.8	3 SU	08 40	6.6	21 13	6.1
4 F	08 30	6.8	20 56	6.5	4 M	09 13	6.4	21 52	5.8
5 SA	08 59	6.5	21 30	6.1	5 TU	09 53	6.0	22 41	5.6
6 SU	09 33	6.1	22 13	5.6	6 W	10 44	5.7	23 44	5.4
7 M	10 17	5.7	23 12	5.2	7 TH	11 52	5.6		
8 TU	11 24	5.4			8 F	00 55	5.4	13 03	5.7
9 W	00 36	5.1	12 51	5.3	9 SA	02 03	5.7	14 08	5.9
10 TH	01 56	5.3	14 03	5.6	10 SU	03 02	6.0	15 07	6.3
11 F	02 57	5.7	15 01	5.9	11 M	03 54	6.4	16 01	6.7
12 SA	03 48	6.1	15 50	6.4	12 TU	04 42	6.8	16 54	7.0
13 SU	04 32	6.5	16 35	6.8	13 W	05 29	7.1	17 45	7.3
14 M	05 13	6.9	17 20	7.1	14 TH	06 14	7.3	18 36	7.5
15 TU	05 54	7.1	18 06	7.4	15 F	06 59	7.5	19 27	7.6
16 W	06 35	7.3	18 51	7.6	16 SA	07 43	7.5	20 16	7.5
17 TH	07 15	7.4	19 36	7.6	17 SU	08 27	7.4	21 05	7.2
18 F	07 55	7.4	20 21	7.4	18 M	09 13	7.2	22 00	6.9
19 SA	08 35	7.2	21 08	7.1	19 TU	10 04	6.9	23 00	6.5
20 SU	09 20	6.9	22 02	6.7	20 W	11 04	6.5		
21 M	10 13	6.5	23 09	6.2	21 TH	00 06	6.2	12 11	6.3
22 TU	11 20	6.1			22 F	01 10	6.0	13 18	6.1
23 W	00 31	6.0	12 38	6.0	23 SA	02 13	6.0	14 25	6.1
24 TH	01 47	6.0	13 54	6.1	24 SU	03 13	6.1	15 26	6.3
25 F	02 55	6.2	14 58	6.4	25 M	04 05	6.3	16 22	6.4
26 SA	03 53	6.5	15 55	6.6	26 TU	04 49	6.5	17 11	6.5
27 SU	04 40	6.7	16 45	6.8	27 W	05 31	6.7	17 56	6.6
28 M	05 20	6.9	17 32	6.9	28 TH	06 09	6.8	18 37	6.6
29 TU	05 58	7.0	18 15	6.9	29 F	06 49	6.9	19 16	6.6
30 W	06 34	7.0	18 56	6.9	30 SA	07 20	7.0	19 50	6.5
31 TH	07 09	7.0	19 33	6.8					

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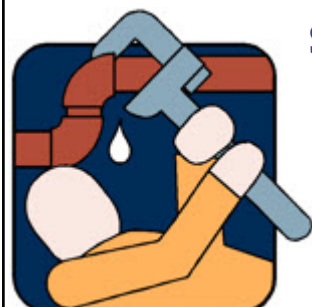


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## 2nd Heacham Rainbows

Our first week back we marked the Chinese New Year, 'Year of the Dog', by making Dachshund puppets. The head and the bottom of the Dachshund were attached to straws and the 'sausage' part of the dog was concertinaed brown paper.

Our next week was just after Thinking Day. Thinking Day is a day every member of Girl Guiding thinks about Guides around the world; our unit coloured in the different uniforms worn by different Rainbow units around the world and talked about their favourite uniforms. Some liked the pink which is worn by "Sunflowers" in Mexico but most liked the UK Rainbows red and blue uniform.

The next week we got messy. The Rainbows painted Mother's Day cards, using stencils to make flowers and patterns. While they dried we played one on one hockey. It was intense. Our next week the Heacham Guide leader Sue visited; we ventured outside with some Frisbee. In pairs the Rainbows practised throwing it back and forth while avoiding the leaders' cars (especially Sue's shiny new car!) Our second to last week we had our Easter themed meeting; the Rainbows decorated bunny ears with fluff, pompoms and pipe cleaners. With their bunny ears they had an Easter egg hunt around the garden looking for a big egg with their name on it. Sadly, on our last week we said farewells to two of our Rainbows at Farmer Freds' a lovely treat from their parents. They especially enjoyed the ball pit and the massive slide, one Rainbow made me go on the blue spiral slide three times. This resulted in a puffed-out leader and friction burn.

Heacham Rainbows hopes Olivia and Josie-Belle have enjoyed their time at Rainbows and have lots of fun at Brownies.

**Kathryn Couzens Unit leader**

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1940 is coming to Heacham!

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A 1940s evening is being held at  
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Saturday 12th May at 8.00pm

Live band – 'The Buskerteers'

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For tickets please call:

Sue 07752 988389 Dawn 07551 073629  
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## HEACHAM PARISH COUNCIL

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## HEACHAM CARNIVAL



## NEEDS YOU

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## Edgar of Heacham Part 5 Night Night Edgar

On 7th April we reburied Edgar our Anglo-Saxon a year after he was found. 33 adults and children joined in the ceremony.

### The reburial of Edgar of Heacham, soldier of Woden:

We know Edgar died between 419 and 553 so he was probably a pagan, believing in several gods and in the existence of elves and dragons (a small dragon was watching). These are some of the Anglo-Saxon gods:

Woden (or Odin) the chief god or all father.

Thunor (or Thor) Woden's son who is the god of thunder and protector of humanity. He famously has a hammer and his sacred tree is the oak.

Tiw is the god of war, courage and sacrifice.

Wade (or Vadi) is the god of the sea and sea battles and guardian of fords and ferries.

Eostre (or Eastre) the goddess of dawn, rebirth and spring time. Her sacred animal is the hare.

We don't know about Edgar's first burial ceremony so we included neo-pagan, Celtic, Christian and Anglo-Saxon references. This is part of a psalm that Edgar would have liked:

### **Psalm 144 of David 1st Verse**

*Praise be to the Lord my rock  
Who trains my hands for war,  
My fingers for battle*

*He is my loving God and my fortress,  
My stronghold and my deliverer,*

*My shield in whom I take refuge  
Who subdues peoples under me.*

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### Preparation of the box

Edgar's box is recycled English oak, Thunor's sacred tree. It was made by Terry and has a nameplate provided by the Wolverhampton Trophy Centre. There were 6 items to go in the box. Edgar's bones were in the box covered by woollen cloth. The items were described as follows and placed on top:-



Copyright  
Graham Reader

A coin dated  
2017. Holly,  
Dean and Jason  
found Edgar's  
bones last year.

Rosemary for remembrance.

Lavender for Heacham and for peaceful sleep.

An oyster shell for food, the sea and the god Wade.

A replica spear (to replace Edgar's own) made using a curtain rod finial from Sandringham Ironcraft and a short ash shaft from Wolverhampton.

Norfolk reed cut from Heacham Saltings. In Edgar's time the river Heacham or Hitch was navigable.



Copyright Graham  
Reader

### Blessing of the grave site

The box was placed on the ground.

*Bless this grave as the place where Edgar may rest in peace.*

The box was placed in the ground.

*We now commit his bones to their resting place.*

### Invoking the 4 elements

A fire was lit in the South. Four people took: a rock - earth - to the North; a feather - air - to the East; a candle - fire - to the South; a glass of water to the West, and said, 'By the earth and wind and fire and rain take Edgar back to the earth again.'

The grave was partially filled. A Celtic prayer for the dead was read:

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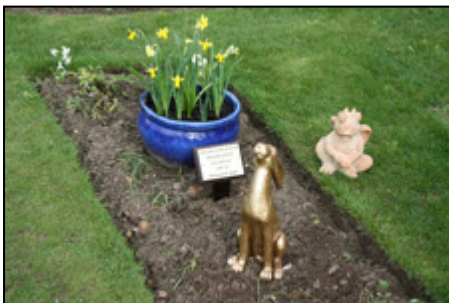


*Deep peace to you  
 Deep peace of the running wave to you  
 Deep peace of the flowing air to you  
 Deep peace of the quiet earth to you  
 Deep peace of the shining stars to you  
 Deep peace, infinite peace to you*

Then this poem:

***Something Beautiful Remains***  
*The tide recedes but leaves behind  
 Bright seashells on the sand.  
 The sun goes down but gentle  
 Warmth still lingers on the land.  
 The music stops and yet it echoes  
 On in sweet refrains.  
 For every joy that passes  
 Something beautiful remains.*

The grave was filled in. The model of the sacred hare of Eastre was brought to the grave. Everyone said: ‘**Goddess bless, Goddess Keep.**’ The grave marker was brought. Everyone repeated, ‘**Goddess bless, Goddess Keep.**’



Copyright T.Parish

**Edgar’s funeral tea**  
 The food and drink was based on what Edgar could have had. No chips, tomatoes or orange carrots. There was mead, apple juice

and beer but no tea or coffee. I made the venison and beef casseroles with parsnips, onions and mushrooms. There was roast beef and pork, wheat and oat bread, butter, cheese (Cheshire and goat’s) and salad – lettuce, rocket, watercress, onion and cabbage.

I made sweet oatcakes with honey, apple, apricot and cinnamon using a recipe from West Stow Anglo- Saxon village.

Edgar would have enjoyed the products of the Fox Brewery, Lyme Bay Winery and Drove Orchards. I think he would have been impressed by the high quality and taste of the meat from Howell’s and would have eaten lots of bread from Ridout’s Bakery.

Thanks Thunor for keeping the weather under control as requested.

**June Parish and Edgar of Heacham**

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## Heacham at Night

May, winter just behind us and short nights, the bane of astronomers, ahead. At the time of writing, cold and rain has given away to the odd smear of sunshine and chilly mist. The Spring Kelling Heath star party was likely responsible.

Anyway, May skies have very similar prospects to those in April – Venus, Jupiter, Ceres and a meteor shower. If you can, refer to April's Newsletter article alongside this one.

Look almost due west between 8pm and 10pm and Venus will be very bright in the sky. Earlier, and sunlight drowns it out, though, if you know precisely where to look, you will see it but don't use optical instruments before the sun sets. After 10pm and Venus lies very close to the horizon and you will need to be at the beach to see it set. In June, lighter nights will make it harder to appreciate the 'Evening Star'.

Another Venus / Moon photo opportunity presents itself on the 17th. Look late evening but before 10pm and you should have a good view of the crescent Moon just below and to the left of Venus. Lay a line between these two and above left is bright Capella, below right is supergiant Betelgeuse (the star which marks the left shoulder of Orion). To the left of Venus is Alhena (part of Gemini and 111 light years away) and to the right, Elnath (part of Taurus, 131 light years away and a blue giant).



Internet

On the nights of the 21st and 22nd, Venus is close to the open star cluster M35. Binoculars will bring this collection of 2,000+ stars into view. The cluster is around 3,000 light years away, rather further than the few light minutes of Venus. Below and to the left of M (Messier) 35 is NGC (New General

Catalogue) 2158 which is a compact open cluster 12,000 light years away and is about 2 billion years old.



Internet

As Venus dips out of sight turn and look SSE; Jupiter is rising. On the 9th it is at opposition – a line drawn between the Sun and Jupiter passes through the Earth.

Consequently, Jupiter is at its brightest this year. It is also visible all night. Time to find a way of mounting your binoculars or getting a birding 'scope or telescope out.

The path of Jupiter will describe an arc across the sky from the SSE to the SSW. It will be at its highest elevation between rising and setting. In the middle of the month this is at about midnight and Jupiter will be due south. Earlier in the month it will be highest in the early morning, later in the month, before midnight.

The higher in the sky a planet is then the less depth of Earth's atmosphere its reflected light has to penetrate so viewing should be better at this point. However, viewing is affected by many factors including turbulence and wind so don't delay by waiting until what may be quite late – look at Jupiter as soon as you can.

Every year for the last few years I have told you to try and spot four of the moons of Jupiter, those first discovered or, at least, recorded by Galileo Galilei in January 1610. They led the way to convincing a disbelieving Church that Earth was not the centre of all things because these moons were obviously orbiting Jupiter.



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The Galilean Moons are the four largest of Jupiter's family of 69 and their discovery with a simple refracting (lens) telescope that had a magnification of just 20x demonstrated the importance of telescopes in astronomy. They were individually named by a contemporary of Galileo, Simon Marius, who recorded his

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observations a day later than Galileo (the panic by today's astronomers to be first on the net with any discovery probably stems from this original historical dispute). Kepler recommended the names, those of lovers of Zeus (Jupiter). Galileo wanted them named after the Medici family in order to gain some patronage. His influence and re-designation of each satellite as Jupiter 1, Jupiter 2 etc prevented Marius's names being used until around the 1950s.

In order of distance from Jupiter: Io, Europa, Ganymede and Callisto are all larger than most other bodies in the solar system with the exception of the 8 planets and the Sun. Ganymede is bigger than Mercury. Consequently, these satellites are all worlds in their own right and, along with some moons of Saturn such as Titan and Enceladus, are currently receiving far more attention from NASA and ESA than in earlier decades. If primitive life is found on a body other than Earth it is more than likely to be on Europa.

So, look at these sparks of light and wonder at the political and religious intrigue they caused just over 400 years ago and how they started a new birth of astronomy through a technical wonder of the age – the telescope.



Callisto Jupiter Io Europa Ganymeds

*Copyright Parish*

If you have your optical aid mounted so that you can rotate it (on a tripod for example) then watch the Galilean Moons over an hour or so. You will easily see Io change position as it takes less than 2 days to orbit Jupiter. Over a longer period, you will see Europa has moved. The other two will have changed position over consecutive nights – Callisto takes about 17 days to orbit.

Io has 400 active volcanos, very high mountains and spews sulphur. Europa, a tad smaller than our Moon, is bright and white reflecting light so well because its surface is miles thick water ice likely lying over liquid water. Plumes of thin vapour containing water molecules have been detected erupting from its south pole. Ganymede is a rocky and icy world with a magnetosphere (magnetic field) and a very, very, thin oxygen atmosphere, Callisto is similarly rocky but with a very thin atmosphere of mostly carbon dioxide. It is heavily cratered.



*Copyright njuedu*

So, when you turn your eyes on Jupiter you are looking at 5 worlds, four of which have the banded, complex atmosphere of Jupiter in their skies. All of which are surrounded by a very powerful magnetic field generated by Jupiter's fuzzy mantle and core of liquid and metallic hydrogen. And remember, the gravity field generated by Jupiter has influence over all our lives. It captures inbound rocks, makes comets swerve and, over time, influences the motion of everything in the Solar System. The centre of gravity between the Sun and Jupiter actually exists just outside the Sun's sphere. Jupiter orbits the Sun but the Sun also orbits Jupiter.

Talking of Jupiter's gravity, the dwarf planet Ceres is still well placed and can be viewed through a decent telescope if you can find it. This icy, primitive body was prevented from forming into what is now recognised as a planet by the influence of Jupiter's gravity. It is sometimes described as a protoplanet. Crudely, look due west on 20th at 11.30pm. Find the Moon (just past half phase) and go further up the sky. At about about a third of the distance which lies between the horizon and the Moon, there is Ceres. Simple. NASA's Dawn spacecraft arrived at Ceres in March 2015 and is still orbiting it and active.

Heacham's westerly skies in the early morning still contain Mars and Saturn. Both are close to the Moon in the first week. Saturn becomes visible earlier and earlier and is observable from just after midnight by mid-month. On the 1st June at about 12.30am, Saturn is very close to the Moon. It reaches opposition in June so start looking at Saturn when you can.

The Eta Aquarid meteor shower peaks in the early hours of the 6th but Moonlight will likely interfere with observations.

Good Looking.

**Terry Parish**

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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  
YOGA for healthy living 9.30-10.30am For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)  
ART CLASS 10am – 12noon For info Tel: Shirley Milbom 572247(PRH)  
SUNNYSIDE CLOSE (Sheltered Housing for over 60's)  
Coffee Morning 10.30am Tel : 570492  
FITSTEPS 11am – 12noon To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (PH)  
HATHA YOGA 11am-12noon For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)  
FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey 07900 818311 (PH)  
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 – 6pm Contact Kathryn Tel:572138 (MC)  
FOOTBALL Under 10's 'Magpies' 5-6.30pm Contact Debbie 07506887545 U12's 6.30-8pm Contact Jason 07867527706 (HSC) playing fields  
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School Contact Sandee Tel: 01485 570485  
LINE DANCING Absolute Beginners/Beginners 6-7pm Improvers 7-9pm £3.50 Contact Diane 571166 (SM)  
HEACHAM IN BLOOM 3rd Monday Monthly 7pm at Heacham Parish Library  
LINE DANCING 7-9pm £3.50 Yvonne Tel:532317 (PH)  
WEST NORFOLK TAPPING CIRCLE meet 3rd Monday Monthly 7-9pm For more information Tel:571936 Catherine or email mcatherineallen1@gmail.com. (PRH)  
HEACHAM WIVES GROUP – 2nd Monday of most months at 7.30pm Contact Sue Scott Tel: 572252 (HSC) Top Room  
HEACHAM SOCIAL BOWLS CLUB (from 7th April) 1pm until dark, £4 non members payable at the bar in the Social Club

### TUESDAYS

WEST NORFOLK MIND support for those suffering or caring for those with mental health issues. 1-3pm, 4 Poplar Avenue, call Lynda on 01485 532024  
OVER 60? Enjoy improving your health and bone density with Active for Life Exercise Classes at Heacham Surgery Classroom 10.15-11-15am Tel: Pat 298429  
CARPET BOWLS 10.15am - 12 noon Tel: 570776 (PH)  
HEACHAM CARERS SUPPORT GROUP meets 1st & 3rd Tuesday monthly 1-3pm at A Piece of Mind 4 Poplar Avenue Tea Coffee & a chat For more info Tel: 572707  
LINE DANCING 1.30 - 3.30 pm Improver/Intermediate £3.50 Contact Diane 571166 (PH)  
THE FELLOWSHIP 2.45pm Every other Tuesday (MC)  
1st HEACHAM GUIDES 5.30 – 7pm Tel: Sue Theunissen 07833747059 or just come along (MC)  
1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs) 6 – 7.30pm Tel: Alison 07737642828 (SG)  
WEIGHT WATCHERS 5.30pm and 6.45pm (OFH)  
ZUMBA 7-8pm £4 per class or £7 for both Tuesday & Wednesday classes Tel: Michelle 07585002124 (SG)  
PARISH COUNCIL MTG 3rd Tuesday monthly 7pm (PC)  
HANDS & NEEDLES GROUP every other Tuesday 7.30 – 9.00pm Tel: Joan Careless 570363 (MC)  
HEACHAM & SANDRINGHAM CAMERA CLUB meets 1st & 3rd Tuesday monthly 7.30pm Sandringham Club West Newton Email: heachamdigitalcamerclub@yahoo.co.uk  
POCAHONTAS PLAYERS Drama Group 7.30–9.30pm Tel: 570402 (PH)  
LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds  
HEACHAM SOCIAL BOWLS CLUB 1pm until dark, £4 non members payable at the bar in the Social Club

### WEDNESDAYS

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  
MIDWEEK COMMUNION 2nd Wednesday of the month 10.30am (MC)  
PATIENT ADVICE & LIAISON SERVICE 2 – 4pm on 2nd & 4th Wednesdays monthly (PC)  
HEACHAM LITTLE DRAGONS Korean martial arts of self defense Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)  
FOOTBALL Under 9's 6-7pm Contact Sam 07803790402 (HSC) playing fields  
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)  
LINE DANCING 7 - 9pm Improver/Intermediate £3.50 Contact Diane 571166 (SM)  
BINGO 7.30pm Neville Court Grouped Home  
HEACHAM TWINNING ASSOCIATION 2nd Wednesday monthly at 7pm New members welcome Tel: 579465. (PC)  
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)  
WEST NORFOLK SINGERS 7.30-9pm For info Tel: 541851 Peter Gray www.westnorfolksingers.org.uk/ (MC)  
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5 welcome £1 entry pp Cash Prize & Cash Snowball (HSC)  
HEACHAM SOCIAL BOWLS CLUB 1-3pm, beginners and improvers training. (£4 non members) Frazer 07771434659/Alan 078709721031. Open 7 days a week from 1pm until dark for casual bowlers  
CAR BOOT SALES (from 18th April) 7am – 12noon (Gates open 6.30am for Booters) Weather permitting (HSC) Sports Field

### THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older people dementia friendly) 9.30–3pm For info Joyce Armstrong 07704338775  
TABLE TENNIS CLUB 10am (PH Top Room)  
OVER 60? Enjoy improving your health and bone density with Active for Life Exercise Classes at Heacham Surgery Classroom 10-11am Tel: 298429  
CARPET BOWLS 10.15am - 12 noon Tel: 570776 (PH)  
MOTHERS' UNION 4th Thursday monthly 2pm (SM)  
TREFOIL GUILD 1st Thursday monthly 2 - 4pm (PRH)  
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for over 60's) Tel: 570492  
FOOTBALL Under 8's (5yrs up) 4.30-5.30pm U12's 5.45-7pm Contact Jason 07867527706 (HSC) playing fields  
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC) 5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084  
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)  
1st HEACHAM CUBS ages 8 – 10yrs Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)  
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)  
HATHA YOGA at Heacham Infant School 7.45 – 8.45pm. £5 per person (limited spaces) Call Alison: 01485 571062  
CHILDREN'S YOGA 7 to 11yrs 4 – 5pm (limited spaces) To book call Alison: 01485 571062 (SG)  
SOCIAL EVENING 2nd Thursday monthly 7.30pm (MC)  
FLOWER CLUB 4th Thursday monthly 7.30pm Flower arranging & demonstrations Tel:Alayne Seymour570560 (SM)  
RAO BUFFALOS 8pm (HSC Top Room)



QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds  
HEACHAM SOCIAL BOWLS CLUB (from 7th April) 1pm until dark, £4 non members payable at the bar in the Social Club

### **FRIDAYS**

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon  
3rd Friday of the month Contact Sue Spencer

bereavementgroup53@yahoo.com or Tel: 572029 (SM)

COFFEE AFTERNOON Fridhem Rest Home Station Rd Last Friday of the month at 2pm

FOOTBALL Under 10's 'Minors' 5-6.30pm Contact Jay 07711779415 (HSC) playing fields

1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to 8yrs Term time 6 - 7.15pm Tel:572890 Julian Geraghty (SG)

TAI CHI & KUNG FU 6-7pm Beginners Tai Chi 7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu

Tel: Derek 01553 674779 (PRH)

INDOOR BOWLS CLUB (Carpet) 7pm (MC)

CASH BINGO 7pm (PH)

WILDFOWLERS CLUB 1st Friday monthly 7.30pm (HSC Top Room)

HEACHAM SOCIAL BOWLS CLUB (from 7th April) 1pm until dark, £4 non members payable at the bar in the Social Club

### **SATURDAYS**

FOOTBALL U13's 10-11.30am Contact Mike 07804927764 (HSC Sports Field)

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

HEACHAM SOCIAL BOWLS CLUB (from 7th April) 1pm until dark, £4 non members payable at the bar in the Social Club

### **SUNDAYS**

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

HATHA YOGA 7.30-8.30pm For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)

HEACHAM SOCIAL BOWLS CLUB (from 7th April) 1pm until dark, £4 non members payable at the bar in the Social Club

SUNDAY SCHOOL Heacham 10.30am at Methodist Church, 4 - 11 years. Open to all. Rev.Steve Oliver 01485 57232 or email buzzard177@msn.com

### **HEACHAM DIARY**

**Friday 4th May** GIG 'JAM with DNA' 8.30pm at Fox and Hounds, Station Rd

\*\*\* 'Poker Night in Club' 7.30pm start at The Social Club, Station Rd

**Saturday 5th May** 'Boxing TV Tony Bellows v David Haye' in Club at Spocal Club, Station Rd

**Saturday 5th & Sunday 6th May** 'Spring Art Show' Showcase of local artists work, 10am-4pm at Old Friends Hall, Sunnyside (off Caley St) Free entry. Enquiries 01485 572142

**Sunday 6th May** 'DNA Group' 4pm-7pm at Social Club, Station Rd

**Wednesday 9th May** 'Blood Donor Session' NBS at the Public Hall, Station Road. 1.15pm - 4pm and 5pm - 6pm. By appointment 0300 1232323 or www.blood.co.uk

\*\*\* 'Coffee Morning' Old Friends Hall, Sunnyside (off Caley St) 10am - 12noon. Tea, coffee, cakes, chat, quiz. All welcome.

**Thursday 10th May** 'Buffs Raising' at Social Club, Station Rd

**Friday 11th May** GIG 'Retro Rockets' 8.30pm at Fox and Hounds, Station Rd

**Saturday 12th May** 'Coffee Morning' at Pine Residents Hall, Wilton Road from 10am to 12noon. In aid of Greyhounds in need, Norfolk Greyhound Rescue and Guide Dogs for the Blind. Tombola and stalls, all welcome.

\*\*\* '40-50's Night in Hall' (in aid of Air Ambulance) £5 per ticket, Social Club, Station Rd

**Tuesday 15th May** GIG 'Blues Situation' 8.30pm at Fox and Hounds, Station Rd

**Wednesday 16th May** 'Book Sale' for Mental Health Awareness Week at West Norfolk Mind, 1 Poplar Avenue. 10am - 2pm. Includes refreshments and raffle

\*\*\* 'Lorraine's Prize Bingo' starts 1.30pm at Social Club, Station Rd

**Saturday 19th May** GIG 'Crossing The Tracks' 8.30pm Fox and Hounds, Station Rd

**Monday 21st May** Heacham History Group presents 'More Local Postcards' 7.15pm start at Old Friends Hall, Sunnyside Close. Short AGM, talk and slide show. Admission £3 (Members £2) includes refreshments. All welcome

**Friday 25th May** GIG 'Groove Cartel' 8.30pm at Fox and Hounds, Station Rd

**Saturday 26th May** 'Messy Church' 10am - 12noon at Heacham St.Mary's Church. Call Veronica 01485 570697 or Church Office 01485 572539

**Sunday 27th May** (afternoon) GIG 'Hush' at the Fox and Hounds, Station Rd

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## OTHER EVENTS

**Saturday 5th May** The West Norfolk Singers 'Spring Concert' 7.30pm at St.Mary's Church. Long Sutton. £5 includes light refreshments

**Saturday 5th – Monday 7th May** The Ringstead Art Group's 'Spring 18 Exhibition' at Ringstead Village Hall 10.30 – 5pm. Preview Friday 4th May 6pm – 8pm

**Sunday 6th May & Monday 7th May** 'Open Days' Royal Air Force History hosted by The Heritage Centre 10am – 4pm. Free admission. At The National Construction College, Bircham Newton, PE31 6RB. Contact David Jacklin on 01379 741884

**Wednesday 9th May** The West Norfolk Singers 'Spring Concert' 7.30pm at All Saints Church, Stanhoe. £5 includes light refreshments

**Friday 11th May** Anmer Village Social Club Film Night 'Finding Your Feet' at Anmer village Social Club, doors and bar opens 7.30pm. Tickets £3 on the door. 01485 579465

**Wednesday 11th – 14th May** The Wash Art Group of Snettisham 'Art Exhibition' at Ringstead Village Hall. 10am-5pm

**Sunday 13th May** 'Car Boot Sale' at Smithdon High School, Hunstanton. From 8am -1pm pitch holders on site from 7am, no booking required, £5 cars/£10 large vans/cars with trailers. Pay on entry. Refreshments available. Free parking for visitors

**Tuesday 15th May** Brancaster Camera Club 'Print Competition –Panel of three Clouds, Water, Land' at Brancaster Staithe Village Hall 7.30pm. Call Jim 01485 210013 or Wendy 01553 674725

**Monday 21st May** Hunstanton U3A 'Meeting and speaker Michael Aldis on Victorian Lynn' 2pm at the Community Centre Hunstanton

**Tuesday 22nd May** Brancaster Camera Club 'Ruth Grindrod Landscape Photographer Presents, Space to Breathe' at Brancaster Staithe Village Hall 7.30pm. Call Jim 01485 210013 or Wendy 01553 674725

**Wednesday 23rd May** The Village Cinema presents 'Paddington 2' at The Memorial Hall Snettisham. Doors and bar open 6.30pm, tickets £5 on the door

**Thursday 24th May** to Sunday 27th May Dersingham Methodist Church 'Flower Festival, Theme – Step by Step' 10am – 4pm every day apart from Sunday 2pm-4pm. Free Admission \*\*\* Norfolk Wildlife Trust 'An Illustrated Talk – Orchids' by Mike Gibson. 7.30pm Hunstanton Methodist Church Hall, Austin St. £2.50 members/£3 visitors

**Saturday 26th May** 'The Mirlitons Flute Ensemble' Lunch time recital at St.Mary's Church Snettisham. 12noon start with simple lunch provided

**Saturday 26th May – Sunday 3rd June** Norfolk & Norwich Open Studios 'Six Artists Art Exhibition' at Ringstead Village Hall

**Tuesday 29th May** Dersingham Village Cinema presents 'Breathe' starring Andrew Garfield and Claire Joy. 7.30pm start in the Dersingham Social Club. Entrance £5 to include refreshments

### Mondays

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

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

### Tuesdays

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

COASTAL STROKE & SUPPORT GRP 10.30am – 12.30pm at Hunstanton Methodist Church Austin St

LINE DANCING 1.30 – 3.30pm at Snettisham Memorial Hall £3.50 Tel: 532317 Yvonne

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

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

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

## Wednesdays

DOCKING MARKET 9am - 1pm in The Ripper Hall

Local Produce Craft and Gift Stalls Tel: 576233

RESTORATIVE YOGA 10 - 11am 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

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

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

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

## Thursdays

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

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

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

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

KINGS LYNN & DISTRICT OSTEOPOROSIS SOCIETY meet in Kings Lynn 4th Thursday monthly at 4.30pm Methodist Church Hall, Kings Lynn. Pat 01485 572271

## Fridays

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

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon

## Saturdays

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

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

## **SMITHDON HIGH SCHOOL**

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### **2018 DATES**

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**SATURDAY 16 JUNE**

**SUNDAY 15 JULY**

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## News from Heacham Fire Station

Around this time of year, the crew at the station will often be thinking about what sort of summer we will have - especially if we manage to get more than a few hot days in succession! But where others may have thoughts of suntans and beach holidays, our thoughts will be about whether we'll be rushed off our feet tackling fires in the countryside or up to our knees pumping out floodwater from summer storms!

The weather makes a huge difference to both the types and numbers of incidents we attend. As I write this in mid-April, the weather has been so dreary it's hard to believe that back in April 2011, we were one of many crews dealing with a large wildfire at Dersingham Fen. The bypass had to be closed as at first smoke and then flames made it too dangerous for motorists and pretty interesting for us too! The remains of many Silver Birch trees that succumbed to the fire can still be seen on the approach to the Dersingham roundabout.



*Flames extending over the Dersingham bypass, April 2011.*

Whilst we have no control over what the weather may send our way, our training will always aim to stand us in good

stead to face whatever incidents we may encounter.



At a recent hazardous materials (hazmat) training exercise, we had an opportunity to work with crews from Hunstanton and King's Lynn to practise our skills in firefighter decontamination. The aim at all such incidents is for crews to avoid coming into direct contact with anything harmful but if it is unavoidable, we must be able to remove 'it' from them safely. Continuing the weather theme, one of the key considerations at hazmat shouts is the wind direction. The last thing we

want to do is park up in the path of a gas cloud and so we have access to specialist weather forecasters and our on-board computer can predict the extent of an affected area for a given wind speed and direction. It's all pretty clever stuff but also one



of those things that you hope you never need to use for real!

Come rain or shine, the work of the fire station continues.

I'm happy to say that new recruit Peter has settled in straight away and is enjoying being

part of our team. He is seen in the photos checking the contents of one of the lockers and getting a jet to work with Joe, our new recruit from 2017, who has done very well in his first year. If you would like to join them, you know what to do!

Until next time, take care and stay safe!

**Chris Wood**  
Heacham Fire Station

## Ringstead Village Club

Ringstead Village Club meet once a month (except August) on the first Thursday of the month, at 2pm, in the Village Hall, High Street (next to the Gin Trap Inn). You don't have to live in the village to come along to our meetings, everyone is welcome. We invite a variety of speakers throughout the year to come and give talks on a wide variety of subjects; there will be something to interest everyone.

The speaker for our 7th June meeting is Elaine Calvert, who will give a talk on her time as a prison officer.

The Annual plant sale will be on Saturday 5th May starting at 10am. Please note that instead of the Village Hall it will be held at Apple Tree Cottage, 62 Docking Road. Refreshments will be available.

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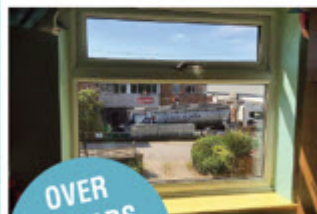
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# 1st Heacham Cubs

On our first night back on 22nd February, after we had renewed our Law and Promise, we started on team building games which is part of the Cubs Silver Award. It was Kaa's night so he got them into teams and they played a series of games. Then they had to explain why there is a football captain, referee and Sixers to our packs. At the end of the evening Alexis was made a Secunder of Blue Six and we awarded Zack his year 4 badge then Alexis, Harley, Leo and Jacob were awarded their year 2 badges.

Our evening for 1st March had to be cancelled due to the snow.

We continued with the Team Games on the 8th March; Kaa played three games with them then Chil made a blind man's trail for them to follow in pairs, one blindfolded, one guiding. The first was an easy trail and once everyone had completed that, he made the trail harder. They had to climb over chairs and tables and through hoops. Mang also did a game with mats and ball when they had to get from one end of the hall and back again in their teams on the mats to pick the ball up without touching the floor.

The evening of 15th March was a little messier than usual; I had been given some Owl Pellets from Ollie, thanks Ollie. Not all the Cubs wanted to join in but those that did had a great evening pulling the pellets apart after they had been softened in sterilizing solution to find all sorts of bones from the animals (mainly small rodents) the owls had eaten. Lots of skulls some with their incisor teeth in them and leg bones including hips and claws. Mattie received his year 2 badge at the end of the evening.

22nd March saw the Cubs meet at St Mary's church to visit the church and graveyard. Veronica was joined by the church

warden John Whitbread to help with the evening. After we arrived, the Cubs had to find something interesting in the church – Bible, Altar, Font, Lectern, Cross, Candles, Organ and Pulpit. Then Veronica with the Cubs walked back round the church and she explained what they were all for and how the church used them during the year. Next was a talk about the Communion with what the wafers and wine signified. Lastly, the Cubs learnt about the different colours used in the church during the year..... Purple for reflection, thinking used during Advent and Lent, White/Gold is for celebrations used during Christmas and Easter, Red was for important days Pentecost, Maundy Thursday and Holy Week, the Green was for all the ordinary days during the year. Veronica then did a craft/activity with the Cubs which showed on a dial all the different parts of the church year and the colour associated with it. When they had finished the Cubs went outside with John to have a look round the Rolfe Acre graveyard. It was too dark to see any wildlife and the Cubs were not that quiet. They were shown the graves of the fallen soldiers who had lived in Heacham and who were brought home to their families. There is also a plaque in the graveyard in memory to a fallen soldier who was not brought home and was buried in France. After they had another look round it was inside for a hot chocolate and a biscuit. The Cubs who attended the evening were awarded their My Faith Badge and it also went towards part of their Silver Award.

On our last evening 29th March Hathi was able to come and say Goodbye to the Cubs who were leaving that night. During the evening we made a kite which was part of their Adventure Challenge Badge. When they had finished they played a game with Kaa and the other young leaders sort of based on the What's the Time Mr Wolf which involved sweets. At the end of the evening we Invested Hayden into Heacham Cub Pack. Blue won the end of term sweets and we were able to award 100% certificates to Alexis, Harley, Leo, Jacob and Zack. Dominic got the Certificate of Achievement for the term for his Excellent Attitude to Cubs and an Easter Egg. Other badges went to Harley, Leo and Jacob who received their Team Leader badges and Leo received his Our World Badge.

Sadly, we had to say Goodbye to Dominic, James and Zack as they had reached the age to move onto Scouts. They all received a certificate and torch. When the Cubs left, they all received an Easter Egg.

We are a bit low on numbers at the moment but hopefully it will pick up again soon.

Happy Scouting to all our Cubs.

Akela (Sam), Ziggy (Julie), Kaa (Rob)  
Young Leaders Rikki (Tommy), Hathi (Jemma), Chil (Nat)  
& Mang (William)

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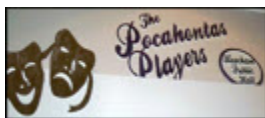
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## Pocahontas Players

**Yes, the adapted Calamity Jane is coming to Heacham!**

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With raised seating and every cast member wearing individual face radio microphones, wonderful Back Drop scenery and outstanding costumes, our audiences are to see and hear a fabulous 2 hour evening of spectacular live entertainment.

Please see the Poster within this Newsletter for telephone hot line ticket numbers - It is the group's first time of booking Row letters and seat numbers.

**Thank you from The Pocahontas Players**



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**POCAHONTAS PLAYERS**  
PRESENT

*Adapted by  
Naomi & Caitlin Rix*

# CALAMITY JANE

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**SATURDAY 19TH MAY  
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## Heacham Lawn Tennis Club

Heacham Lawn Tennis Club would like to thank the Heacham Youth & Community Trust for its very kind donation to the tennis club which will enable the existing tennis nets to be replaced and some new tennis equipment to be purchased.

Weekly LTA tennis coaching will continue on Saturday mornings with a children's session between 9am and 10am and an adults' session between 10am and 11am. All are welcome, both novices and experienced players.

Cost is £2 for members and £4 for non-members. Membership details can be found on our new website at [Heacham Lawn Tennis Club](http://www.heachamlawn.com)

## West Norfolk Petanque League

On Sunday 8th April the West Norfolk Petanque League (WNPL) held a pairs competition and Winter League presentation at Heacham Social Club. A total of 18 pairs turned up on a damp morning for the competition. It was won by Adrian



Hubbard and Matthew Falkner (Bushel & Strike, Heacham) with Matt Hemsley and Dave Cornwall (Narborough Social Club) runners-up.



The Winter League was won by The Stingrays with Sharks 'B' runners-up (both from Narborough Social Club).

Division 2 was won by Centenary Committee 1 (Heacham Social Club) with the Twinners, runners-up (Downham Market).

Bob Partridge

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## Heacham Table Tennis Club

### Table Tennis Hard Bat Tournament in aid of Tapping House Hospice Sunday 8th April

Heacham Table Tennis Club held a table tennis hard bat tournament on Sunday 8th April in Heacham Public Hall.

24 players took part in a singles competition in the morning and, after having an interval for food, there was a doubles competition in the afternoon. It was well supported with donations from local businesses and from the players and £562 was raised for Tapping House Hospice.

Photos and a report can be seen on the Heacham Table Tennis website at:

<http://www.malc-on-line.co.uk/tabletennis/index.htm>

**Malcolm Diggins**  
on behalf of Heacham TTC



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The West Norfolk Members Group invites you to

**An illustrated talk:**

### **Orchids**

*by Mike Gasson*

A photographic tour of many British orchids, plus some European and Cypriot examples, including aspects of their conservation.

**Thursday 24h May - 7.30pm**

Venue: Hunstanton Methodist Church Hall, Austin Street.

Cost: £2.50 members / £3.00 visitors.

### **Alternative Therapies - Spring Tonic**

At this time of year those 'pesky' weeds will be growing faster than the other plants, which would imply that in the past we used to eat these as they were the first plants out. You can make them into a tasty Herbal Spring Vinegar full of vital nutrients and high in minerals. So, collect a kilner jar (vinegar eats the metal lids of jam jars) full of small dandelion leaves, cleavers (sticky willy) and nettle tops, all chopped finely, then add apple cider vinegar to cover. You can add lemon balm and rosemary if they are out too. Leave for a couple of weeks, then strain and use. It is good to label date/ingredients/place of collection, in case you forget and they look the same if you make different varieties! You can take a tablespoon in a glass of warm water first thing in the morning (if you're brave!) or pour over salads and other foods.

Dandelion leaves are a wonderful kidney support as a potassium rich diuretic, cleavers are a lymphatic cleanser, nettles are a rich source of iron and also have anti-histamine properties, so will help as a preventative against hay fever. Apple cider vinegar is brilliant at extracting all those minerals from the plants and will also help lower cholesterol, improve skin tone, helps with osteoporosis and improves metabolic functioning.

Regular use boosts the nutrient level of your diet with very little effort and you get a walk too when collecting the plants.

So, you have a combination of healing properties of vinegar with the nutritional properties and aromatic health protecting effects of the herbs; what more could you possibly need!

For a quick cleansing tea, add cleavers to a pot of cold water overnight, strain in the morning and top up with warm water to cleanse your system before you start your day. For those of you who over indulge in the alcohol may notice your liver shouting; great, its cleaning out all those toxins!

I have just made a cleaver salve for itchy inflamed skin, using cleavers in olive oil infused for a week or so, then strained into beeswax or ghee. A gentle way to soothe skin, although not if the skin is broken.

This is the best time of year to collect these herbs as they are small and fresh, leave it a few months they become too strong or start to set seed. You can eat both cleavers and dandelion in your salads or chopped finely to make salad dressings or sandwich fillings or whiz in you 'nutribullet' with other green leaves like spinach.

For further information or advice, please email me at [alison.shaman.healer@gmail.com](mailto:alison.shaman.healer@gmail.com)

**Alison Bowyer, MNCHN**

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## WEST NORFOLK LIBRARIES EVENTS HUNSTANTON LIBRARY

May 2018

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

### Regular weekly events

**Chess Club** – Every Saturday 10.30am-12.30pm (5th, 12th, 19th & 26th May).

**Baby Bounce and Rhyme** – every Monday (term time) from 2.00-2.30pm (14th & 21st May).

**Board Gamers** – every Tuesday 2.00-3.00pm. Come and enjoy some card and board games. Refreshments provided. (1st, 8th, 15th, 22nd & 29th May).

**Job help session** - Every Wednesday 3.00-5.00pm (Booking essential) - Want help to update your CV, using Universal Jobmatch, and searching for jobs online? Then why not book in for a 30 minute session with staff to get you started. Please call 01485 532280 to book! 2nd, 9th, 16th, 23rd & 30th May.

**Just a cuppa** – every Friday from 10.30-11.30am (4th, 11th, 18th & 25th May).

**The Library Lads** – every Friday 2.00-3.00pm. Relax, make friends, enjoy some card and board games, discuss a hobby or just stop by for a chat and a cuppa. 4th, 11th, 18th & 25th May.

**Volunteers needed! Please contact the library on 01485 532280 if you'd like to find out more**

- Could you help inspire the next generation of computer coders? We want to run an after-school **Coding Club at the Library**, using projects from the Code Club website.
- Could you spare some time to help during **Job Help** supporting people writing a CV, job searching and using universal jobmatch?
- Could you help develop ideas for events held at the library as a **Library Friend** and promote the library and its services within the local community?
- Could you help motivate under 5s by hosting **Mini Movers**, keeping kids active with some activities and rhymes? Or be a **Saturday Storyteller**, reading stories to a small group?
- Could you help support people learning to read? Enquire about becoming a **Reading Pathways Coach**.

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

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

**Knit and Natter- Thursday 10th May 10.30-12.30pm**

**Colour yourself calm – Monday 14th May 10.30am-12.00**

**Book Club – Monday 21st May 2.30pm**

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

**Elmer Day – Saturday 26th May 10.30-11.30am**

Come and help us celebrate Elmer Day, with stories and colouring.

**Need help with your computer or tablet?**

Why not book a one-to-one session with library staff? Charges apply. Please ask staff for details.

**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](https://www.facebook.com/LynnLibraries) - for Lynn, Dersingham and Hunstanton Libraries.



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#### **Mini Manicure**

The perfect "tune-up" service designed for you when time efficiency is important. We'll exfoliate and clean hands, softening any damaged cuticles then tidy up nails and polish to perfection, including base and topcoat.

#### **Standard Manicure**

This treatment includes cleaning, buffing, exfoliating, trimming, shaping, base-and-top coating and polishing. During your manicure, we will soften the cuticle and gently push it back, trimming only when needed or requested. A massage for hands and arms is performed, finished with either a colour or clear polish to complete this gorgeous treat.

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- Pedicuring is the art of caring for the feet and toenails.
- A Pedicure can increase the comfort level of your feet.
- A Pedicure will enhance the appearance of your feet.
- Receiving a pedicure can be exceptionally relaxing.

#### **Standard Pedicure**

This is an ideal "tune-up" service designed for you when time efficiency is important. We will massage your feet then exfoliate and clean them, removing hard skin with a foot file, We will then tidy up nails and polish to perfection, including base and topcoat.

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With a luxury foot pedicure, your feet will thank you from the bottom of their sole. Included in this service is a luxury vibrating foot spa soak and a massage of the feet and lower legs. After receiving a pedicure, your feet will be treated with warming booties to improve circulation. A luxury foot pedicure will nourish, heal, and soothe your feet.

\* For prices/offers and more information on treatments please call the salon on 01485 571395.

Jaime Parry

Solution to 119 SUDOKU	6	2	1	9	5	4	3	8	7
	8	3	5	1	2	7	6	9	4
	9	7	4	3	6	8	2	5	1
	7	4	2	5	3	1	8	6	9
	3	1	8	7	9	6	4	2	5
	5	6	9	8	4	2	1	7	3
	2	5	6	4	1	9	7	3	8
	1	9	7	2	8	3	5	4	6
	4	8	3	6	7	5	9	1	2





## Snettisham Beach Sailing Club

### FREE SAILING OPEN DAY: *PUSH THE BOAT OUT!*

All are welcome again as Snettisham Beach Sailing Club throws open its doors for its annual Open Day on Sunday 13th May 2018 from 1.00 pm until 6.00 pm, as part of the RYA national initiative "Push The Boat Out" to promote sailing. Everyone is welcome to come along and try sailing – all for free!



There will be free sailing taster sessions on the sea from 4.00 pm and on the lake all afternoon.

Come and enjoy our clubhouse with food from the BBQ and drinks from the bar.

Save 10% off any R.Y.A. courses booked on the day, and 10% off club memberships purchased on the day.

There is no need to book in advance just come along on the day!

Just bring footwear you don't mind getting wet, a windproof top, a change of clothes, and a towel.

No experience is necessary and would-be sailors of all ages from 8 years upwards are welcome. Children, you must be accompanied by an adult but your adult doesn't have to go sailing. Come and chat with our members and find out how you can get into sailing.



For full details see [www.snetbeach.co.uk](http://www.snetbeach.co.uk), and have a look at the video from 2017's Open Day at <http://www.snetbeach.co.uk/pages/videos.php>

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#### Free admission

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### WHAT'S ON IN MAY

Friday 4th May Poker Night in Club 7.30pm  
Saturday 5th May Boxing 'TV' Tony Bellows vs David Haye in Club  
Sunday 6th May DNA Group 4-7pm  
Wednesday 9th May Blood Donors  
Thursday 10th May Buffs Raising  
Saturday 12th May 40-50's Night in Hall (in aid of Air Ambulance) £5 per ticket  
Wednesday 16th May Lorraine's Prize Bingo Starts 1.30pm  
Every Wednesday Car Boot 'weather permitting'  
Every Friday Bingo in the Hall 7pm...All Welcome

BOX OFFICE EVENTS, SNOOKER, POOL, DARTS, DOMINOES,  
CRIB, POKER, PRIZE BINGO, MEAT DRAW, FOOTBALL,  
TENNIS, MEMBERS BENEFITS, CHILDRENS PLAY AREA,



# around & about...

## ANMER VILLAGE SOCIAL CLUB

### FILM NIGHT

Friday 11th May 2018 at 8.00pm

#### 'FINDING YOUR FEET'

starring Timothy Spall, Joanna Lumley and Imelda Staunton in a hilarious comedy in which on the eve of retirement a middle class, judgmental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate.

Venue – Anmer Village Social Club

Admission by ticket - £3 at the door

Doors and bar open 7.30pm

New members welcome

Email: [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk) or telephone 01485 579465.  
New members welcome. For details of this and other forthcoming events, including trailers of future films, visit our website at: [www.anmerclub.co.uk](http://www.anmerclub.co.uk)

### Hunstanton Conservative Club

#### Entertainment for May

- |        |   |
|--------|---|
| 5 May  | Dancing to Mike Shelby  |
| 12 May | Entertainment with Tony G   |
| 19 May | Coffee, Brandy and Cake £1.50 to celebrate the Royal Wedding<br>Evening entertainment with Marcia Santana |
| 26 May | Disco and dancing to Replay   |



### ANMER SOCIAL CLUB

FRIDAY 11th MAY 2018

8.00 p.m.

Doors open 7.30 p.m. Admission - £3

For further details email: [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk)  
or telephone 01485 579465  
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Your first food bill for a meal for up to 6 people

Please show this voucher. Does not include the cost of any drinks.



T's & C's: Voucher cannot be used in conjunction with any other offer or discount.

### Speciality Menu Nights

Selected days from now until the end of Summer.



### Live Music

5th May from 8.30pm

#### Red Zebra

Red Zebra cover well known songs by a wide variety of artists such as The Everly Brothers, David Bowie, Simon And Garfunkel, The Beatles, Thin Lizzy, Slade, Tom Jones, The Eagles, REM and many more.



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## HCP Hunstanton Community Players

Sadly, we have to announce that the Hunstanton Community Players, formerly the Princess Theatre Club, has now disbanded.

Formed in the mid 1980s as a support to the newly opened Princess Theatre, club members volunteered as Stewards. They were initially allowed free use of the Theatre in return for their services and many memorable performances followed.

However, times change and several Management changes later it was felt that the time had come to leave the Theatre and strike out as the Hunstanton Community Players.

We now find that this stage has also come to a natural end. Our last performance was "Blithe Spirit" at the Town Hall in 2017. This was also the first play performed at the theatre in 1987. Mr John Harris appeared in both!

We thank everyone who has been involved throughout the Club's lifetime which has spanned over 30 years.

## United Services Club Homefields Road, Hunstanton

### Entertainment for the month of May 2018

- Fri 4th May – 8.30pm: Dancing to 'Dean Alexander'
- Sat 5th May – 8.30pm: Dancing to 'The Strollers'
- Fri 11th May – 8.30pm: Country Night with 'Mitchell C Scott'
- Sat 12th May – 8.30pm: Dancing to 'Splash'
- Fri 18th May – 8.30pm: Quiz Night. £3 per person with food.
- Sat 19th May – 8.30pm: Dancing to 'Steve Perry'
- Fri 25th May – 8.30pm: An evening with 'Lesley'.
- Sat 26th May – 9.30pm: Dancing to 'Trevavian'

**Dick Melton  
Sunny Hunny**

**SNETTISHAM PARK**

## DEER SAFARI & BBQ

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angiecoker3@yahoo.co.uk



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## Hatha Yoga Classes – at Hunstanton Library

Saturdays April 28th, May 12th, 19th and June 2nd - 1.30pm – 2.45pm.  
£5 a session/£20 for all four to be paid in advance when booking.

Learn how to move your body with awareness  
Improve your posture alignment, and energy flow

**SEE SEPARATE POSTER WITHIN THIS NEWSLETTER**

*Yoga Teaches Us To Cure What Need Not Be Endured, And Endure What Cannot Be Cured*

B.K.S. Iyengar

### Preparation

The class will consist of a quiet time to focus the mind and prepare for the practice that follows. Students will then be guided through limbering movements that warm and prepare the muscles for the asanas (postures) that follow.

### Asana

Once the body has been prepared, we will move on to the asana (postures), that help to strengthen, loosen, tone and stabilize the body. The focus of the class is on alignment, the spine, and how we move. We also look at how to find the balance between steadiness (Stira) and ease (Sukha), the final posture is not the goal, but it is discovering how and what we feel along the way.

Yoga is non-competitive and you are encouraged to listen to your body, by listening to the body we learn to become more sensitive to its needs and develop a safer practice. Modifications and adjustments may be given during the practice to accommodate medical conditions ranging from arthritis and pregnancy.

### Working with the breath

You will use your breath in asana to strengthen and improve your practice as well as employing the breath to still and focus the mind in preparation for pranayama and meditation. Asanas

(postures) and breath work will vary, depending on the ability of the students.

### How to prepare for a class

You will be given a health questionnaire to complete, which helps me to provide you with a safe practice.

Wear sensible, comfortable and appropriate clothing e.g. jogging pants and t-shirt and bring a non-slip mat and a blanket for relaxation.

*Yoga is practised barefooted for safety.*



**Hatha Yoga Classes**

*Yoga, is the journey, of the self, through the self, to the self*  
(Quote anonymous)



*At Hunstanton Library*

**Saturdays April 28<sup>th</sup>, May 12<sup>th</sup>, 19<sup>th</sup> and June 2<sup>nd</sup>**  
**1.30pm – 2.45pm**  
**£5 a session/£20 for all four to be paid in advance when booking**

**Learn how to move your body with awareness**  
**Improve your posture alignment, and energy flow**

*Wear sensible, comfortable and appropriate clothing e.g. jogging pants or t-shirt and bring a non-slip mat and a blanket for relaxation.*

*Yoga is practised barefooted for safety.*

*Yoga is practiced either 2 hrs after a light meal or 4 hrs after a heavy dinner. It is advised to be well hydrated before class and avoid drink during class (there are exceptions such as diabetic or pregnant)*

*Yoga Teaches Us to Cure What Needs Not Be Endured, and Endure What Cannot Be Cured*

*B.K.S. Iyengar*



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## SUCCESS AND SUCCESSION – PART I

by Kathryn Gigg Chartered  
Accountants, Hunstanton

Family businesses play a key role in the UK economy. Research has suggested that there are almost 5m such businesses, providing almost half of all private sector jobs and contributing some £133bn in tax. However, whereas larger businesses tend to have a “shelf life” independent of their owners or managers, family businesses tend, almost by definition, to be passed on at least once in each generation.

How then can one ensure that succession plans are successful? That issue will normally depend on whether the next generation wish to take it on or whether there will be some sort of external sale. This article will look at the question of internal succession, with the external route to be covered in Part II.

There is a proverb that “clogs to clogs” takes three generations: one to make the money, one to enjoy it and a third to lose it. Sadly, there is more than a grain of truth in the analogy. There may well be a significantly different outlook on life between the business founder who may have come from quite humble beginnings and built a flourishing business from nothing, and the third generation down, who have never known anything but financial comfort. Each generation needs to recognise that risk, and plan accordingly.

On a practical level, there are a number of issues which need to be addressed over many years:

It is never too early to start planning, but one should not make assumptions that children will automatically follow their parents into the family business. Some might do so straight from school, others might do something else first, and then return; and some might wish only to have a distant involvement, perhaps as a minority shareholder or sleeping partner. For a successful transition, that decision must be made by the new generation at a point when they are prepared to fully commit;

Generally, it is better if there is at least some element of external experience, particularly in today’s environment of rapid technological change. For example, someone involved in a retail business might benefit from working for a national firm for a few years so that, on return, there will be new ideas and familiarity with new technology which can be combined with the traditional marketplace of the “old firm”;

There will need to be a period of transition when real control of the business is passed over. The timescale of this will vary according to each individual set of circumstances, but it will rarely be the sort of “walk-in walk-out” change which might be seen on an external sale. There will need to be a balance between handing over contacts, decisions and controls too soon or too late. Successors will not necessarily want their parents “interfering” but they may well need their input and guidance, even after retirement, particularly when major decisions need to be taken;

There will be financial aspects beyond the practical steps referred to above. In a perfect world the older generation will have been able to set aside enough wealth by way of pensions or external investments so as to be independent of the business after retirement. Sadly, this will not always be the case, so it may be that some sort of financial restructuring is required to enable the retirees to continue to enjoy a certain level of income from the continuing business without necessarily having much control. Such restructuring will almost certainly have tax consequences, and professional advice should be taken to ensure that such consequences are as benign as possible;

There may be a further complication where some of the children are involved in the business and others are not. Parents generally would like to treat their offspring equally, but this may be extremely difficult if the bulk of the family wealth is tied up in single business asset. Indeed, there is an argument that, where one of the children has been closely involved in the business for

many years, treating all the children equally would actually be unfair since one would have done far more than his/her siblings to have built up that wealth. Each case will be different, and the restructuring for a parental retirement may help, but the key issue is to make it clear at an early stage that the children will be treated fairly, but not necessarily equally;

Taxation is always going to be an issue. There will certainly be implications for Capital Gains Tax, but Stamp Duty Land Tax, Inheritance Tax and even Income and Corporation Taxes may need to be considered. Professional advice should be taken throughout the course of the process;

Going back to “clogs to clogs”, there will sometimes be circumstances where more complex arrangements are required. As an example, where children predecease their parents or have no interest in succession, a grandchild or more distant relative may prove to be the best successor. In these cases, family trusts might be a useful tool to protect the business until the ultimate successor is in a position to take up the reins.

At risk of re-stating the obvious, handing over a family business is a complex, risky and, by definition, a “once in a lifetime” operation. It should not be rushed, but it is never too early to start thinking about it. There are practical, family and taxation consequences which all need to be considered and, ideally, the thought process should be shared with professionals such as the business accountant who will have experience of dealing with these matters and who will provide guidance whilst ensuring that the practical solutions do not have adverse tax consequences.

**Please contact Kate or her assistant Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk) if we can assist in any way.**

**Mrs K H Gigg FCA**

**Caution:** The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information.  
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## Brancaster Camera Club

We have two evenings planned for May:

### Tuesday, 15th May 2018

Print Competition – Panel of three ‘Clouds, Water, Land’  
Judge John Wilcox LRPS CPAGB.

### Tuesday, 22nd May 2018

We welcome back Ruth Grindrod, Landscape photographer, who has entitled her presentation ‘Space to breathe’. Ruth lives in East Anglia and her images of the region can be seen in the gallery of her site: Ruth Grindrod Photography. Her talk on the 22nd will include images of recent trips to Norway and Donegal.

Meetings are held in Brancaster Staithe Village Hall 7.30 pm.  
For more information on the club please contact Jim till on 01485 210013 or Wendy Calow on 01553 674725. New members always welcome.

Tea Cakes Coffee  
*Community*  
*coffee Morning & More*  
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*All Ages Welcome*  
9th May 2018  
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## Hunstanton & District Lions Club

Hunstanton & District Lions were proud to host their 7th Annual Charity Golf Tournament at Heacham Manor on Friday 13th April 2018. Despite a rather damp and foggy day, 51 golfers enjoyed a round of 18 holes



followed by a well-deserved and heart-warming roast lunch with dessert.

Lion President Jane Scott was delighted to present prizes to the winning teams and winners of ‘Nearest the Pin’

and ‘Longest Drive’ competitions. For the 3rd year there was an additional competition between The Hunstanton Round Table versus The Hunstanton & District Lions for the Searles Golf Trophy. Despite the Lions’ best efforts, the trophy went to the Round Table. Congratulations to everyone who competed.

### Winning Teams

1st Place with 120 points – Edmundsons Electrical.  
(Mike Frost, Perry O’Connor, Ben Newstead, Paul Richardson)

2nd Place with 112 points – Adrian Flux Insurance.  
(Paul Twite, Rob Balls, Lee Wentwood, Andy Morton)

3rd Place with 111 points – Inch To Short.  
(Gene, John, Jason)

Longest Drive – Phil Ringwood.  
Nearest The Pin (7th) – A Docking.  
Nearest The Pin (17th) – Ian Bix.

We would like to thank the players for supporting the event and our generous sponsors:

Adrian Flux Insurance.  
Kathryn Gigg FCA.  
Hunstanton United Services Club.  
Hughes Electrical Hunstanton.

Finally, we would like to thank Heacham Manor for kindly hosting the event in their beautiful grounds and to Mr Edward Howes for making the day run smoothly.

We look forward to welcoming all players and sponsors in 2019, dates to be confirmed. Please watch this space in future issues of your local monthly magazines.

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## Two Ringstead exhibitions not to be missed

Two art exhibitions are being held in the picturesque village of Ringstead during May.

The first, throughout the May Day holiday weekend, will highlight a year's work of the Ringstead Art Group whose members come from several villages within the surrounding area. They get together once a week to collectively help each other to improve their techniques and to exchange ideas. The wide diversity and high quality of their work will be apparent from the numerous exhibits on show.



The second exhibition runs for nine days commencing May 26th and features the work of six independent Ringstead artists in a show which is held in conjunction with this year's *Norfolk and Norwich Open Studios* numerous county-wide events. For further details of all the NNOS events and artists go to [www.nnopenstudios.org.uk](http://www.nnopenstudios.org.uk)

You will be able to meet and chat with some of the artists at both exhibitions and perhaps purchase a work at a bargain price.

Stylistically, works range from realism to abstraction and practically everything in between in a scale from small to, well, very big! They include photography, oil, acrylic, watercolour, pastel and coloured pencils which are employed to creatively reflect the life and scene of the glorious coast and countryside of the area - and much more!

**RAG Spring Exhibition** - May 6th - 8th, 10.30am - 5.00pm daily.  
**Six Artists Exhibition** - May 26th - June 3rd, 10.00am - 5.00pm daily.

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# Six artists ART EXHIBITION

A Norfolk and Norwich Open Studios event

## VILLAGE HALL Ringstead MAY 26 - JUN 3

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### VOLUNTEERS NEEDED TO LISTEN TO CHILDREN READ IN LOCAL PRIMARY SCHOOLS

Can you spare an hour or two a week to listen to children read in a local primary school? Schoolreaders is looking for more volunteers in King's Lynn and West Norfolk to carry out this important role.

Reading time for many children at home and at school is often insufficient and, according to Government statistics, one in four children are now leaving primary school unable to read to the expected standard. This can have a lifelong consequence.

Schoolreaders is flexible and aims to match your availability to an appropriate, local school. No qualifications are necessary, just a good command of spoken and written English and a commitment of one year is requested. Our volunteers find the scheme incredibly rewarding, knowing that a few hours helping a child learn to read each week can have such a great impact on their life chances.

Please visit the website [www.schoolreaders.org](http://www.schoolreaders.org) to join or call 01234 924111 for further information.



### Do Something Amazing Today

The National Blood Service will be visiting Heacham

and would welcome existing and new donors.

**Wednesday 9th May 2018 at the Public Hall,  
Station Road. 1.15pm - 4pm and 5pm - 6.30pm.**

Please make an appointment if you can, by calling the Helpline 0300 1232323 or online at [www.blood.co.uk](http://www.blood.co.uk)

## Christmas Party Nights at



## Christmas Party Nights

**It's never too early to book your Christmas Party Night and avoid disappointment.**

Searles Party Nights have been running for over 25 years and prove very popular with couples, small groups and for company parties.

All Party Nights include an arrival drink of either red or white wine and a pre-ordered choice of dishes served to your table. Following your meal you can sit back and enjoy the entertainment or dance the night away to our fabulous disco.

**Party Nights Available - December 7th, 8th, 14th, 15th & 22nd  
£31.00 PP To book call: 01485 536002**

## Only Fools and 3 Courses

Join us for the Christmas Dinner event of the year, which combines fine food and Comedy action, served up **ONLY FOOLS AND HORSES** style.

Marlene & Boycie are hosting a Christmas Dinner, but will things go to plan with Del, as one of the Three Wise Men, Rodney Arc Angel Gabriel and Trigger as an ELFI Uncle Albert is roaming around with Mistletoe in his cap? An Evening of chaos and mayhem with an extra large portion of comedy is the order of the night.

Enjoy a cocktail on arrival and expect a big fun night out in a friendly party atmosphere with some of the finest comedy actors in the land, professionally produced to the highest standards with your enjoyment at the top of the menu.

**CUSHTY.**

**21st December - £41.00 per person  
To book call: 01485 536002**

Searles Leisure Group, South Beach, Hunstanton Norfolk PE36 5BB



## Rescue Wooden Boats Whelker *Bessie* proves to be Dunkirk Little Ship!

Maritime heritage charity Rescue Wooden Boats is absolutely delighted to confirm that their current restoration project, *Bessie*, has been officially recognised as a Dunkirk Little Ship!



Following the successful restoration of their first boat - the much-loved Dunkirk Little Ship and former Wells lifeboat *Lucy Lavers* - Rescue Wooden Boats is now working on

*Bessie*. *Bessie*, a former whelker built in 1935 which worked out of Wells harbour, came to the charity in 2011 with rumours of her own Dunkirk history. After months of thorough detective work, Rescue Wooden Boats uncovered several conclusive pieces of evidence which proved that *Bessie* played her own intriguing role in *Operation Dynamo*. In particular, local residents Geraldine Green and Caroline Cox helped provide invaluable family records to support this research - *Bessie* having been originally commissioned by, and built for, their grandfather Billy Cox.




*Bessie's* Dunkirk story is thrilling. Her skipper, Billy Cox, volunteered to take her as part of a flotilla of four boats on a secret mission to cross the Channel and collect a group of eminent men. The party was rumoured to include the British Ambassador to Belgium, who had been taken prisoner by the Germans. *Bessie* waited in a vulnerable position off the French coast, as instructed, for a signal which never came. With her flotilla - all of which were

skippered and crewed by the fishermen who owned the boats - she then negotiated the risky return voyage, avoiding capture and attack.

Early in 2018, *Bessie's* official status as a Dunkirk Little Ship was confirmed by the Association of Dunkirk Little Ships and *Bessie* can now take her place among this illustrious company of historic craft. *Bessie's* restoration will use skills and materials identical to those in her building to preserve as much of her original fabric as possible - a major undertaking in time and money! Rescue Wooden Boats is seeking 'Bessie Benefactors' to support this work - click here to join the crew [www.rescuewoodenboats.com/get-involved/become-a-bessie-benefactor!](http://www.rescuewoodenboats.com/get-involved/become-a-bessie-benefactor!)

Visit our website for more fascinating information about *Bessie* and our project to restore her back to a life on the water: [www.rescuewoodenboats.com/our-fishing-boats/whelkers](http://www.rescuewoodenboats.com/our-fishing-boats/whelkers) For more details, contact Liz Rogers [info@rescuewoodenboats.com](mailto:info@rescuewoodenboats.com) / 07920 760238.



**NORFOLK LAVENDER NEEDS YOU**

**In the 1930's two local men, Linn Chilvers and Francis Dugate, formed a partnership and opened Norfolk Lavender. We have continued to grow lavender ever since, and recently we have planted up 45 acres next to the A149 in Heacham. Our exciting news for this SUMMER is that you can now visit the Lavender Field on a guided tour, by minibus, during July and August.**

**This exciting new venture means we will need another TOUR GUIDE to help us. You need to have a knowledge of gardening and feel happy to talk to groups of visitors and be available in July and August. Also required a seasonal distiller of Lavender. Full training given. If you think you would like to join our happy band of guides please apply in either writing or email, giving a few details about yourself. We look forward to hearing from you.**

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## The Friends of St Mary's, Snettisham

The Village Cinema is on May 23rd at 7pm in The Memorial Hall with doors and bar opening at 6.30pm. Tickets are £5.00 each (available on the door) and the film to be screened is 'Paddington 2.'

The only flute group in the whole of Norfolk, 'The Mirlitons' will be joining us for a lunchtime recital on May 26th at 12 noon. Lunchtime recitals at St Mary's are free and there is a simple lunch after.

On Sunday June 24th, Midsummer's Day, we shall be celebrating with an afternoon recital at 3pm in church. Heather Wells (soprano) and Grace Ng (will be performing some songs and David Young (clarinet) and Marian Abramovich (piano) will play music for a summer's afternoon. Afternoon tea with strawberries will be served after the recital. Tickets are £5.00 each and are available from The Grapes Gallery Snettisham.

The film on June 20th will be 'Film Stars don't die in Liverpool' starring Annette Benning, James Bell and Julie Walters.

**The Mirlitons**  
**Flute Ensemble**  
**Lunchtime Recital**

**St Mary's Church Snettisham**  
**Saturday May 26th 2018**  
**at 12 noon**  
Retiring collection  
Simple Lunch provided

Screening is at 7pm with doors and bar open from 6.30pm. Tickets available on the door are £5.00 each.

Lots to enjoy during the coming months in Snettisham.

More information on our new website  
[www.thefriendsofstmarys.co.uk](http://www.thefriendsofstmarys.co.uk)

**PADDINGTON 2**

**The Village Cinema**  
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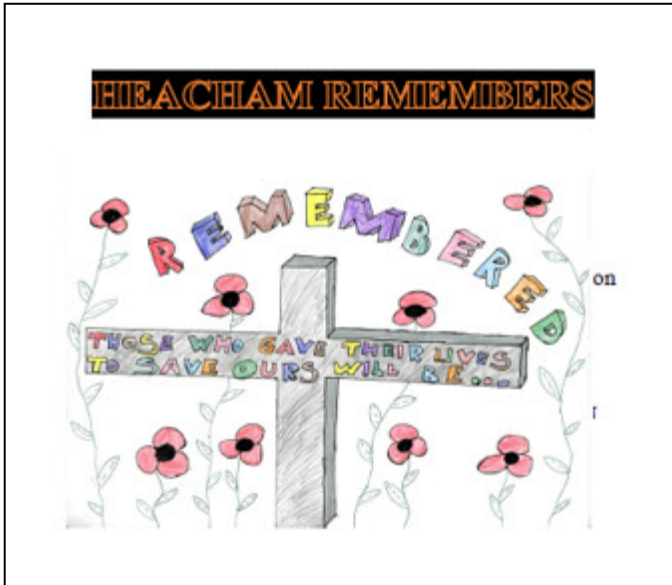
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## 'HEACHAM REMEMBERS'

Have **you** bought your commemorative postcard yet? Please don't forget .....



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**Tuesday 15th - Blues Situation**

**Saturday 19th - Crossing The Tracks**

**Friday 25th - Groove Cartell**

**Sunday 27th (afternoon) - Hush**

**Winter Warmer Specials Lunch Menu is back on at £5.95.**

**Served Monday, Tuesday, Thursday and Friday lunch times 12-2.**

**Food times are Mon, Tues, Thurs, Fri,**

**Sat 12-2 6-8:45. Sun 12-2. Sunday lunch menu £8.50.**

**Thursday night curry menu from £9.50 including a free starter.**

**Bar open every day from Noon.**



**Follow us on Facebook @foxandhoundsheacham**

**\*Times may change. Please call the pub on the day. Booking is recommended.**



## PARISH COUNCIL MEETINGS IN BRIEF

**Vacancy:** Following the resignation of Mr Kevin Patience there is currently one vacancy for a Parish Councillor. The Council would like to thank Kevin for all his work with the Council. Please contact the Parish Clerk for further details or look on our website at [Heacham.norfolkparishes.gov.uk](http://Heacham.norfolkparishes.gov.uk)

**Facebook:** Heacham Parish Council has a Facebook page; visit us to keep ahead with local news.

**Speeding:** The Council has received confirmation of the funding for a Speed Awareness Mobile Sign (SAM2) from NCC's Parish Partnership Scheme. This is a mobile sign which could be used at several sites in the village where speeding is an issue. The Council is waiting for confirmation of agreed sites.

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

### TO ALL ELECTORS OF HEACHAM You are invited to take part in the **ANNUAL PARISH MEETING**

It will take place at

**The Old Friends Hall, Sunnyside  
on Wednesday 23rd May 2018 at 7.00pm**

The Parish Meeting may by law discuss all Parish affairs and pass resolutions about them.  
Refreshments will be provided following the meeting.

Sue Eke



Terry Clay Chairman of Heacham Parish Council, received a cheque for £100 from the Heacham Knit and Natter group.

Presenting the cheque is Mrs Shirley Milborn, who explained that the group have given financial donations to several local charities over the past few years and were delighted to donate £100 towards the Heacham Community Building Project.

Mr Clay explained that the money will be put towards equipping the new Library and thanked everyone for their generous contribution.

## NEW PARISH COUNCILLOR MICHAEL QUINN



I retired two years' ago after nearly 30 years in the finance industry and I have lived in the village for the past 14 months. The welcome my wife and I received in the village has been warm and hospitable. My children and grandchildren really enjoy visiting this beautiful part of the country, and we are eager for the return of the long summer evenings.

I look forward to working with you and my colleagues on the Parish Council to help sustain and then improve our wonderful village of Heacham.



### Heacham Carnival Parade and Fete 2018

**SUNDAY 5th AUGUST**

\*\*\* Keep thinking about your float \*\*\*

Are you going to win the Chairman's prize of £100  
for the best float?

Give it a go - you never know?

For information, please contact Sue at the Parish Office

The carnival collection for this year has been  
awarded to Heacham Minors.

Any queries should be addressed to:

**Heacham Parish Council Office**

Jubilee Clinic Pound Lane Heacham

Norfolk PE31 7ET

Tel/Fax 01485 572142

Email: [heachampc@btinternet.com](mailto:heachampc@btinternet.com)

Website: [heacham.norfolkparishes.gov.uk](http://heacham.norfolkparishes.gov.uk)

Open Tuesday - Friday 10.00am-12 noon.

## HELP LINES

### HEACHAM GROUP PRACTICE 01485 572769

**HEACHAM** MON TO FRI 08.30 TO 18.30  
**SNETTISHAM** MON TO WED 08.30 TO 12.30 14.30 TO 18.30  
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

### OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

### HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

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Between 13.00-14.00 prescriptions and certain other products only available if the Pharmacist is in attendance

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### HEACHAM POST OFFICE 570330

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

### HEACHAM COMMUNITY WEBSITES

[www.heachamgrouppractice.org](http://www.heachamgrouppractice.org)

[www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)

### HEACHAM HALLS

Public Hall 570776

Pine Residents Hall, Wilton Road Pat Toppin 779208

Methodist Church Hall, Station Road Mike Careless 570363

St Mary's Church Hall, High Street Mon - Fri 10am to 12noon 572539

Old Friends Hall Sunnyside Close 572142

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A shared twice hourly service.

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XxxXXXXXXXXXXXXXXXXX

### Main pick up points for The Heacham Newsletter.

First Saturday of each month except January.

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

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

### MOBILE LIBRARY

<b>ROUTE WEL 124</b>	<b>(Mondays)</b>	<b>ROUTE WEL 123</b>
<b>21st/4th(June)</b>	<b>May</b>	<b>14th/11th (June)</b>

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SOUTHMOOR DRIVE	10.10	RINGSTEAD ROAD	11.00
SANDRINGHAM DRIVE	10.30	NEVILLE COURT	11.45
FENSIDE	10.45	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.00	PINE MALL	12.30
WOODSIDE AVE	11.45	SITKA CLOSE	12.50
ROLFE CRESCENT	13.55	SUNNYSIDE	14.15
WOODEND ROAD	14.15	MEADOW RD	14.40
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