



THE HEACHAM NEWSLETTER

June 2020

This newsletter reflects the views of its contributors, not necessarily those of the editors, sponsoring body or advertiser.



Deadline for the next edition is 12 noon, Tuesday 16th June 2020

THE HEACHAM NEWSLETTER

The editorial team will continue to make every endeavour to publish printed copies of the Newsletter and are pleased to bring you the June edition of "The Heacham Newsletter". The Newsletter can also be viewed online at: www.heachamnewsletter.org.uk

Please keep sending us your letters, articles, photos etc. we would love to hear from you. Maybe you have memories of Heacham you would like to share with us and our readers and also how you have been spending your time during lockdown.

NB: All 'What's On' & back page information is subject to Covid-19 rules/availability.

THN



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

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your letters..



Dear Newsletter

Heacham

Thank You

There seems to be a big and growing response in the village on Thursday nights, thanking all our health workers and carers. We haven't forgotten all the very important people keeping the country supplied, our services running and the streets safe. To you all, thank you.

Thank you also to the Team for keeping the Newsletter going. A lot will have changed when we emerge from this trauma. A new life, a new hope.

John Windibank



Dear Newsletter

Deal, Kent

VE Day 1945 - 75th Anniversary

This seems to be my only way to contact you all...

You are hopefully going to somehow, celebrate the 75th Anniversary of VE-Day 1945.

On behalf of myself Alan, and my brother Colin Davis

GREETINGS and BEST WISHES

At the time, we were living at Laurel Cottage, High Street (next to Chemist/Shop), the children of Gwen and Flight/Lt Bill Davis RAFVR., who was Officer Commanding RAF Docking by then, only a Sergeant when we first moved to Heacham.

For us they were idyllic times, with fond memories.

We hope our surviving contemporaries had a good day despite all!

Attached is a photo we believe to be us at the 1945 Heacham Party (third and fourth from bottom right!).

Cheers.



**Alan Davis (Deal, Kent) &
Colin Davis (Northampton)**



Dear Newsletter

Cheney Hill

Thank You

Can I please, through the Newsletter, say a warm Thank You to the early morning staff at Jennings for their continued service during the lockdown.

Despite the restrictions, they remain cheerful and welcoming.

They are a credit to the village and I hope that when all this is over the value of local shops will be appreciated and they will continue to be used and supported.

Dean Rawnsley



Dear Newsletter

Heacham

South Beach Parking – Massive Disruption!

Symptomatic of what we've come to expect from our grossly incompetent County Highways. Fellow ratepayers, you've contributed financially to this debacle, like it or not! Four years ago, I asked our Parish Council to negotiate with local landowners to provide much needed extra parking on the approaches to South Beach. What's happened, in conjunction with Highways, they've spent some £8K to make the problem worse, much worse. Instead of creating more spaces, beach goers are denied any parking except what appears six spaces alternately for disabled/all users. Then yellow lines double, oh no, single, on the bank side South nothing, and North? double?



One warm weekend and we've experienced massive disruption AND we're in 'Lockdown!'

This weekend mid-May and next a Bank Holiday. I visualise civil disobedience.

What is it we've done to deserve this gross incompetence? Heads should roll. Not with a pat on the back and the

obligatory 'golden thank you' either.

Michael Jennings



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Dear Newsletter

Hunstanton Road

Verges on Hunstanton Road (Robin Hill)

What has happened to the planting along the grass verges either side of the turn to Robin Hill, Hunstanton Road?

For several years these verges were well maintained and looked glorious in the spring/summer with the lavender etc, very welcoming on the drive in to Heacham. Not now - plants removed, carrstone gone leaving a weedy, grassy mess. The grass was cut recently but all the mowings just spilt onto the pavement making a dangerous, ugly mess.

Any thoughts? Unfortunately, not so much Heacham in Bloom, but Heacham in Weed. What a shame.

Sharon Bottomley

THN – Heacham in Bloom have provided us with a reply to the letter re the verges on Hunstanton Road in this edition and we publish it below:



Heacham

Dear Newsletter

Verges, Hunstanton Road/Robin Hill

The verge was originally planted up by Heacham in Bloom in 2009, at the request of a resident who undertook to maintain the verge with Heacham in Bloom's support. The resident, who has since moved, stopped regularly weeding the verge a few years ago and a much reduced In Bloom team has struggled to maintain it since.

The decision to remove the plants and carrstone was not taken lightly but as a consequence of the increased traffic along Hunstanton Road which made it increasingly unsafe and unpleasant to work on the verge (vehicles at speed pass very close to us when working), and the reduction in the number of Heacham in Bloom volunteer members. We did leaflet the other residents of Robin Hill last year, who have benefited by the pleasant entrance to their road, asking if any of them would be willing to help us maintain the area but unfortunately no offers were forthcoming. Norfolk County Council who owns the verge requires that it be cleared if we are no longer able to maintain it as agreed.

We are only a small group and have had to review what we can do well. We decided that we could only continue to maintain key bed/planting features where it is easier and safer to do so. Given that a number of our group are now being shielded, it has been a sensible decision.

We do understand the disappointment of the correspondent; who has also emailed us directly and has had a reply but the Committee considers the correspondent's comment "Heacham in Weed" to be both unnecessary and untrue, the grass has been cut and is quickly growing back and we would expect the grass to re-establish itself over the next 6 months with the Borough Council cutting the grass on behalf of the County.

At the end of the day the safety and well-being of our members, who are all volunteers, is paramount and will always take precedence.

Regards,

The Heacham In Bloom Committee

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Dear Newsletter

Heacham

Anmer Yacht Club

I was interested to read the letter from Dick Melton in the May Newsletter headed "The Saltings" in which he referred to the article in the Lynn News about Anmer Yacht club wanting to build a canal from Anmer to Heacham a few years ago.

I thought perhaps it may interest a few Newsletter readers to see the original article from 1st April 2011 which we put in.

This may give those who did not see the original in 2011 something to smile about in these uncertain times. Took a little planning with the help of the CITB at Bircham as you can see from the photo. We also had an excellent set of plans and maps drawn up by John Setchell, a qualified civil engineer. These were based on Ordnance Survey maps and it was interesting to note that, if such a project ever did get built, it would require 15 locks over the route from Anmer to Heacham via Fring. So much for Norfolk being flat. For those not knowing the area, all the place names are genuine in local folk-lore – Anmer Mere (the "pond" in the grounds of the church and Anmer Hall now the residence of William and Kate), Fring Docks and Heacham Harbour.

We did a few more similar spoofs projects in subsequent years including "Fracking at Anmer" and the building of an ocean-going paper yacht to enter the America's Cup with the sponsorship/ support of Palm Paper.

Unfortunately, the Anmer Mere Yacht Club is no longer active due to lack of support but we have the occasional reunion.

Michael Williamson
(Past Secretary – Anmer Mere Yacht Club)

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Big canal dig starts!

THE recently-formed Anmer Mere Yacht Club has begun ambitious and exciting plans to open up the lesser-known waterways of West Norfolk for business and leisure.

In partnership with civil and structural engineer John Setchell, preliminary work has already started on an initial stage to create a link of six locks between Anmer Mere and Fring Docks, where a balancing reservoir and boat storage facilities are to be developed to give the opportunity for water based leisure activities.

This will involve re-siting the church, but engineers say this is "not considered to be an insurmountable task". Fring Hall will become a sailing club.

The second stage, which will involve nine locks, will complete the passage through from Fring Docks to Heacham Harbour where a hotel and marina complex, with a chandlery and shops, are planned.

This, said a club spokesman, will "put Heacham and Snettisham on the map" and will enable the club to compete with sailing rivals such as Poole and Cowes.

The plans will involve the removal of several minor road bridges. A club spokesman said: "We have one or two very influential members at Anmer Mere and planning permission is likely to be a formality. That's why we have got things started already."

Despite multi-million backing from some of its wealthier members, the club is seeking sponsors and partners to share in making this exciting dream a reality and all those expressing an interest should telephone the Commodore, Peter Harris, on 07829 453178.

A full set of plans can be viewed today at the club headquarters in Main Road, Anmer.

PICTURED: Club commodore Peter Harris (right) gets the canal dig under way with yacht club committee member George King. **PICTURE by Roy Williamson**



Dear Newsletter

Heacham

Think again

Coronavirus has caused many a financial hardship, and will continue to do so for some time. Some people have been furloughed and some have been laid off. Therefore, to me, this is not the time that the Parish Council should consider borrowing £1 million plus for an inferior build project. As stated in my letter in the March edition of the Heacham Newsletter, a cheaper option was put forward but totally dismissed by the Parish Council. Maybe now is the time that the 17 men and women of the Heacham Parish Council should consider the 4,700 residents of Heacham village and give them a central hub build that meets their needs and their pockets. Putting the village in debt for such a long period of time is not giving 'value for money'.

Voice your opinions to the Parish Council (they represent you). Contact me with your comments, via the Newsletter, who will be pleased to pass them on and let's see if common sense will prevail.

Peter Sutton



Dear Newsletter

Cheney Hill

A Child's Philosophy

I was talking to my 7 year old Grandson via FaceTime the other day. "What are you doing today?" I asked him. "Playing on my computer, then playing outside and doing some drawing." "That's great" I said, "and what did you do yesterday?" "Don't remember" he said. "Okay, what are you doing tomorrow?" I asked. "Grandpa!" he replied "you're silly I won't know until I get up in the morning!"

When we finished, I thought how lovely to be a child.

Never worrying about the past or the future, just living for the present.

Maybe there's a lesson, we adults could learn, in that philosophy.

Dean Rawnsley

news & events in the community ...

Heacham Carpet Bowls Club

So how does it feel to have won that gold medal last month? Did you make one out of silver foil, but that would be silver and not gold, and they don't seem to do gold top foiled milk anymore.

However...

There once was a man who played (carpet) bowls,
Who drove to the hall in his rolls
He tried many shots, Said, that's your lot
And missed all the fun of the bowls!

And one I 'borrowed' from the internet, credited to 'Anon':-

I stand oh Lord, with hand on heart,
And ask you now to do your part,
I've sent my wood, from centre line,
I know the green I chose is fine.
Now let your word be true, Oh hear me as I pray
Scatter thou mine enemies,
Make a path where there is no way
Guiding on a righteous track, Place it Lord, upon the jack.

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Snettisham Gardening Club

The planned Annual Open Show for Saturday 11th July has had to be cancelled in view of the current Government directions on social distancing.

We are still hoping to be able to hold a monthly meeting before the end of the year, but are having to wait to see what happens over the next few months.

In the meantime, please call Addie on 01485 544754 or Gail on 01485 541279 for any information, or e-mail: gardenclubsnettisham@gmail.com

We are very sorry to have to cancel the Open Show as we are sure there would have been some excellent entries in the produce, plants and flower sections as everyone has had more time than usual in the garden. However, safety of guests, judges and competitors comes first. We hope to be able to hold the event again in 2021. Our meetings are currently on hold too for the same "social distancing" ruling but we will resume again as soon as possible.

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CHURCHES TOGETHER IN HEACHAM

The way we are living

We are halfway through 2020! The month of June includes the longest day. Oh dear! that means they get shorter from here on and I feel somewhat cheated, as if I have missed out on the early part of this year. I wonder, did you notice the floral succession this spring, or the comings and goings of the migratory bird population? This year we could hear birdsong as we haven't for a long time, both flora and fauna reflect the beauty, predictability and stability of the natural world around us if only we notice them.

There has been much to occupy our attention as we have experienced the rollercoasters of weather, Brexit and then the Covid-19 pandemic. As we begin to enjoy some freedom from 'lockdown', perhaps we should follow Winston Churchill's advice to 'never waste a good crisis'. Yes, for many this time has been lonely. There have been different challenges and concerns to those of our previous lifestyle. The biggest asset we suddenly possessed is time. Time to do all those things we don't normally get around to doing including standing, staring and listening in wonder to creation around us.

"A poor life this if, full of care,
we have no time to stand and stare"

'Common Joys' by W.H. Davies

The modern western world has been built on anxiety. Driven, faces reflecting the puzzlement of living with the unanswerable question as to what it all means and what will happen. Our media feeds this concern with their constant questioning and 'spin'. Is this how we are supposed to live? This is nothing new. Much of the world through much of human history has faced similar problems. The main difference is the level at which anxiety strikes.

Jesus addressed the problem like this:-

"Which of you by being anxious can add a day to your lifetime? So, if you can't do a little thing like that, why worry about anything else? Think about the lilies and the way they grow. They don't work hard, they don't weave cloth; but, let me tell you, not even Solomon in all his glory was dressed up like one of them. So, if that's how God clothes the grass in the field – how much more will he clothe you, you little-faith lot!" (Luke Ch 12 v 25 – 28. Translation by N.T. Wright.)

Anxiety, just like Covid-19, can be a killer. Stress and worry cause illness to the point where people worry about worrying! Jesus' message goes to the heart of our present situation. It says:- "Life isn't like that. The Kingdom of God isn't like that". This is a challenge to find out what God is offering. Come to virtual Church and find out.

Heacham Church You-Tube channel posts a Service every Sunday morning.

Penny Sutton
Reader - Heacham Parish Church



Heacham Parish Church

The Church building remains closed, but the church is still open! We are still praying for you all at 9am every day and other times, we are still worshipping though we can't gather together. We have set up a You-Tube Channel - Heacham Parish Church, Our website is

<https://www.heachamchurch.org.uk/> and we have a Heacham Parish Church facebook page.

The churchyard remains open for anyone to walk in for your daily permitted exercise, and to visit graves; please observe social distancing when there.

We are really sorry that we still can't hold funeral services in church at this time; we can still offer burials with a graveside service for close families, as well as cremation services. We will be offering memorial and thanksgiving services for anyone who has died when we are able to. Do contact Veronica, if you would like one.

The bereavement group is not able to meet at this time, but can offer telephone support to those who are grieving. Contact Veronica if you would like to talk to someone who will understand.

We are doing our best as a church to care for each other, our neighbours and our village community.

Thank you to all in our village community for all you have been and done during this corona season.

If you need help, practical, emotional or advice do contact Revd Veronica Wilson 01485 570697 or heacham.vicar@gmail.com

Coronavirus - Community Support for Heacham

If you need help or support, Heacham Parish Church is there for you - **just ask**

We have a team ready to help with medication collecting, posting letters etc. for those who are self-isolating - **just ask**

We have a comprehensive list of local businesses who are delivering food, and essential supplies to those self-isolating - **just ask**

We are also offering telephone support to those who are worried, lonely or would simply like a friendly chat - **just ask**

We will continue to pray for our village community, local area and the world; if you would like us to pray for you or someone you know - **just ask**

We have prepared some prayer resources to use at home and for those who can't get to church; if you'd like a copy - **just ask**

We will do all we can to help our community in the coming days, weeks and months – **just ask**

Jesus said: Peace I leave with you, my peace I give to you. Do not let your hearts be troubled and do not be afraid.

Please ring or email Revd Veronica Wilson: 01485 570697 heacham.vicar@gmail.com

Other volunteer groups who can give help and support are:-

Round Table Support – Tel: 07592 636534

Coronavirus Mutual Aid, West Norfolk – Tel: 07956 621177

Coronavirus- Community Support for Heacham

CHURCH CONTACTS: (telephone code: 01485)

Methodist Church Rev'd Stephen Oliver 570232

St Mary's Church Rev'd Veronica Wilson 570697

St Mary's Church Office Tuesday-Friday 10-12noon

email: heacham.church@gmail.com



HEACHAM METHODIST CHURCH

Just a thought...

This corona virus tragedy has troubled me since it happened; I am troubled over the loss of life. I have also been troubled by my God allowing this in the first place. You see I have no answers to the questions you may be asking yourselves, yet perhaps the answers are within each one of us. There is no sense to such a tragedy as this but if we search deep within there is a truth that is beyond our understanding; a truth which says God is there, in all the chaos and the hurt and the pain; God is there when all seems hopeless and lost; God is there even when we abandon all faith in his love for his people.

There may be no sense to what is happening, but within the chaos there is always hope. A hope in a world which will perhaps continue its thankfulness for those who care for us; thankfulness for our family and friends, thankfulness for creation which offers us its beauty for free; thankfulness for a God who loves us unconditionally.

Yes, there is always hope, but will we learn from all of this. Will the carers continue to know we care; will the homeless still find a home; will the lonely still find a healing hand; will the creation we have found a new love for continue to breathe or will everything we have learnt go back to where it all was?

Below is a poem which asks us to look to today, because what we do today may bring us in the end to a much better understanding of yesterday and a greater hope for tomorrow:-

Look to this day
for it is life
the very life of life.
In its brief course lie all
the realities and truths of existence
the joy of growth
the splendour of action
the glory of power.
For yesterday is but a memory
And tomorrow is only a vision.
But today well lived
makes every yesterday a dream of happiness
and every tomorrow a vision of hope.

Look well, therefore, to this day.

*Loving God, reach out to people, in their sorrow and despair,
and grant them help, to rebuild their shattered lives and hopes
of a better tomorrow.*

Rev. Steve

Heacham Methodist Church

Hunstanton Catholic Parish

Due to the Coronavirus, our churches are closed. However, just a reminder that you can go online to our website at: www.hunstantoncatholicparish.org to catch up on news, information, Fr Henry's Sunday Homilies and links to livestreaming the Masses.

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1 Peter 1:3

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Heacham in Bloom

We hope you are all keeping safe and well and managing during this strange and unsettling time for our village and country.

Since our last update in the May edition of the Newsletter we have received our Summer plants, which is good news but challenging. The lockdown (at the time of writing) was amended and allowed two team members to work (at the prescribed social distance) at some of our larger locations, but at the smaller locations we have still been required to work singly; not what we are used to but we are an adaptable bunch and will do what's necessary.

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This year we have planted the following beds/areas with this year's colour scheme of Pink and Purple: Lavender Bed and Village Sign, North Beach Roundabout and Boat and the Boat at South Beach.

Fewer Wall Baskets have been put up this year but there will be displays at St Mary's Church Hall, Gary Rushmore Flooring, the Post Office and the War Memorial. The 'Bike' display opposite Wallis' has also been updated as this may be the last summer that the bikes will be in that location due to the future works at the Old Dairy site and Hanging Baskets have been installed at the Fire Station. No red buckets this year as one of the buckets 'disappeared' last year and we haven't yet been able to replace it. Fewer baskets this year but the Fire Station and High Street at least will have a little bit of summer colour.

We hope that you are all enjoying your own gardens, if you are lucky enough to have them and get the same joy as us by watching what is planted grow and thrive (fingers crossed).

Take care, keep safe and well.

The Heacham in Bloom Committee.
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Photo. Robert Pritchard

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General Knowledge Quiz

Below is this month's quiz, kindly devised by one of our readers, for the Newsletter.

Our Avian Friends

1. Which wading bird does the RSPB use as its emblem?
2. Apart from the Queen, whose portrait appeared on the English £50 note in July 1988?
3. Tina Turner sang the theme song for which Bond movie?
4. Who wrote "Gullivers Travels", published in 1726?
5. Which nocturnal insectivorous bird, also known as the goatsucker or fern owl, might you be lucky enough to spot at Dersingham Bog?
6. Which band had a No 1 UK chart hit in October 1972 with their song "Mouldy Old Dough"?
7. Which wild goose is the UK's largest and only native goose?
8. Who, in 1907, became the first woman to receive the "Order of Merit"?
9. Which avian accompanied a feline in a boat to the "Land where the Bong Tree grows"?
10. What is the name of the character played by Nicholas Lyndhurst in the TV nostalgia sit-com "Goodnight Sweetheart"?
11. What was the name of William Wordsworth's cottage at Grasmere in the Lake District?
12. In Richard Bach's novella, what sort of creature is Jonathan Livingstone?

Answers on page 34

Admire

Some people admire the famous,
And some they strive for the gold,
There's more who want to be winners,
Others want power and control.

But there's one group of people I know,
Who don't want the pomp and the show,
They just want to do what is best,
For a family and friends and the rest.

They're there to make the whole world free,
So that we can grow and love and see,
How life could be for everyone,
A chance to give and perhaps be great,
A chance to develop and grow with fate.

So, who are the ones I most admire,
Their thoughtful, caring, sharing your desire,
They come with a name, all of us know,
It's Mum and Dad and Carer; who,
Are the ones who watch and see us through.

John W. 07.01.2015

Things that block the view

And so, it has arrived, this thing that blocks the view,
Something so momentous, you're seeing no way through,
Your living day to day, cannot think beyond the pain,
Of all the things you've lost, things can never be the same.

So, living one day at a time, consider what is new and true,
Think what could be different, in this life, that we're living through,

We will not live forever, in a time where we cannot meet,
And remember how we want it, in a new world quite complete.

There's a place for everybody in this world if we take care,
Just you look around you and fill with love, the world we share.

John W. 01.04.2020



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Scallywags Parent, Baby & Toddler Group

A big hallo to little and big Scallywags, present and past! I'm wishing you and all Heacham Newsletter staff and readers health

and happiness. How lovely in the last issue to read about the busy Beavers' global awareness badge work and local community action too - loved the idea of posting paintings! And of course, also thinking of others and brightening our days, have been all the paper, paint, chalk and lego 'Thank You rainbows' children have obviously taken the time to create and display in their houses and gardens! Not only have they said thank you but created many smiles for those of us out on walks in the village too!



Once again I've no recent Scallywags Parent Baby & Toddler Group pictures to share but I'm sure there's been a lot of making going on in homes and gardens - there's always something we can use, cereal boxes instead of paper, junk modelling instead of kits, cut up catalogues instead of paint, a line of pegs or pebbles to draw with, a bucket of water and a brush etc etc. We can draw each other, around each other, use a different hand, or

foot! Good fun and no rights or wrongs!

Keep looking after each other.

Jo

Who are we?

So, who are you?
Are you one of those
Tall people?
Are you one of those
Black people?
Or are you just one of
Those people,
Those other people,
You know
Them people?

We are calling us
Disabled people,
Able-bodied people,
Rich people,
Poor people,
Upper class people
Middle class people
Working class people
And even
Lower class people.

Who do we think we are?

We call some people
Foreign people,
Strange people,
Different people,
Why do we still
Label people?
Why do some people feel like
Chosen people?

OK
I know we come from different places
We have different shades of skin,
And there are different ways of living
In the countries we live in,
And
Some people can do some things
And some people can do others,
But I think that we have to see
We're all sisters and brothers
And

Children may be small people
Adults may be big people
But when you get right down to it
All people are people,
And
As far as I can see
You're all related to me,
That is why I say that
All people are equal.

Now let your reply be true
Everybody
Who are you?


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Ruffle: A Toy's Adventures

TLC!

Ruffle had been sitting on the bench for quite a while, lonely now that the children with the boat had returned home. The warmth of the sun had almost gone as it began to grow darker.

The park keeper had just begun his inspection of the park before closing and locking the gates when he cycled past Ruffle's bench. The man took a second look before quickly pulling his brakes and stopping. He got off his bike and wheeled it back round to the bench. Reaching over he picked up Ruffle.

"Someone left you behind eh fella?" he asked kindly. "We can't have that! Let's take you home – you'll be safe and sound then."

He placed Ruffle carefully in the basket at the front of his bike. "There you go – you'll have a fine view from there!"

The man set off again, this time with Ruffle looking out from the basket. First, they steadily rode around the large boating lake, the park keeper checking that the geese and ducks were settling down calmly for the night. Next, the man steered his bike towards the now deserted play area. The swings and roundabout were still, exhausted from their day's excitement. The bike then meandered along the path that curved its way through the rest of the park, the gentle hiss of the tyres the only sound in the evening air. Ruffle's hair blew gently in the breeze as the bike sped swiftly towards the large iron gates that stood proudly at the entrance to the park. The park keeper rode through the gates then stopped and dismounted. He leant his bike against a hedge whilst he turned back to lock the gates. Gates secured, he jumped back onto his bike to begin his short journey home along a tree-lined avenue.

A few people were out walking, some with dogs. Was that an Airedale just like Ruffle?... The bell on the handlebars rattled as the bike rode across the drop kerb and onto the man's drive. He dismounted for the last time and opened a wooden gate at the side of the small house. The man lifted Ruffle out of the basket and carried him into the little kitchen where his wife was sitting at the kitchen table.

"Mavis, look what I found sitting on one of the park benches!" said the man as his wife greeted him with a smile. She came closer for a better look.

"Oh, what a lovely little dog." She gently lifted him from the man's hands and took Ruffle over to the light for a better view. "Why, he's just like our old dog – the Airedale! Do you remember him Bert? He's even got a name tag on his collar! Someone took a lot of time and love to make you, little one!"

Mavis smoothed Ruffle's nametag down to try and read the name. "Your nametag is a bit worn and grubby – I can hardly read it! Ruffle? I think his name's Ruffle! You look like you've been on some adventures. Oh, and you've lost an eye! Well I can certainly sort that out."

She carried Ruffle over to a small fabric-covered box on a table. "I think I might have a little black bead similar to the other one. It won't be a perfect match but at least you'll have two eyes again!"

So that evening Ruffle sat patiently on the woman's knee as she replaced the lost bead. He then sat proudly on top of the radiator drying out as Bert and Mavis spent a relaxing and peaceful evening.

But don't get too comfortable Ruffle – you still have a few more adventures yet to come!

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Remember, you can learn more about Ruffle's adventures and story books at www.ruffletheraildog.co.uk or view the series of short stories on YouTube under 'Ruffle's Walks'.

Margaret Marciniak

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Two Names and Two Trophies

While working on a project for the Heacham History Group, I came across two names that had huge links with the history of Heacham and I later discovered that they were also honorary members of the Ouse Amateur Sailing Club.

Holcombe Ingleby was a Mayor of King's Lynn, High Sheriff of Norfolk, the local Member of Parliament and had restarted the Heacham brickworks in c1898. Holcombe Ingleby was married to Harriett Jane Rolfe and in 1899 he purchased Heacham Hall, and the estate, from Eustace Neville-Rolfe. Generously supporting the area, he was known for his lavish parties and gifts and in 1910 he presented a silver cup as a racing trophy to the Ouse Amateur Sailing Club, a trophy I was pleased to win 110 years later.



Holcombe Ingleby



Ingleby Trophy

Heacham Hall was sold again in 1904 to Mr C E Strachan, who had made a fortune as a rubber planter. Mr Strachan enlarged the Hall to its final size and rented the Shooting Lodge on the estate to Lord Fermoy M.P.

Lord Maurice Fermoy was a wealthy talented man who was elected in 1924 for the King's Lynn, Norfolk Division of Parliament. A very popular and generous MP whose greatest pleasures were his charity works. He was related on his mother's side to Winston Churchill and was great-grandfather to Princess Diana. On leaving Heacham, he lived at several grand houses, married Ruth Sylvia Gill and finally settled at Park House on the Sandringham estate, where he was closely associated with the Royal Family.

Lord Fermoy was an accomplished sportsman who generously donated and participated in events all over the area. As a member of the Ouse Amateur Sailing Club in 1926, he donated a trophy and was its first winner. Ninety-three years later I was a proud winner of this beautiful trophy.

John Windibank

Ref: The Rolf Papers - Call me Maurice – Ouse Amateur Sailing Club Records.



Lord Maurice Fermoy



Fermoy Trophy



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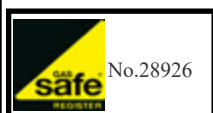
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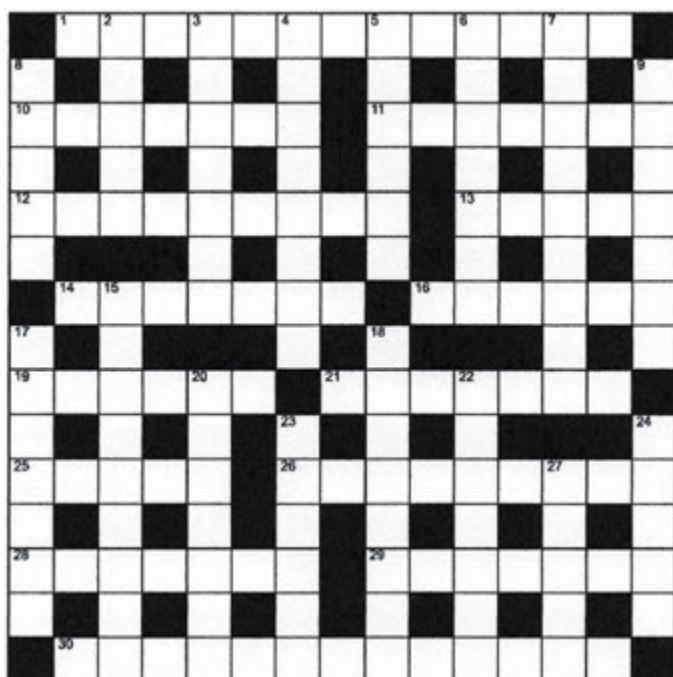
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JUNE CROSSWORD



CLUES:

Across:

1. Sweet request for tidiness? (5-3,5)
10. Blow rent by not working (3-4)
11. Vehicle starts deliveries (7)
12. Put up with most awful pain before consulting top doctor (9)
13. Flip after winning final (5)
14. Escape to open-air? (7)
16. Drummer with attitude put right (6)
19. Centre back, not bright, needs practice (6)
21. Feeling ill after getting shot of whisky, is almost sick (7)
25. You are told to wear hat that is very colourful (5)
26. Heir almost met foreign monarch somewhere in Belgium (9)
28. Systematic search of garden rubbish takes time (7)
29. Little battle set on lofty peak (7)
30. Loan to daughter getting nip and tuck needs qualification (8,5)

Down:

2. River crossing too much for primate in Africa (5)
3. Macabre writer is upset when squeezed by fat cat (7)
4. Rubbish article about famous group (8)
5. Scramble to get directions before convention (6)
6. Sidetrack tourer travelling to Spain (7)
7. Late penalty sees United in clear (9)
8. All hearts, for instance, are red (5)
9. Duncan has changed sex, we hear (7)
15. Shy of deal that is shady (9)
17. In mine producing lead ore, dynamite exploding starts collapse ... (7)
18. ... pits containing gold are covered (8)
20. Finish off agenda and supplements (7)
22. Sent Charlie packing to make this (7)
23. One is about to bring up quote that reads like acid (6)
24. China right to expel fanatic (5)
27. Grow second perfect flower (5)

Solution on page 34

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Borough Council News Heacham, Sedgeford and Fring

Congratulations to Heacham Post Office for maintaining a service during the lockdown, key workers indeed; there was pressure on other post offices to close and some did. And congratulations, too, to Wallis's bike shop on the High Street, always open and providing an essential service particularly now. My thanks to Wallis's electrical store for still delivering goods, including my washing machine! And welcome back Heacham Fish Bar providing a much-appreciated service, safely. Other businesses were recognised last month and still are but I am short of space.

I wrote this during the first weekend of the eased lockdown, when visitors from afar could again visit Heacham. From comments I had received and from brief conversations on the High Street I understood there was some trepidation about this.

I was told the arrangements the Borough was putting in place in Hunstanton, and I reminded officers of the existence of Heacham and established that the same arrangements would apply here; Social distancing at or near food outlets, no seating near them, no large groups. Extra hand washing facilities at North Beach toilets.

I was told that new notices would be displayed along the A149 reminding visitors that they could not stay.

I have always been a moaner about the poor provision of bins along Heacham's sea defences and I was told that more were being distributed along the sea front and extra early morning teams of those key workers, refuse collectors, would be operating during the current situation.

I visited the beaches on Saturday. Not too many people about. South beach car park full, only one, single cubicle, toilet open.

North beach toilets, no sign of extra hand washing facility, only two stalls in toilets accessible. The bins at both beaches were empty.

Sunday at South Beach was reported as chaotic by a villager. Confusing no parking signs (yet to be initiated) caused pandemonium. NCC Highways said they do not know when the restrictions would come into force and the public should learn the Highway Code. The Borough Council told me that the water supply failed at the South Beach toilets on Saturday but was restored Sunday. There had not been time to install extra hand washing at North Beach and they were also waiting for parts.

The slow resumption of Borough Council democracy I reported on last month has accelerated. I have held on-line chats with particular groups of councillors and attended numerous briefings held in the same way. The first on-line planning committee is on the 1st June followed by others on the 15th and 29th June. They will all be on Zoom and also be live streamed on the Borough's You Tube site. Any interested parties to any applications should continue to submit their comments on the planning portal or by letter. Anyone, applicant, Parish Council, objector or supporter, who would normally speak at a planning committee, should email borough.planning@west-norfolk.gov.uk This must be done no later than 12 noon on the working day before the meeting - Friday 29th May for the first. Do so as early as you can so arrangements can be sorted for you.

Local things that have been going on: nothing that I could see on my drives (it is work) through Sedgeford and Fring. Neither does there seem to be any contentious planning applications in either village.

Heacham continues to generate issues. North Beach has a fence sat on top of the Environment Agency sea defence wall. I have

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reported that. The South Beach Association should be in the process of removing their notice telling people not to use a footpath. I noticed 9 occupied properties on South Beach during the lockdown. I also noticed that the public litter bins were packed with domestic rubbish. There may be no connection, it was reported.

A recently built large house on South Beach is advertised for sale as having a lodge. It was only ever given planning permission for a garage. This is being investigated. The 'no parking' road signs along Beach Road are all in place but activation has been delayed due to a judge not being able to rubber stamp it during lockdown; NCC Highways also had to tar over their incorrect markings.

Hopkins Homes site, fronting Heacham, has been landscaped. It looks like a park from the A149 rather than ecologically friendly but it is a tad better if you drive into the estate and look towards the road. I have asked if the landscaping is to the specifications required. Adjacent to Hopkins, but not part of it, an area of land was cleared under the cover of Covid. Hedgerows and trees gone. I have asked for planning officers to look at this.

Work in the woodland on Hunstanton Road generated, as always, enquiries. The work appears to be legitimate management. Elsewhere several enforcement issues remain outstanding. Illness and lockdown restricted officers' work. They have not been forgotten.

My mantra is, be vigilant, avoid strangers, shop local.

Terry Parish
Independent Borough Councillor
Heacham, Sedgeford and Fring

NEWSLETTER SUDOKU 41 Answer page 34

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

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

NEWSLETTER SUDOKU 42 Answer page 34

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

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

What is unusual about this version of a popular nursery rhyme?

Mary had a tiny lamb,
Its wool was pallid as snow,
And any spot that Mary did walk,
This lamb would always go.
This lamb did follow Mary to school,
Although against a law,
How girls and boys did laugh and play,
This lamb in class all saw.

Answer page 34



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Save Money – have the Kenyan Road Minister pay our TV Licence!

by Keith Winsor, oapc – computer help without the jargon

Last month, we looked at some of the basic information you need to help unravel whether a website is legitimate or not. I thought this month I'd share a few emails I've received, with some tips on how to spot the dodgy ones. Although old-fashioned viruses still exist, the majority of threats to your computer, phone and bank account are unleashed by you clicking on something you shouldn't.

You might find yourself visiting an infected website (which then infects your computer), visiting a website that impersonates a legitimate website (maybe asking you to 'update' your security and credit card details which it then steals) or downloading an infected 'attachment' which installs something to send to a hacker on the other side of the world all the logins and passwords you enter. Or you might find you've won a lottery you didn't enter, or been left money by someone you didn't know, or just been offered a commission for being helpful:

"Dearest One,
I know this mail will come to you as a surprise since we haven't known or come across each other before considering the fact that I sourced your email contact through the Internet in search of trusted person who can assist me.

I decided to contact you due to the urgency of my situation. My name is Miss Sofia Kipkalya Kones, 26yrs old female and I held from Kenya in East Africa. My father was the former Kenyan road Minister."

Long story short, following the tragic demise of said Minister, there's \$6,700,000 sitting in a bank, of which 30 per cent will be mine if I can help 'repatriate' it. Naturally, my contribution would involve some fees up front, but I'd be more than covered by my 'commission'.

First rule of internet scams: if it seems too good to be true, it isn't true.

Mind you, that \$2 million dollars would be handy.

Subject: REMINDER: tvlicensing.co.uk 2020 | Your TV Licence is due for renewal - 4/9/2020 | Reference Number: CD3720427720

Date: Thu, 9 Apr 2020 03:38:17 -0700

From: TV Licensing <no-replays@fedecotopaxi.org.ec>

"Hello,

Our records for the TV Licence on email: abc@123.co.uk (*actually my private email address*) indicates us that is due for renewal.

We do not need to issue you with a new licence until your existing licence is renewed. Your reference number for this change of details is CD4022429890. Please note, your TV Licence number remains the same.

Please visit our website until April 10, 2020 to view your TV Licence online and update your details - just go to www.tvlicensing.co.uk/yourlicence."

For space reasons, I'm omitting some of the content of these examples, but when I post this on my website at <https://www.oapc.biz/useful-stuff> I'll include the full glory of each message. Like last month, I should say that I'll be including email addresses and company names where applicable. It could easily be the case that the legitimate owner of these has been scammed and the crooks are using their details without the owner's knowledge. It could be. Easily.

So, what does CSI Heacham make of the above?

Firstly, it was delivered to an email address I've never used for TV Licensing. Ignoring that, try Googling for tv licensing uk. As discussed last month, ignore anything marked 'Ad' - such as



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Norfolk, PE30 1JW
Tel 01553 691661

hawkinsryan.com

www.movemy.co.uk/tv_licence, and you'll see that the correct website should be <https://www.tvlicensing.co.uk/>

That being so, why has this email arrived from no-replays@fedecotopaxi.org.ec? Further down, you'll see 'Just go to www.tvlicensing.co.uk/yourlicence' which looks legitimate...

Until you hover your mouse over that link. This is the first line of defence against dodgy emails. When you hover your mouse over the thing a dodgy email wants you to click, you'll often see – either at the bottom of the screen or as a pop-up – the actual address that clicking will take you to. You can get the same information on a mobile phone or tablet by putting your finger on the link and holding it down. After a second or so, a pop-up will show where you'd be heading if you tapped the link.

In this case, it wanted to go to http://www.ottenandpartners.co.za/aspnet_client/432thsdhnd.html

As we learned last month, ignore the http:// and everything after the first remaining / so we're left with [ottenandpartners.co.za](http://www.ottenandpartners.co.za) – a company in South Africa. I'm fairly sure that's not where TV Licencing has been outsourced to, so consider that a scam.

I'd email someone about this but:

Subject: Important changes to your 1&1 IONOS emails:

Date: Wed, 15 Apr 2020 20:42:17 +0100 (BST)

From: 1&1 IONOS <simon@schfiresafety.co.uk>

"New functions and updates for IONOS email have been published and we will inform you in writing before we apply them to your IONO email.

We may store incoming messages if we have not received your approval on or before April 17, 2020 to apply these new changes to your IONOS email.

We have made the authorization process easy, you may proceed to authorize this changes at webmail.lonos.co.uk/Mail&Update."

Now, I use 1&1 IONOS for some of my work, although I've never known them send an email from schfiresafety.co.uk before. Hmmm. Let's see where that click will take me – hovers mouse and looks in left-bottom corner:

<https://update.lonos.com.neptuneinternational.co.in/>

You know this bit by now. Drop the https:// and anything after the first / leaving update.lonos.com.neptuneinternational.co.in/

Last month's article touched on 'sub-domains' like news.bbc.co.uk being part of bbc.co.uk. The rule is, find the Top-Level-Domain (the bit that tells you the country, like .co.uk or, here, .co.in) then work your way back from there to the first full stop you come to and then ignore everything before that.

So, we can ignore the update.lonos.com, leaving us with neptuneinternational.co.in

Is that a likely address for ionos.co.uk?

All of these examples want me to enter personal details, passwords, email address and banking details. Follow these rules and you should be able to avoid getting scammed into handing them over.

Stop press 11 May: The Government's latest guidelines for England say that we should stay home where possible whilst going to work if possible, all the while adhering to distancing guidelines. I can still offer help by telephone where appropriate and can carry out repairs in my workshop if your laptop or PC can be delivered to our safe place outside the house.

Stay well and stay safe.

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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

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FITNESS PILATES 12.15 – 1.15pm For info Tel: Suzie Povey 07900 818311 (PH)
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 – 6pm Contact Kathryn Tel:572138 (SG)
FOOTBALL Under 14's 6-7pm Contact Jason 07867527706 (HSC) playing fields
HEACHAM IN BLOOM 3rd Monday Monthly 7pm at Heacham Parish Library
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 7.30pm at Cunningham Court, Community Hall. Contact Sue Scott Tel: 572252
FIT 'N' DANCIN' 9.30am – 10.30am. Peg 01485 541162
THE HEACHAM YARNERS 1 – 3.30pm Charity knitting. 2nd Monday in every month at Freebridge Community Hall, Sunnyside. Call Michelle 01485 579 024. Kits Supplied
HEACHAM TABLE TENNIS CLUB League Matches in the Hall 7pm from 16th September (PH)
CRAFT CLUB 2-4pm every week (exp Bank Holiday) (PRH)
STRETCH AND TONE 9.30am - 10.10am (PH)
FITSTEPS (BEGINNERS) 10.15am - 10.55am (PH)
SEATED FITNESS 1.30pm - 2.15pm Call Suzie on 07900818311 (PH)
HEACHAM FLOWER CLUB 2.30pm every 3rd Monday January - November. More info call Penny Rhodes 01485 570299 (MC)

TUESDAYS

HEACHAM YOUTH CENTRE every Tuesday 6.30-8.30pm at Church Hall, 17 High St
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
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 (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)
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 – 9.30 pm Tel: 570402 (PH)
LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds
NORSEMAN'S BOXING GYM Jnr 6-7pm and Snr 7-8pm at Unit 12 Heacham Hall Ind Est. Jnr £2, Snr £3 geezersales@btinternet.com
FOOTBALL Girls 6-13 YO 6-7pm, Boys U11's 7-8pm Nathan 0781169910 £1 (HSC)Playing Fields

WEDNESDAYS

COMMUNITY COFFEE MORNING & MORE 10am - 12noon All ages welcome (OFH)
WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar Ave Heacham Tel: Emma Hardy 01485 572707 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)
HEACHAM LITTLE DRAGONS Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)
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)
BINGO 7.30pm Neville Court Grouped Home
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)
WEST NORFOLK SINGERS 7.15 - 9.15pm For info Tel: 571315 Anne Davis 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 BEAVERS boys and girls aged 6-8yrs, 5.30pm-6.45pm (term time only) call 07788888921 (SG)
THURSDAYS
NORFOLK KNITTERS Cunningham Court 2-4pm. Every Week
NORFOLK & WAVENEY MIND Day Centre (specifically for older people dementia friendly) 9.30–3pm Tel: Emma Hardy 01485 572707

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 (NC)
BINGO 2pm at Sunnyside Close (Sheltered Housing for over 60's) Tel: 570492
FOOTBALL Under 7's, 8's, 9's, 10's 4.30 - 6pm U14's 6.30 - 7pm Adults Open Match 8-9pm 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)
YOGA for healthy living 9.30-10.30am £6. For info Tel: Alison 571062 or email -medullayoga@gmail.com (SG)
HATHA YOGA at Heacham Infant School 6.30 – 7.30pm. £7 per person Alison 01485 571062
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds
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)
RAO BUFFALOS 8pm (HSC Top Room)
TEA DANCE every week. Old time line dancing and sequence 2pm – 4.30pm at the Public Hall. Call George 01775 670294

FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am -12 noon
3rd Friday of the month. Contact Sue Spencer on 572029
or email bereavementgroup53@yahoo.com (SM)

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

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) 2.30pm (MC)

CASH BINGO 7pm (PH)

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

NORSEMAN BOXING CLUB Jnr 6-7pm, Snr 7-8pm Unit 12
Heacham Hall Ind Est. Jnr £2, Snr £3 geezersales@btinternet.com

POKER IN THE CLUB 1st Friday each month 7.30pm (PH)

SATURDAYS

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

MESSY CHURCH Last Saturday in the month 10 - 12noon
at St. Mary's Church. Call Veronica on 570607 or Church
Office on 572539

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)

SUNDAY SCHOOL Heacham 10.30am 4-11 years. Open to all.
Rev.Steve Oliver 01485 570232 or email buzzard177@msn.com
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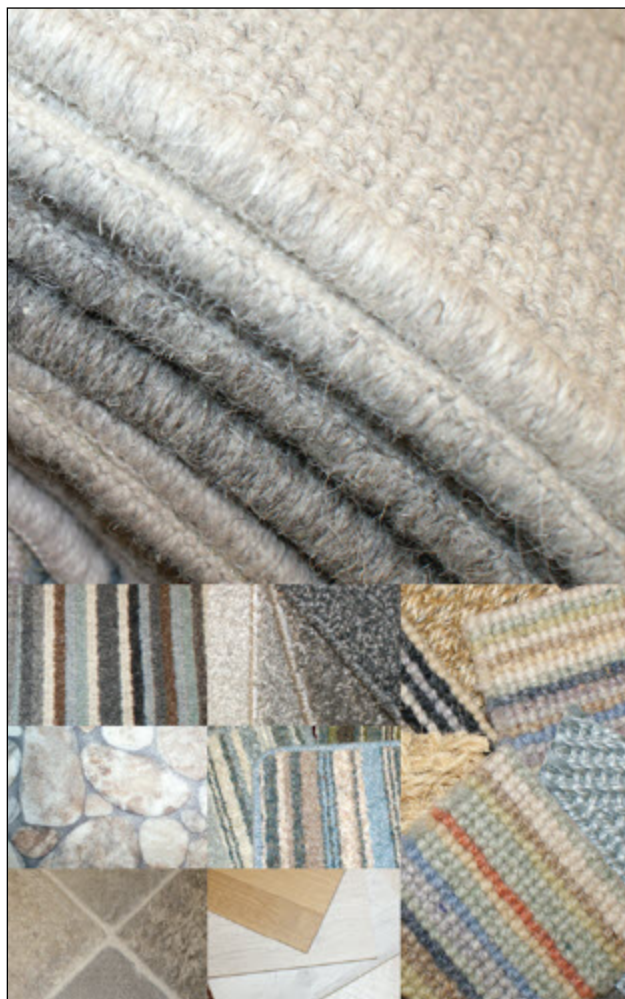
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OTHER EVENTS.

MONDAYS

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

CASH BINGO United Services Club, Homefields Road, Hunstanton

FITSTEPS 6.30–7.30pm at Snettisham Memorial Hall. To book

Tel: Jaime 07765433100 or email jaimefitsteps@gmail.com

CAMEO CLUB (Activities for over 50's) 10.30am Salvation Army, Alma Road, Snettisham

POP-UP COFFEE SHOP 10am - 12noon at Dersingham Village Centre. Coffee, tea, hot chocolate and cakes

TUESDAYS

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 £4per session For info Tel: 532392
ST.MARY'S CHURCH SNETTISHAM Men's Group 2nd Tuesday of every month at The Visitors Centre Snettisham 7.30pm. £2 each

ST.MARY'S CHURCH SNETTISHAM Ladies Group 2nd Tuesday of every month at 100 Station Road, Snettisham. £2 each
SOCIAL 50/50 DANCE 2-4pm at Reffley Community Centre PE30 3EQ. Tickets £4 each. 07787966000

FRIENDSHIP LUNCH 1st & 3rd Tuesday at Dersingham Village Centre. £5 for two courses. To Book call 01485 540644
VILLAGE VOICE LIVE every 2nd Tuesday. Informative talks £5 inc refreshments at Dersingham Village Centre 07707832295
FRIENDSHIP LUNCHEs 1st and 3rd Tuesday of each month. Two-course meal £5. To book call Shirley on 01485 540644 at Dersingham Village Centre

WEDNESDAYS

DOCKING MARKET 9am-1pm in The Ripper Hall

Local Produce Craft and Gift Stalls Tel: 576233

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.

YOGA 10am–11am at Sedgeford Village Hall, £6. For further information call Alison 01485 571062

MEN'S FELLOWSHIP 3rd Wednesday of the month 7.30pm at The Salvation Army, Alma Road, Snettisham

FRIENDSHIP GROUP 2pm at Salvation Army. Alma Road, Snettisham

THURSDAYS

50/50 TEA DANCE 2–4pm at Hunstanton Community Centre, Avenue Rd. £4 inc refreshments. All Welcome

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

KINGS LYNN & DISTRICT OSTEOPOROSIS SOCIETY meet in Kings Lynn 4th Thursday monthly at 7.30pm Methodist Church Hall, Kings Lynn. Pat 01485 572271

COFFEE MORNING 10am - 12noon at The Salvation Army, Alma Road, Snettisham

CRAFT CLUB 3rd Thursday of the month, 1pm - 3pm at The Salvation Army, Alma Road, Snettisham. Bring your own project
CASH BINGO at United Services Club, Homefields Road, Hunstanton

POP-UP COFFEE SHOP 10am - 12noon at Dersingham Village Centre. Coffee, tea, hot chocolate and cakes

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
SOCIAL TEA DANCE last Friday monthly. £5 inc refreshments at Dersingham Village Centre. Held in St.Nicholas Hall 07707832295

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

HUNSTANTON PROMENADE PARKRUN (No need to run, can walk) 9am at The Sailing Club, North Promenade, Hunstanton
BOOT SALE at United Services Club, Homefields Road, Hunstanton

SUNDAYS

SUNDAY LUNCH from 12noon - 2pm at Hunstanton Conservative Club. Two courses for £7.95

SUNDAY AFTERNOON SOCIAL at Dersingham Village Centre second Sunday each month 2pm - 4pm. £2.50


WEST NORFOLK

An Update on The West Norfolk Pub Re-opening

We would like to say a huge thank you to all our customers and friends for their constant support over the past few months. It has been very humbling in these most challenging times. You might ask, how are we coping? In truth, it has been very hard, we hope to be able to ride the financial situation, but we still have so many challenges ahead. The most important thing is that our friends and families are safe and well.

The hospitality industry might have the opportunity to reopen, in some form, from the 4th of July. We at the West Norfolk feel this is the right decision for us all. We would like to stress that there will be no grand re-opening, but instead an ordered and staggered re-opening. We know already that we will be limited on the number of customers we can have in at one time, and that we will have to have in place safe distances between tables. We are still awaiting more information and guidelines on how exactly we can operate, we will of course adhere to any and all of the rules. So as we slowly start to resume some form of new normality, we hope to see you all again soon. We will keep you all posted as the weeks go by, in the meantime keep safe.

Kindest Regards,
The West Norfolk

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For the Facts
Please



Another recipe from The Prudent Pensioner

I have posted more soup recipes on The Prudent Pensioner Facebook page so thought I would share a recipe for a simple sweet this month. I used a dessert pear; if you use tinned pears there would be no need to poach.

Pear with Chocolate Sauce

Ingredients:

1 Dessert Pear
A teaspoon of honey

I rounded dessertspoon of cornflour
I rounded dessertspoon of Cocoa or Cacao powder
200ml/1/3rd of a pint of milk

Method:

Peel pear, remove stalk, base and core, cut in halves and poach in a little water sweetened with a teaspoon of honey.

Meanwhile make chocolate sauce:

Put cornflour and Cocoa/Cacao powder into a jug, mix well. Add a little milk and mix to a smooth paste. Put rest of milk into a saucepan and heat gently until little bubbles appear at edge, remove from heat and gently stir into chocolate and cornflour. Mix well, there should be no lumps. Rinse saucepan in cold water.

Return milk to saucepan and gently bring to the boil, reduce heat and, stirring continuously, cook for a minute or so when sauce will thicken. Pour over pear halves.



This is nice served with ice cream and or cream.

For details of my books and more of my recipes and 'How to' Video clips, visit the Prudent Pensioner's page on my website

www.doreenreedpoet.com

E m a i l :

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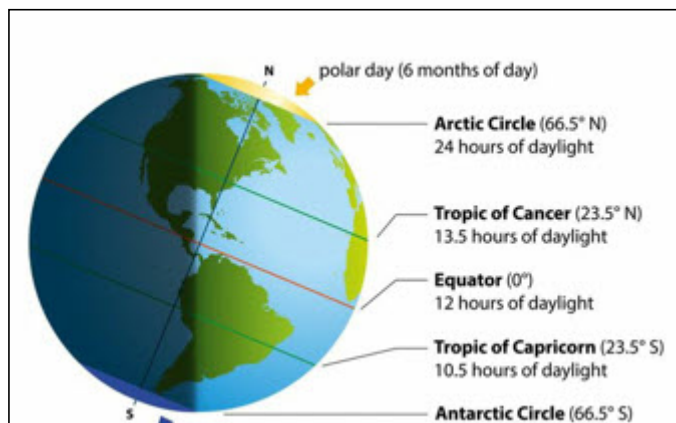
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Heacham at Night

June 20th at 21.44pm is the Summer Solstice. The Sun is at its highest point in the northern hemisphere. After that, it is all downhill, the nights start drawing in and it is Christmas. You might need 2-metre-long crackers.



Northern Summer Solstice, The Sun is directly above the Tropic of Cancer. Internet

The solstice is sometimes referred to as Midsummer's Day which is on the 24th.



Stonehenge. Prehistoric markers for social distancing? Internet

The sky in June does not darken very much and it is hard to make star patterns out. It is the month of noctilucent clouds, very high-altitude ice particles which remain lit by the Sun when it has gone below our horizon.

The Moon is almost always visible when it is not New. On the 5th (should have told you last month) at 7.25pm the Full Moon will slightly dim as it enters the penumbral shadow of the Earth – a little of the sunlight which illuminates the Moon will be blocked by the Earth. On the 30th the Moon is at perigee, closest this month, at 369,000km. It won't be a supermoon though because it just past First Quarter, not Full.

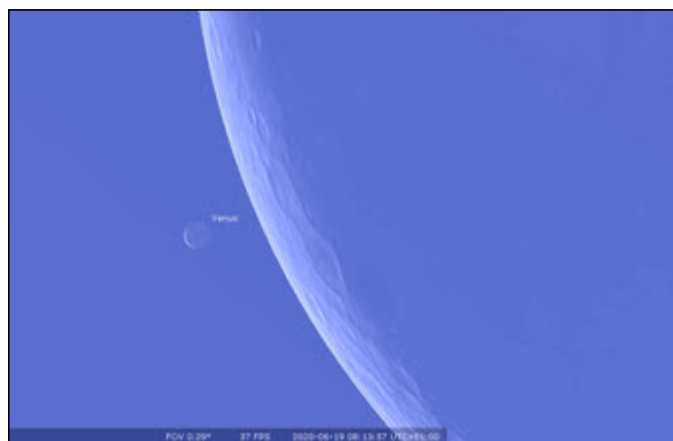
There are a few planets to spot and three of them are in the night sky rather than before sunrise. In the first week of the month, Mercury is very low down in the NW. On the 4th the planet is at its greatest eastern elongation some 24 degrees (two and a half fists) away from the Sun. Look at around 10.30pm just 4 degrees (four finger tips) above the horizon. So, an observation from Heacham beaches with a clear sky down to the Lincolnshire coast. Steady binoculars will be needed. Good luck with that. (You are probably reading this after the event so it won't matter if it was cloudy).

Rather easier to spot, and becoming easier as the month progresses from its middle to its end, are the gas giants Jupiter and Saturn. Earth's passage around the Sun means they will be rising in the SE at about midnight in the middle of the month and 11pm at the end. Jupiter appears 20 minutes before Saturn. They remain visible and get higher in the sky until the Sun rises. If you are an early bird, they will form a nice triangle with the Moon at 3am on the 8th and 9th.

Saturn's rings and the Galilean Moons of Jupiter are things to observe. More of those next month. Something to ponder, Jupiter currently has 79 confirmed moons. When I was a lad there were only 12 known.

Mars is still a morning object. Look ESE at 3am on the 13th to see it just above the Last Quarter Moon.

What about Venus you might ask? The searchlight that has illuminated the clear, Covid, skies. I did remember to explain its disappearance last month. On the 3rd it was at inferior conjunction, between us and the Sun so sunlight hit the side turned away from us. Then it passed into the sun's glare so cannot be seen. It will emerge about the middle of this month but will not be really visible until July.



This is what you are looking for. A tiny crescent close to a large crescent. All against a bright blue sky. With binoculars, Venus will be a point of light. Whitby Astronomy Society via Internet.

There is a chance to spot Venus in daylight on the 19th. The time, 8am, the place, very close to the edge of the Crescent Moon. The problem, you have to find the Moon. Look 22 degrees (just over a handspan) away from the upper right of the Sun. Position yourself so that the Sun is blocked from view. A small telescope will reveal what looks like a star by the Moon. This is Venus. It will have the same crescent phase as the Moon. If you try this, you must be **VERY CAREFUL** to avoid the Sun entering your field of vision and blinding you. **DO NOT** let children attempt it.

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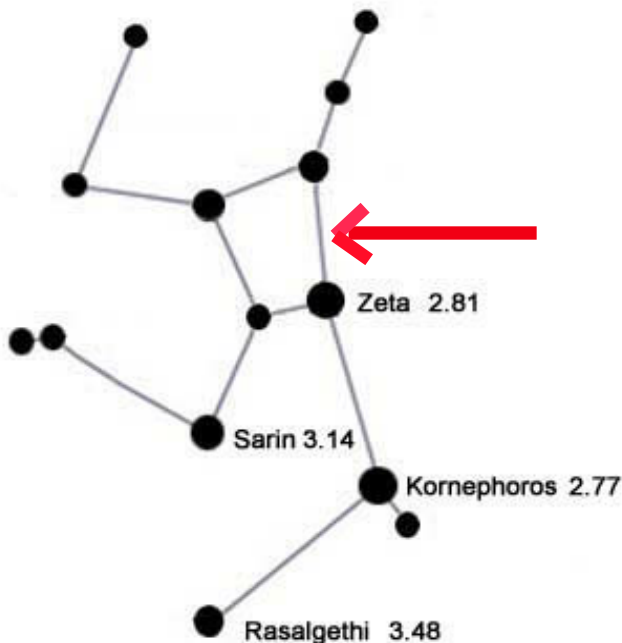
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At 8.35am, the Moon will occult Venus – the planet appears to pass behind it.

If you do like staying up until it is dark then find Hercules above your head. His rectangular body is not too hard to identify. On one side a fuzzy blob, M13, will be seen through binoculars. A telescope should resolve some of the third of a million stars contained in this globular cluster. All old, red giants.



Bright Vega will guide you to Hercules in the sky. Look for the Keystone in the middle.



The brightest stars of Hercules. The red arrow points to M13. Internet

Find Rasalgethi too. A star 400 times as big as the Sun which fluctuates in brightness as its end nears. It is the brightest of a multi-star system.

NASA's Artemis programme intends to land the next Man on the Moon by 2024. Not quite self-isolation though, the first Woman will be with him.

Keep looking up but avoid others doing the same.

Terry Parish

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around & about...



Memories VE Day 1945

Do you have a picture to share or maybe a story to tell about your memories of VE Day 1945?

Hunstanton Town Council would love to hear from you and share on our VE Memories Board

Please email your memories to:
clerk@hunstantontowncouncil.gov.uk



Dense crowds in Whitehall, estimated by the police at 50,000 – all cheering the mad – matted the Prime Minister when he emerged from Downing Street after his broadcast speech. With the broad grin of victory on his face – and a new cigar clamped between his teeth – Winston Churchill gave his famous V-sign.

Minute past midnight

The first two atomic bombs were dropped on the Japanese and the third after midnight on 9th August. The Channel Islands were to be freed at noon. Bombers in Europe ended attacks at 10.1 a.m. today.

TIDE TABLES FOR JUNE & JULY 2020

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST.									
June 2020					July 2020				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 M	01 55	6.0	13 58	6.3	1 W	02 24	6.2	14 34	6.4
2 TU	03 00	6.3	15 03	6.7	2 TH	03 25	6.3	15 41	6.6
3 W	03 56	6.7	16 01	6.9	3 F	04 22	6.6	16 43	6.8
4 TH	04 47	6.9	16 56	7.2	4 SA	05 13	6.8	17 40	6.9
5 F	05 33	7.2	17 50	7.4	5 SU	06 00	7.0	18 35	7.0
6 SA	06 17	7.3	18 40	7.4	6 M	06 44	7.2	19 24	6.9
7 SU	07 00	7.3	19 30	7.3	7 TU	07 26	7.2	20 06	6.9
8 M	07 40	7.3	20 14	7.1	8 W	08 03	7.2	20 46	6.7
9 TU	08 19	7.1	20 59	6.7	9 TH	08 40	6.9	21 24	6.4
10 W	08 57	6.8	21 44	6.3	10 F	09 16	6.7	22 00	6.1
11 TH	09 37	6.5	22 34	5.9	11 SA	09 54	6.4	22 39	5.8
12 F	10 25	6.1	23 32	5.5	12 SU	10 36	6.1	23 25	5.6
13 SA	11 23	5.7			13 M	11 28	5.8		
14 SU	00 33	5.4	12 29	5.6	14 TU	00 20	5.4	12 28	5.6
15 M	01 35	5.4	13 33	5.6	15 W	01 21	5.4	13 33	5.6
16 TU	02 33	5.5	14 32	5.7	16 TH	02 26	5.5	14 38	5.7
17 W	03 24	5.9	15 24	6.0	17 F	03 23	5.8	15 38	6.0
18 TH	04 09	6.1	16 12	6.2	18 SA	04 15	6.1	16 33	6.2
19 F	04 49	6.3	16 57	6.5	19 SU	05 02	6.4	17 23	6.4
20 SA	05 27	6.6	17 41	6.6	20 M	05 45	6.8	18 12	6.8
21 SU	06 06	6.8	18 25	6.7	21 TU	06 27	7.0	18 58	6.9
22 M	06 44	6.9	19 10	6.8	22 W	07 10	7.2	19 43	7.0
23 TU	07 23	6.9	19 51	6.8	23 TH	07 49	7.3	20 25	7.2
24 W	07 59	6.9	20 33	6.8	24 F	08 28	7.4	21 08	7.0
25 TH	08 37	6.9	21 18	6.7	25 SA	09 09	7.3	21 53	6.8
26 F	09 20	6.8	22 06	6.5	26 SU	09 55	7.2	22 41	6.6
27 SA	10 08	6.6	23 04	6.2	27 M	10 46	6.8	23 38	6.2
28 SU	11 06	6.5			28 TU	11 46	6.4		
29 M	00 10	6.1	12 14	6.3	29 W	00 41	6.0	12 56	6.2
30 TU	01 17	6.1	13 24	6.3	30 TH	01 50	5.8	14 15	6.1
					31 F	02 59	6.0	15 32	6.2

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Hunstanton Town Council says Thank You to everyone who is helping us through this COVID-19 pandemic.

Thank you to:

- Our incredible NHS workers at the Q.E. Hospital, our paramedics and the staff at our medical centres;
- All the carers in our residential homes and those caring for people in their own homes;
- All the members of our police and fire service, coastguards and RNLI;
- All other essential workers keeping our food supply, transport, deliveries and other vital services operating;
- All the many volunteers who are providing essential help to those in need at this time;
- All those who are following the advice to stay at home within our town;
- And those from elsewhere who are resisting the temptation to visit our lovely town at this time.

Cash Grants Available to Assist in Covid-19 Response

Hunstanton Town Council recognises that the COVID-19 pandemic will give rise to additional pressures on the voluntary sector to support the most vulnerable in our communities.

In order to enable smaller voluntary sector groups to mobilise capacity and capability to assist in the response, the Council are now providing cash grants to registered charities, as well as some local community and volunteer groups within Hunstanton.

Further information can be found on the Hunstanton Town Council website www.hunstantontowncouncil.gov.uk or by following this link:

<https://www.hunstantontowncouncil.gov.uk/news/2020/04/cash-grants-available-to-assist-in-covid-19-response>



Message from the Mayor of Hunstanton

We are all too well aware how much our town has been affected by the coronavirus pandemic, and like many other seaside resorts along the coast, the lack of visitors due to the lockdown has had the single biggest impact on local businesses.

For the moment, no-one knows how long the lockdown will last, but the Town Council is already looking at ways we can support the town once the restrictions are lifted and now Virtual Town Council meetings have been approved by parliament, that was high on the agenda at our Full Council meeting held in May.

Whilst restrictions are still in place, we remain committed to keeping our residents safe, particularly the elderly, vulnerable and the staff and residents in our local care homes. We continue to support and promote local charities and organisations who have come together to provide food and comfort to those in need, and publish contact details on our website and on social media. Additionally, the council have funds available to those in the community who need assistance and our councillors are committed to helping where they can.

Heartbreaking as it is to see our seafront, green and streets so quiet, we are very grateful to those regular visitors who have thoughtfully and respectfully stayed away. We are hoping that it won't be too long before we can welcome them back to their much-loved 'Sunny Hunny'.

In the meantime, we are working together to find a way to get our town back on the map once we come through the crisis and will be making further announcements in the coming weeks.

For the moment though, stay safe, stay well and here's to the future together.

Cllr. Tony Bishopp

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Alternative Therapies

We are so lucky and blessed at this time; we have the most glorious opportunity to really look at our emotions and beliefs, our states and peskiness (ask your partner!) and really look at them as they arise in our consciousness and what a brilliant time to shine some light on them and banish them for good whilst we are not distracted from our everyday tasks and our deliberate self-distractions.

So how are you Being. Yes, we are human beings not human doings – does that come as a surprise? Are you trekking to the fridge a lot, worn a trail in your carpet? Well, have a look inside yourself instead of the fridge. What emotions have arisen that you don't want to face? So quick eat something to smother it, it's exactly the same with drugs or alcohol, an emotion – drown it. But emotions pass through very quickly; think of a child, happy/sad/happy all in a few moments. But as adults we have forgotten this and we deliberately bury our emotions so it gets to the point of not being able to feel anything. We call that depression amongst other things. So back to that snack. Stop, sit, breathe, feel the emotion arise, what's making us uncomfortable, feel it and, guess what, it goes away or passes through and is gone just like that, leaving that chocolate or cheese there for another time.

Emotions can't hurt us as they pass, but we like to add 'story' to them and that's the bit that causes us grief and angst, and then we replay these stories again and again and again and again, Till they get entrenched into our physical self as illness, which becomes much harder then to heal and remove.

So firstly, feel that rising emotion, dive into it, then watch and see what is beneath, and as you sit and drop down through the feelings, you will come to a state of bliss, peace and well, amazingness. And guess what! The more you do this, the more we stay in a 'state of grace' and live from that.

You could check out Brandon Bays 'the Journey' book for more info or as ever email me on Alison.shaman.healer@gmail.com and we could explore this process together. It's fun, empowering and literally life changing.

As ever any questions to Alison.shaman.healer@gmail.com

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The Salvation Army Words

During this pandemic we have become familiar with some new words and other words have become more popular. Who had heard of a coronavirus before Covid-19 appeared? We urge each other

to 'stay safe' and there has been an unprecedented use of the word unprecedented! We have become familiar with the term PPE and the R number.

Words are powerful. God **spoke** this universe into creation. If you read the creation story in Genesis you will notice that before each act of creation are the words, 'God said.' In John's gospel Jesus is described as the 'Word'. Jesus is the way that God speaks to us. Jesus' life shows us how to live a life pleasing to God, much clearer than a list of instructions. Jesus' death speaks to us of God's immense love for each and every one of us and Jesus' resurrection speaks to us of the hope of eternal life that is available to all who believe in him.

Each year the Oxford English Dictionary produces a list of new entries into the dictionary, words which have come into common usage which had not been in use before. Our language develops and changes over the years; we only have to read a Shakespeare play to realise how our language has changed over the intervening four hundred years.

Today, we have the Bible to guide us in our faith. The Bible is the word of God. God inspired the men who wrote the Bible and today it has been translated and paraphrased into modern language to make it easier for us to understand. The Message by Eugene Peterson is a good example of the truths of the Bible expressed in modern day language. If you don't already read the word of God daily, I urge you to do so. Find a translation that you find easy to read and allow His words to transform your life.

One year, the founder of The Salvation Army, William Booth, was preparing to send his annual Christmas message to Salvationists around the world. In those days, communication was by telegraph, and you paid for each word that you sent. Times were tough and the Army was short on money, so William Booth sent a one-word telegram. The word he sent was – Others. This encapsulated all that The Salvation Army was about. Today our mission is still about 'others'. We aim to bring the gospel message to those who have not heard about Jesus Christ and we minister to those who need our practical assistance.

Even during the lockdown, The Salvation Army is still thinking of others. Across the world we are ensuring that those most affected by the financial consequences of the pandemic are given the necessities needed to survive, food, shelter, clothing and of course we are always available if you are in need of someone to talk to.

God bless and Stay Safe!

Alison Kirby
Snettisham Salvation Army
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The Arts Society North West Norfolk

Can a Garden be a Work of Art?

'Fine art is that in which the hand, the head and the heart of man go together'.

John Ruskin

Conceptual art is intended to elicit a reaction from the viewer; can the same be said of conceptual gardens, which are being increasingly showcased at our Flower Shows. RHS Hampton Court Palace Flower Show appears to have attracted the biggest mainstream audience than in the past. Conceptual Gardens have been designed to demonstrate, for example, the tension between culture and nature, with themes to represent the disruptive effect of homophobic abuse on our society and the experience of depression.

Cleve West, gold medals winner at Chelsea Flower Show, says "I used to think that landscaping was the ultimate art form, but now I'm not so sure. Conceptual gardens are probably the nearest we can get to art in that they side-track nature to focus on a feeling or a theme without always relying on plants".

"You need artistic talent to be a good garden designer. The best gardens are a successful composition: a series of shapes, forms, colours, textures that work in harmony. Often, the actual drawing might be considered much more a piece of art than the finished garden itself".

Conceptual gardens are intended to get a reaction from the viewer which is as much about the abstract artwork as the materials with which the garden is made. A philosophical debate to follow. But we know that gardens mature and change. Is it still the same art form when the flowers have seeded and the lettuces have bolted?

Art invites critics and there are many out there ready to give their opinions. Would Art critics be equally as cautious about criticising gardens? The late Brian Sewell said - "you dare not say anything about the garden, or the motor car, or their clothes. My advice is for God's sake, stick to the status quo. Otherwise no one will send you any Christmas Cards".

Not all gardens are works of art but then not all paintings are works of art either, but who's to say? And should only conceptual gardens be considered works of art? The critical art forum, Thinking Gardens, (thinkinggardens.co.uk) believes criticism and analysis vital to help any art form evolve. Though critics have found that their criticism is not always readily appreciated. Many years ago, the garden writer Anne Wareham wrote a critical review on the fascinating, eclectic East Ruston

Old Vicarage Garden ⁽¹⁾ here in Norfolk in the RHS journal and there was a shocked response.

Can we use sculpture in our gardens and consider our garden as an art piece? Look at the designs of the 17th and 18th century gardens that can be viewed as places of intellectual stimulation as well as places of great beauty. Statues and classical allusions were positioned in key positions to remind us of our moral weaknesses, temptations and frailties of the human flesh.

Should any aspiring garden designer not think of the garden as an art piece, but regard the art being in the process not in the finished piece? Cleve West again - "I've often thought that David Hockney's garden in Los Angeles was about as close as it gets to a work of art as it had all the hallmarks of one of his paintings. Barbara Hepworth's garden in St Ives also benefits from the artist's work".

Perhaps when visiting gardens and even when in our own, we should begin to see them with our minds as well as our eyes.

Lesley Nadel

The North West Norfolk Arts Society meets regularly throughout the year at Sedgeford Village Hall. For further information visit our website www.theartssocietynwnorfolk.org.uk or telephone our membership secretary Felicity 01485 210891.

⁽¹⁾ The Art Society North West Norfolk has had to cancel its visit to East Ruston Old Vicarage Garden in June due to COVID 19. It is hoped to rearrange for 2021.

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“IF ANYTHING SHOULD HAPPEN TO ME ...”

by Kathryn Gigg
Chartered Accountants,
Hunstanton

Irrespective of the eventual impact of Covid-19 on our society, which may well be profound, one thing which it has already achieved is to make every one of us aware of our mortality. The title sentence of this article is very commonly employed as a euphemistic introduction to Estate planning. Frankly, the first word should be “when”, not “if”.

It is not possible to tell exactly how many people have written Wills, but surveys indicate that less than half of those in the UK have done so and even for those over 55 the figure is only around 75%. If someone dies intestate (without a Will), specific provisions come into play, revised for deaths after 6 February 2020 as follows:

- A surviving spouse or civil partner takes the first £270,000 and all personal possessions
- A surviving spouse also takes half of the remainder
- The residue is then shared between surviving children (on attaining the age of 18)
- In certain circumstances grandchildren, siblings, parents and remoter relations may inherit
- Ultimately, if there are no living relatives, the estate will go to the Crown
- Spouses who are separated but not divorced will be entitled to inherit as above, but cohabitants have no such right of inheritance
- Jointly owned property will normally pass by survivorship, outside the scope of these rules.

Whilst the intestacy rules may work for very simply estates, they can give rise to unexpected practical consequences in today's world of second and third marriages, cohabitation, estranged relatives and step-children. A properly drafted Will looks at these issues and should achieve a result which is fair to all parties and minimises the resentment (and sometimes, litigation) which could otherwise arise.

There are other practical issues when children are involved. Aside from the separate issue of guardianship, children will inherit under the intestacy provisions at the age of 18. Whilst this may provide them with a useful sum as they start work or university, and whilst some may be able to deal with their new found wealth, not everyone has the judgement or experience to handle substantial sums as soon as they leave school and the attractions of fast cars and slow racehorses present themselves. Writing a Will with independent trustees and perhaps guidance

on releasing capital over a longer period may prove a wiser course of action in the long run.

Finally, the intestacy provisions are not always the most tax effective course of action. Whilst legacies to surviving spouses are normally exempt from Inheritance Tax (IHT), many other transfers, if in excess of £325,000, will be subject to tax. The position can be complex where there is a valuable main residence, and complicated family relationships can also muddy the waters.

The phrase “Making a Will won't kill you” has stood the test of time. For those with no Will, or indeed those whose Wills have not recently been reviewed, this period of Covid-19 lockdown might prove the perfect opportunity to rectify the position, and to take professional guidance. Accountants will not normally write Wills, but they are well placed to discuss the family position and set out a strategy, and in complex cases they will work with an appropriately experienced solicitor to draft a document which should avoid unexpected consequences for those left behind.

If, having read through the information provided above, you require advice, **please contact either myself or my assistant Nicola Tarry FCA on 01485 534800 or email 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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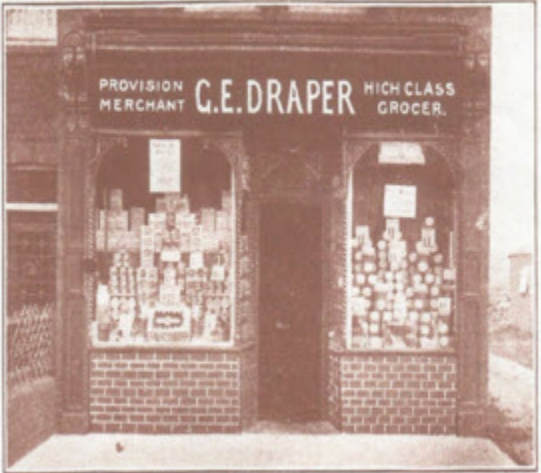
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End of part 5



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From Our Archive

HEACHAM OFFICIAL GUIDE Circ 1927 (Part 5)

THE CHURCH OF ST. MARY- THE-VIRGIN

When the Angles, or Saxons, who settled here became Christians, they would probably build a wooden Church. Once dedicated, a site was held sacred, so a Norman, stone Church would follow.

Certainly a Church stood here in the 13th century (the first recorded vicar is Simon de Petra, circa. 1230), probably small and without aisles. This was cleared away and rebuilt, or the walls were pierced, and the aisles, transepts, tower and porch added in the 14th century, and the Church as we have it is practically of that date. Gothic architecture is roughly divided into these periods (dates approximate):-

Transition from Norman to Early English	1175-1200
Early English, or Lancet	1200-1300
Decorated	1300-1400
Perpendicular	1400-1575



THE CHURCH & MEMORIAL, HEACHAM. Photo—F. Ames.

NOTE (OUTSIDE)

- (A) Fine Yew Walk.
- (B) Niche with dainty groined canopy for statuette of Virgin Mary over porch.
- (C) Terminal to dripstone. A dog tooth (an Early English survival).
- (D) Depth of hollows in moulding, a sign of early decorated work.
- (E) Flint-built wall, silver-grey in sun, like a lizard's skin. Dressed stone quoins brought from Lincs. or Northants by sea. South chancel wall of alternate carr-stone and flint, very pleasing.
- (F) Gable marks on tower, showing successive lowerings of roof.
- (G) Aisle windows, late Perpendicular insertions.
- (H) Remains of transepts (cross arms).
- (I) Priest's door in south wall of chancel.
- (J) Window in east wall of south aisle, blocked, largely with broken pillars from Early English Church.

- (K) Huge buttress supporting tower on North (1802?).
- (L) An Early English pillar section, quatrefoil, at base of north wall.
- (M) North door.
- (N) Huge bosses of ivy, so large that their swelling roots are rendering the walls unsafe.
- (O) Very beautiful west window, late decorated.

IN THE PORCH

- (A) Holy-water stoup, broken, like the Virgin's statue, probably by the Puritans in reign of Edward VI.
- (B) Remains of groined roof which formerly supported a 'parvise' chamber.
- (C) South doorway. Very fine and typical Transition work, with square (Norman) and round (Early English) capitals to pillars, and stiff-leaf moulding.
- (D) Stone seats.

NAVE AND AISLES

- (A) Over door, monument to drowned at sea. Compare gravestones just East of porch.
- (B) Door to 'Parvise' close by, west.
- (C) Rolfe tombs, West end. Merchant's mark on oldest, 1593.
- (D) Blocked window of South aisle in West wall.
- (E) Brass, knight in armour on West wall (? a Caley), about 1450.
- (F) Old font (Perpendicular).
- (G) Seats of bases of pillars.
- (H) Redmayne monument on North wall.
- (I) Beautiful Early English arch to transept, not in original place, reversed.
- (J) Old Bible, very fine, bold type.
- (K) Fresco. 14th century, on South-West pier of tower. John Baptist standing in waves of Jordan and pointing to Agnus Dei copied opp. Scroll pattern on tower arch.
- (L) Stained glass 14th century. Archbishop, good drawing (St Thomas of Canterbury?). St Stephen (stones), St Catherine (wheel), St Margaret (dragon), and King (Olaf?) with falchion may be identified.
- (M) Marks on pillars, etc., where 'parclose screens' for aisle chapels of guilds were. Former guilds here were: The Trinity,* Our Lady, St Margaret, Corpus Christi, St Thomas, and St Leodergarius (Louis).
- (N) Chancel arch, partly blocked, with 14th century oak screen, partly restored.
- (O) Roodloft door, blocked.
- (P) Cenotaph to our Dead in Great War.

IN CHANCEL

- (A) Door in North wall, Perpendicular.
- (B) Rococo cross over altar. (See also lantern in porch).

Before you go read the inscription on cenotaph to the young soldier Jackson, by South door, and leave the old Church with a strong brave thought:

'Say not of him: He left this vale of tears.'

'Who liked the good plain English phrase: 'He died.'

'Nor state: He nobly lived, or otherwise failed or succeeded,

Friend, just say: 'He tried.'

*In 1504 John Whetel gave his place in the moor to find a light before the Trinity, and three acres of land for an obit.

Other denominations are represented by a Wesleyan Church, built in 1831, and restored sixty years later: a Primitive Methodist Chapel erected in 1903; a Roman Catholic Church at Hunstanton, two miles distant; and a Meeting House used for the services of the Plymouth Brethren.

End of part 5

Don't Throw it away, Give it away!

Had a clearout in lockdown? Looking for something but can't go shopping? Freegle is an online community with over 2.7 million members, which helps people give their items away for free, in a UK-wide network of over 400 communities. The groups in Norfolk were started in 2004 and were amongst the first re-use groups in the UK. A team of local volunteers helps it all run smoothly.

Some people have items they don't want any more. Others would like things they don't have. We match them up, without shops or warehouses - people give things directly to each other.

How it works: It's simple:

- ♥ Post a message offering an item.
- ♥ Other people see it and reply to you.
- ♥ Choose who to give it to - they collect (contact-free, of course!).
- ♥ You've de-cluttered, made someone's day and saved an item from landfill. That's Freegling! And it's all free.

You can also search or browse the items offered, or post a request for something that other people might have.

Groups:

Our local group is King's Lynn:

<https://www.ilovefreegle.org/explore/KingsLynnFreegle>

There are also groups for Norwich, Cromer & Sheringham, Downham Market, Fakenham, Swaffham, and Dereham. You can join as many groups as you like.

Safety:

We have issued comprehensive safety advice to members:

<https://www.ilovefreegle.org/covidsafefreegling>

Naturally we need to balance saving items from landfill (now the waste sites are re-opening) with safety, and some people will understandably want to wait a while before taking part - we hope members offering items will hold items for collection later if requested. But as this is primarily a local service for the community, collection can be added to planned trips for shopping or exercise, and can be carried out without physical contact.

If you have used us before come and have another look - we have just launched a great new site!

Find out more about us at:

<https://www.ilovefreegle.org/>

Beth Winsor

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CROSSWORD SOLUTION

Across:

1. Apple-pie order
10. Let-down
11. Cargoes
12. Stomached
13. Upend
14. Outdoor
16. Repair
19. Midway
21. Retched
25. Lurid
26. Charleroi
28. Dragnet
29. Bighorn
30. Advanced level

Down:

2. Potto
3. Leopard
4. Pantheon
5. Encode
6. Reroute
7. Exonerate
8. Flush
9. Isadora
15. Underhand
17. Implode
18. Bedaubed
20. Addenda
22. Cologne
23. Acetic
24. Fiend
27. Rhone

Answers to Quiz

1. Avocet.
2. Sir Christopher Wren.
3. Goldeneye.
4. Jonathan Swift.
5. Nightjar.
6. Lieutenant Pigeon
7. Greylag.
8. Florence Nightingale.
9. Owl (The Owl and the Pussy Cat – Lear)
10. Gary Sparrow
11. Dove Cottage.
12. Seagull.

Answer for Poem

The rhyme has been written without using the letter E, the letter mosssst frequently used in English

Solution to
Newsletter
SUDOKU
41

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

Solution to
Newsletter
SUDOKU
42

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

HEACHAM SPORTS & SOCIAL CLUB



13 STATION ROAD, HEACHAM
PE31 7HG TEL: 01485 570776

OPENING TIMES 11AM TO 11PM

Members & Non-Members Welcome



FOR HIRE

PUBLIC HALL WITH BAR,
MEETING ROOMS AVAILABLE FOR
WEDDINGS, PARTIES, FUNCTIONS,
WAKES, CHRISTENINGS & MUCH MORE



WHAT'S ON IN MAY

CORONAVIRUS

**WE ARE CLOSED UNTIL FURTHER NOTICE
BUT WE WILL BE BACK!**

Every Monday

Every Tuesday

Every Wednesday

Every Thursday

Every Friday



**CORONAVIRUS
STAY HOME
PROTECT THE NHS
SAVE LIVES**

**BOX OFFICE EVENTS, SNOOKER, POOL, DARTS, DOMINOES. CRIB, POKER, PRIZE
BINGO, MEAT DRAW, FOOTBALL, TENNIS, MEMBERS BENEFITS, CHILDREN'S PLAY**

Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The Parish Council are looking to hold the next Full Council Meeting as a virtual meeting. Details will be on the Council website as soon as a date is arranged, including details on Parishioner participation.

Annual Parish Meeting following government guidelines this may not be held for the unforeseeable future.

SPEED AWARENESS MONITOR (SAM2)

Well I hope you are all keeping safe, the roads have seemed quieter over the last 49 days and because of the lock down and social distancing we have not been able to move the Speed Awareness Monitor (SAM2) around the village as we normally would. This was taken not only on the advice of the Government but also from County Highways in Kings Lynn.

For that reason the residents of Ringstead Road, east of the A149 will have noticed that SAM2 has been checking the traffic and speeds for 57 Days and will continue to until we can safely have two Councillors in close proximity to move the monitor; the government guidelines as I write is still 2m apart.

During the 57 days there has been 13,208 movements along Ringstead Road towards the A149 with 59.66% of those within the speed limit. I will let you do the maths on that one.

Normally the spreadsheet produced would be displayed in the outer office of the Parish Council, but as the Office is closed, the Clerk will display it on the new Parish Council Website.

With the lockdown there is obviously less traffic on the roads. Please be reminded that this does not mean that speed limits have been relaxed. At times It seems Heacham had been designated a second Monte Carlo track.

It seems more people are speeding down Station Road in Heacham; you do not need to speed here, you have already missed the last train to Wells or King's Lynn, it left in 1969.

The limits are there for the safety of pedestrians as well as the drivers, also dare we say the Mallards that are hatching their eggs and have young marching across roads.

Stay safe, use the local shops of which many will deliver your order, they need more help than the large super stores.

DOGS AT THE SALTINGS

The Parish Council continues to receive reports of dogs off the lead at The Saltings. The Saltings is a managed nature reserve; dogs are allowed, but please keep them on a lead.

STREET LIGHTS

All village street lights are the responsibility of the Parish Council, any issues with faulty lights need to be reported to the Parish office on 01485 572142, there is an answer machine when the office is closed.

SOUTH BEACH PARKING

There have been several complaints made on social media regarding South Beach yellow lines. Confusing no parking signs (yet to be initiated) caused pandemonium. NCC Highways said they do not know when the restrictions would come into force as the Traffic regulation order can't be signed by the judge at present.

HOGWEED AT THE SALTINGS

The Parish Council is aware of Hogweed at The Saltings and is dealing with the issue.

There are two components to the control programme:-

1. Cutting down the plants in flower to prevent them spreading by seed. Cutting is most effective when they are in full flower (June). Timed well this usually kills the plant. If they are cut down too soon, they do not die but regrow to flower another day or year. Cutting the fully grown plants is a tricky operation requiring full PPE to avoid skin blisters from the sap.

2. Treatment with herbicide. On publicly owned land this requires by law a trained operator with an NPTC certificate; the Parish Council have a co-opted committee member who has the relevant certificate. He hopes to be able to get over later in the month now lockdown restrictions have eased a bit.

If anyone has any concerns about the dangers of the Hogweed, please be assured that the plants present no danger provided you leave them alone. They mostly hide away in the corner behind brambles well away from the permitted path so accidental contact is unlikely, one would have to make a deliberate effort to mess with them to come to harm. In risk assessment terms there is a potential **hazard** (from contact with the plant sap) but the **risk** of this happening is low to non-existent.

COVID 19

The Borough Council are producing regular news releases, these can be found on the Borough Council website.

Cllr Terry Parish is available to receive emails. He can be contacted on Cllr.Terry.Parish@West-Norfolk.gov.uk. The Parish phone and emails are being accessed daily if anyone has any concerns.

The Parish Council would like to thank everyone for heeding the advice given on exercise, non-essential travel and social distancing.

ALLOTMENTS

Heacham allotments are presently still open and the National Allotment Society are encouraging Councils to continue to keep them open for as long as possible. The recommendations are that you use your daily exercise time to tend your allotments but ensure you stick to the social distancing rules. It is acceptable to visit your allotment with members of your household but not to use this as a way to meet with family and friends outside your home. Obviously if you are experiencing any COVID 19 symptoms please refrain from visiting your allotment. More updated information can be found on the national Allotment Society website:

<https://www.nsalg.org.uk/news/covid19-information/>

There are currently no vacancies at the allotments and only two people on the waiting list. Please contact the Parish Office if you would like to be put on the waiting list.

Any queries should be addressed to:

Heacham Parish Council Office

Jubilee Clinic Pound Lane Heacham

Norfolk PE31 7ET

Tel 01485 572142

Email: heachampc@btinternet.com

Website: 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 16.30 TO 18.00
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

HEACHAM CHEMIST 570297

OPEN MON - FRI 09.00 TO 18.30 SAT 09.00 TO 17.30

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

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

TERRY PARISH 07885 258428

STUART DARK 01485 544339

NORFOLK C C MICHAEL CHENERY 07920 286638

PARISH LIBRARY - Closed until further notice 07398647119

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

HEACHAM POST OFFICE 570330

OPEN MON - FRI 08.30 TO 17.30 SAT 09.00 TO 13.00

EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613

NHS Helpline 111

DENTIST Emergency only for patients not registered with a dentist 01553 769264

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

POLICE 101

SAMARITANS 01553 761616

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRIC 0800 3163105

ANGLIAN WATER 0345 7145145

GAS ESCAPE 0800 111999

EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY - Closed until further notice 532280

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

THUR and SAT 10.00 TO 13.00

HEACHAM CHALK PIT RECYCLING CENTRE

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

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

HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

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

Heacham Scout Hut 572890

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KING'S LYNN

Lynx Coastliner No.36

(Please follow old Coasthopper signs for the new Lynx service)

lynx (lynxbus 34 & 35) & Coastliner (36)

Service 34, 35 & 36 (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd

0654 & 0709 first buses to King's Lynn then 2 an hour from 0729

0704, 0723 first buses to Hunstanton then 4 per hour from 0759

Service 34 - (Mon-Sat)

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

0709, 0800 first buses to King's Lynn then twice hourly from 0829

0723 first bus to Hunstanton then twice hourly from 0829

Services 34, 35 & 36 (Sundays)

0844 0915 & 0945 first buses to King's Lynn then each route hourly

0808, 0844 first bus to Hunstanton then hourly

0945 (Service 35) then two hourly

Smithdon High School Bus

Service 35 & 36

0759, 0808 to Smithdon School (Service 36)

1515 from Smithdon School (Service 35)

Bus Enquiries

www.lynxbus.co.uk

Tel: 01553 611955

WNCT - DIAL-a-BUS Service

Heacham to King's Lynn via Snettisham, Ingoldisthorpe, Dersingham, Sandringham, & Castle Rising Every Tuesday, Wednesday & Friday

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

Tel: 01553 770310

Main pick up points for The Heacham Newsletter.

First Saturday of each month except January.

Jennings, Ridouts Bakery, Post Office, Church, Tesco's, Station Road Garage, Lidl, Heacham Fish Bar

MOBILE LIBRARY - CANCELLED

Route DER201 TUESDAY Every four weeks

09:50 HANOVER GARDENS	12:55 GYMKHANA WAY
10:20 ROBIN HILL	13:15 COLLEGE DRIVE
10:50 RINGSTEAD ROAD	14:40 GIDNEY DRIVE
11:10 ROLF CRESCENT (Opp.No.22)	16:05 POPLAR AVE
11:30 SCHOOL ROAD	16:25 SITKA CLOSE
11:55 COLLINGWOOD CLOSE	16:50 NORWAY CLOSE
12:15 FENSIDE	- MARRAM WAY
12:35 JENNINGS CLOSE	17:10 NEVILLE COURT

DEFIBRILLATOR SITES IN HEACHAM

(Please read instructions and obtain code to activate)

St.Mary's Church - Front Porch open 24hrs

Sports Field Pavillion - Available only when gates are open

Fire Station - Only available when someone is in attendance

Mc Coll's - Currently not in operation



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