

The Heron

Community Magazine

September 2018

Delivered to homes in Christchurch, Euximoor and Tipps End - £1 where sold

No. 53

Cambodia Looking Rosie

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for Next Year!

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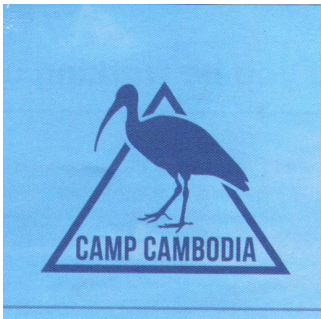
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Camps International visit local schools every two years to give a presentation to students showing the environmental courses and local support they offer particularly in Third World countries. You may

remember that Katie Ingram featured in our March 2018 edition of The Heron; fundraising for her trip to the Maldives via Camp Africa. Rose-Marie Holden, known as Rosie to friends and family, is planning a trip volunteering overseas to Cambodia via Camps International who visited Neale Wade School earlier this year, where Rosie is a student. She had been interested in doing voluntary work overseas since she was eleven years old.

Rosie's brother Sean had been on a similar trip to Tansania last year, also run by Camps International. His exploits captured her interest even more, though they had to get rid of all his clothes after the trip as they were completely impregnated with brick dust, cement, tar and mud. However this did not put Rosie off and she signed up for Cambodia! The trip will take place this time next year.

Rosie is fifteen years old at present but will be sixteen by the time her trip gets underway. She was born in Christchurch and lives with her mum Wendy on the Wayside Estate. Her dad sadly passed away eight years ago. Rosie needs to raise £4000 to finance her trip. After Christmas she set to work fundraising doing car boot sales (her first was at Skylark), a sponsored hair cut, gardening, dog sitting, fence painting and waitressing. So any odd jobs you want doing - she's your girl! Rosie is also making cushions and selling them at £5 each. She has been lucky enough to obtain some sponsorship from Arc Auto Repairs of March, and the corner shop, Premier Express in Upwell Road, March. So far Rosie has already raised £800 through her own efforts. She hopes to raise at least half the cost of the trip herself! Unfortunately, because the trip is technically classed as a holiday she will have to pay for all her own malaria tablets and the necessary inoculations for her trip. Rosie writes: *"The core objectives of the Cambodia expedition are to undertake projects in order to: raise the educational standards of developing communities in Cambodia, raise the living standards of developing communities within a rural district of Cambodia, assist with ongoing wildlife conservation programmes in order to preserve biodiversity and protect vulnerable habitats.*

This expedition is extremely important to me because I feel that I will acquire and develop many important life skills such as team building skills, and helping others less fortunate than myself. I am hoping to raise at least £2000 towards the cost of this trip by selling my old clothes and toys at local car boots; I am also making cushions to sell at village and school fetes. I am also willing to take on any odd jobs around the village that I can. Please contact me on 01354 638079.

Hopefully I will come up with some other fundraising ideas throughout the year. So please keep a close eye on The Heron for forthcoming events.

Any business sponsors will have their name and phone number printed on my official Camps International T-shirt which I shall wear for all fundraising events and I would be happy to have your business cards on our stalls. I would be extremely grateful for any and all contributions you can make towards fundraising for my expedition. Please contact me on the number above or email me at holdenrosie4@yahoo.com. Thank you in anticipation - Rosie."

A stirring effort by Rosie I'm sure you'll all agree! You can read more details about her forthcoming expedition to Cambodia on page 27.



Rosie and mum Wendy

Community Information

Mobile Library: First Tuesday each month - in the lay-by Upwell Road - 12:15 - 12:45pm. Forthcoming dates are June 4th, July 3rd, Aug 7th and so on.

Mobile Post Office:

Visits Mon to Thu in the lay-by Upwell Road.
Monday and Thursday - 16:30 to 17:00pm
Tuesday and Wednesday - 6:10 to 17:00pm
Fridays - no service

Community Car Scheme: This scheme now has two drivers living in the village. It can be used by anyone who either do not have their own transport or who would like someone to take them for medical, social journeys, or shopping. Transport is door to door and passengers make a contribution to the cost. For more information or to book a journey please call Angie on 01354 638721.

REOPENS MONDAY 10th SEPTEMBER

Pop-Up Café & Coffee Shop

Pop along and have breakfast with us!

We are now offering a
Full English Breakfast - only £4
plus sausage, bacon, and/or egg rolls,
using homemade produce,
and locally sourced, free range
meat and eggs where possible.

EVERY MONDAY MORNING

9.00am till 11.30am

at

Christchurch Community Centre

Hot Drinks, Biscuits, Cakes, and
Cookies

All Welcome!

We look forward to seeing you!

**PLEASE ALSO SEE OUR AD ON
PAGE 5 FOR OUR 'NEW'
"POP-UP LUNCH CLUB"**

Delicious Fish and Chips are available outside the Dun Cow from Michael and Michelle's van on Fridays 5.00pm to 8.00pm

School Defibrillator - location is on the wall of the dining hall in Townley School grounds. Access via carpark, via Greenways off Crown Road.

"Macmillan Coffee Morning"

Sandra Kay & Co. will be holding their annual coffee morning to raise funds for Macmillan Cancer Support on Friday 28th September in the Church from 10.00am until 12.00noon. Tea, Coffee, Cakes, and Biscuits will be available in abundance.

**PLEASE COME ALONG AND
SUPPORT THIS WORTHY CAUSE!
ALL WELCOME!**



EDITORIAL

I'll keep it short this month!...'Case of having to! So much to squeeze in!

I'm pleased to report that our Pop-Up Café & Coffee Shop reopens on the 10th of this month and check out the ad on page 5 for the new "Pop-Up Lunch Club"! I'm sure we are all looking forward to that one!

Hopefully you will have received this months Heron in time to be reminded of the North-Cambs Classic Car, Commercial Vehicle, & Motorbike Meet on Sunday 2nd September on the Playing Field & Community Centre from 10.30am. A good family fun day out and entry is FREE to all!

Rose-Marie Holden, our cover star, will be embarking on an expedition to do voluntary work overseas in Cambodia this time next year. So she'll be doing a year of fundraising. She has already raised £800 but watch out for further fundraisers in the coming year. Please check out the details of her trip on pages 2 & 27.

Sadly we've had a recent burglary in the village, and also an attempted burglary. Check out the Neighbourhood Watch info on page 17 and be especially vigilant at this time! Unfortunately these things tend you get worse in the run up to Christmas!

All the usual features are also enclosed herein, plus one or two new ones. So.....

Enjoy! 'Till next time!

Restored

DIARY DATES

Abbreviations for commonly used venues:

TS = Townley School, CCC = Christchurch Community Centre, (new Hall)

TH = Three Holes Village Hall, UH = Upwell Village Hall, WH = Welney Village Hall

Weekly events

Mondays Pop-Up Coffee Shop - 9.00-11.30am - CCC

Pilates - each Monday - 6.30-7.30pm - CCC

Wednesdays Forever Active - "Strength and Balance" - 9.30 to 10.30am -FIRST CLASS FREE- CCC

Fridays "Coffee, Cake, and Chat" - 2.00-3.00pm - Parish Church - ALL WELCOME

Fish and Chip Van visits - outside Dun Cow - 5.00 - 8.00pm

General events

Sept 2nd North Cambs Classic Car, Commercial Vehicle & Motorbike Show - FREE ENTRY - CCC

Sept 4th Craft Club - Jan Clifford - Penned Cards - 7.00pm - CCC

Sept 9th Welle Cinema - "Finding Your Feet" - doors open 1.30pm for 2.00pm film - Entry £3 - TH

Sept 10th "Pilates" begins again - 6.30 to 7.30pm - New Members Welcome - CCC

Sept 10th Parish Council Meeting - 7.00pm - ALL WELCOME! - CCC

Sept 11th Art Club - Textures & Techniques Fun - 1.30 to 3.30pm - CCC

Sept 11th W.I. - Talk by MAGPAS - 7.00pm - CCC

Sept 12th "Rainbows & Brownies" - 1st meeting - starts at 5.15pm - CCC

Sept 18th Gardening Club - Lynn Shannon from Norfolk Lavender - 7.00pm - CCC

Sept 19th "NEW" - "Pop-Up Lunch Club" - 12.00 to 1.30pm - CCC - BOOK EARLY - See page 5

Sept 25th Art Club - Landscapes with Water / Seaside Scene - 1.30-3.30pm - CCC

Sept 25th Book Club - meeting at Sandra's - 29 Fen View - 7.30pm

Sept 30th Jazz Club - "Cocktail Jazz" - relaxed melodies - 12.30 to 2.45pm - Entry £6.50 - CCC

Parish Church Services

Sept 2 nd	11.00am	D Morris, A Day	All Age Worship
Sept 9 th	9.30am	Rev I & L Brady	Holy Communion
Sept 16 th	6.30pm	V Smith	Evening Prayer
Sept 23 rd	11.00am	A Carlin	Morning Prayer
Sept 30 th	11.00am	Rev'd I & L Brady	United Service - venue TBA

Every Friday 2.00 - 3.00pm Coffee, Cake and Chat in the Church building Daphne and Andrew.

PLEASE NOTE — The Heron Deadline

The deadline for all copy for **October's** edition of The Heron is **25th September**. However, due to the amount of copy we are getting, leave it till then we may not have space. So - **AS EARLY AS YOU CAN PLEASE !**

Advertisers - all our advert rates and conditions can be found on our website www.theheron.info
Business advertisers can book series of 6 or 12 adverts, paid in advance. Adverts for village fundraising events, personal announcements, or small private ads are usually free.

At the time of going to press, all information is as accurate and up to date as we can make it. Changes and updates may be published subsequently. All information contributed by outside agencies, including dates etc., will be assumed to be correct.

NB as a matter of courtesy no content from the Heron should be used without prior permission

Letters to the Editor



Dear Richard,

I feel that I should have written sooner, but I was so taken aback by the Parish Council's letter in last months letters page that it took me a while to think things through. Firstly, nobody's perfect, and I'm sure that you as Editor would not pretend to be. However, I think I can speak for the majority of villagers in saying that you and your team do an absolutely 'stirling' job with The Heron.

Of course one does not want unnecessary confrontation but sometimes contentious issues need to be aired openly and fairly; inviting other vies and comment. That, as you say is what this page is about after all!

Well done to you! You seem to have weathered the storm, and, if I may say so, in a very professional manner. I feel that perhaps some villagers, and indeed some members of the Parish Council do not fully appreciate the amount of work you put in each month! The Heron is an extremely valuable asset to the village in many ways. I am sure it would no be the quality magazine that it is without the efforts of your good self.

The thought of losing PC funding is unthinkable! Even with your teams fundraising, and of course the revenue from advertising, would The Heron be able to survive? I may be 'old fashioned' but the thought of it perhaps only appearing 'online' in the future is an equally unbearable thought!

Spare a thought for our Heron folks! It is an extremely valuable resource! (Name and address supplied)

Thank you for your very kind words of support. If the threat of funds being withdrawn from The Heron is a real one; likely as not I would feel unable to continue as Editor - Ed'.



POP-UP LUNCH CLUB

The girls from the "Pop-up Coffee Shop" are offering a twice-monthly lunch on the 1st and 3rd Wednesday of the month (previously hosted by the Dun Cow) to be held at Christchurch Community Centre (12.00-1.30pm). We will be offering a variety of two-course, hot lunches from September onwards. This will be on a trial basis to test popularity. Our first one will be on **Wednesday 19th September** where we will be offering Cottage Pie with Vegetables, followed by Plum and Apple Crumble with Custard.

The two-course lunch will cost £7.00 — to include refillable hot drinks or squash.
(You may wish to bring your own drink if you prefer something different to what is on offer.)

We must insist that you pre-book by the Monday beforehand to enable us to keep waste to a minimum. To secure your place at the table, please see the girls at the Pop-up Coffee shop, at the Community Centre, on a Monday morning or please ring Elaine – 01354 638310 or Kay – 01354 638232.

Dates for the rest of the year are:

19th September ~ 3rd & 17th October ~ 7th & 21st November ~ 5th & 19th December

We hope you will come along and support us.

Kay & Elaine



THE BIRTH OF THE BLUES

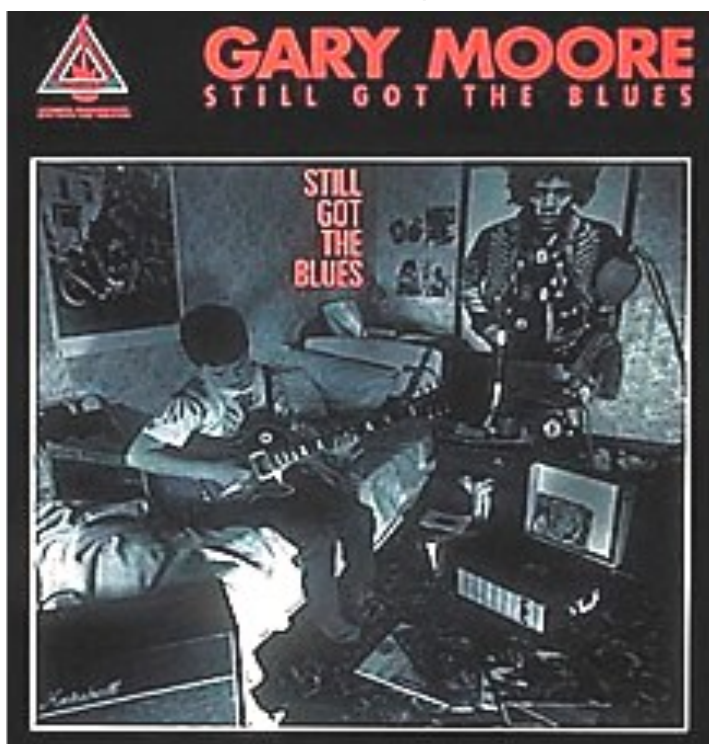
Part Seven

As the 1990's dawned, the blues lost one of its greatest proponents when Stevie Ray Vaughn was killed in a helicopter crash. In an incident that was eerily reminiscent of the death of Richie Valens, in the same crash that killed Buddy Holly and the Big Bopper thirty-one years earlier in 1959.



Richie Valens had asked Buddy's bass player to give up the last seat in the plane, which crashed on take-off, in a snow storm. Stevie took the last seat on the helicopter, after appearing in concert with Eric Clapton in Wisconsin, to fly to midway airport in Chicago, but it crashed just after take-off, in thick fog, hitting a ski hill at 3000 feet. There were no survivors, and so severe were his injuries, that the autopsy confirmed that death was instantaneous. The blues had lost a righteous guitar player.

The blues however is nothing, if not resilient, another player making yet another change in his musical direction, was about to put the blues back onto the radio stations, when in 1990 Gary Moore released "Still



Got the Blues" a hugely successful album, that went gold in the USA and received acclaim in Britain and Europe. The album featured blues stalwarts, Albert King and Albert Collins in duets with Gary. Albert King was by then a venerated veteran of the blues who somehow managed to play his Gibson Flying V

guitar, literally upside down. His most famous tracks were probably "Cross Cut Saw" and "Born Under A Bad Sign." While the other Albert (Collins) was known as the "Ice Man" or the "master of the Telecaster," both names referring to the biting treble sound he drew from a Fender Telecaster. Sadly, Albert King died in 1992 and Albert Collins in 1993. Later in the decade Gary was to release another blues album "After Hours" and a tribute to his old mate, Fleetwood Mac's Peter Green. Titled "Blues for Greeny" on which he played the vintage 1959 Les Paul Standard that Green had at first lent and later sold to Moore.

Meanwhile Eric Clapton began his now legendary run of shows at the Albert Hall playing 32 nights, twenty-four of those ran almost consecutively. In 1991 his son Connor died, when he fell 53 floors from a friends New York apartment. Clapton penned the song "Tears in Heaven" for the boy, which in 1992 was featured in the MTV unplugged concert, filmed before a small audience in Bray, Berkshire. The album culled from this performance sold more than ten million copies in the USA alone.



In 1997 BB King played the fifth annual Christmas Concert at the Vatican in Rome, presenting Pope John Paul with "Lucille" his legendary Gibson 335 guitar. I would like to finish this column with a quote from BB King made in an interview during the 90's. When asked how he could reconcile taking the blues from spit and sawdust venues, to the finest concert halls, this was his reply. "The blues belongs, where ever beautiful music belongs." Well said. Steve



WELLE CINEMA

£3.00 per person. Doors open 1.30pm, film starts at 2pm.

NO NEED TO BOOK

Refreshments & raffle available. Tel. 01945 773710



WELLE CINEMA Sunday 9th September Three Holes Village Hall **FINDING YOUR FEET (12)**

British comedy drama about Sandra, a posh woman, reassessing her life after her marriage breaks down and she moves in with her bohemian sister. The two could not be more different - Sandra is a fish out of water next to her outspoken, serial-dating, free-spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly gets dragged along to a community dance class, where she starts finding her feet. With Timothy Spall, Imelda Staunton and Joanna Lumley.

Upwell Jazz Club 2018

Christchurch Community Centre (Sat Nav PE14 9LL)



The UK's first
guaranteed
banjo-free
jazz club

Sunday 30th September

COCKTAIL JAZZ



Guests*: Claire Colton – vocals

Phil Brooke – guitar

Chris Kirk – trumpet/flugel horn

Nigel Portass – keyboards

Dave Hawthorn – drums

Easy listening cocktail jazz at its best.

Light relaxed melodies to soothe away the afternoon.

Time: 12.30pm - 2.45pm Admission: £6.50 Accompanied under-16s Free

Bar, fresh rolls, crisps and savouries available

More information from Nigel Smith on 01945 773121

* artistes subject to change



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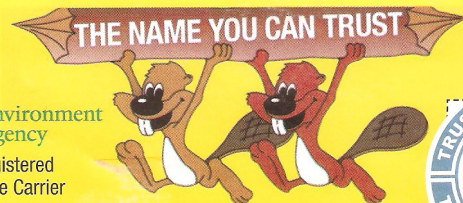
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Three Holes, Norfolk,
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Email: buildingdeconstruction@yahoo.com

“It Ain’t Half *Christchurch* Hot Mum!” *Gardening* Club



The carpark of the Community Centre was already uncomfortably warm on Sunday August 5th as the members of the gardening club stood waiting for the coach to arrive, that would take us on our trip to Hyde Hall, near Chelmsford, for the RHS flower show. It duly arrived a little late but having all safely embarked and checked that we all had our passports, we headed off for darkest Essex. After a slightly unintended detour we duly arrived at the visitor centre and began to make our way around the many gardens permanently on display at the house.

On entering the grounds there was an un-named band playing music from the Hot Club of France’s back catalogue, featuring an unusual line up of acoustic guitar and vocalist, with a tuba supplying the bassline.

Laid out in front us, were the many small white marquees, where growers waited, eager to sell their wares, some very unusual plants were on display, some not so much. The organiser had wisely put the bar and the food at the far end, so one had no choice but to walk through the tented village to achieve sustenance. The gardens scattered around the site included a dry garden (funny that as most of us already have one of those) where plants that can easily survive dry conditions are on show, as well as vegetable and flower displays. At the top of the hill was where the “green lawn” was situated, and it was, very green, along with a pond of lilly’s and a huge new restaurant complex. A complimentary “chook, chook” was available to take visitors up and down the hill, very welcome in the heat of the day. Sunday being the final day of the show there were many last-minute bargains and I think most of us did at least some damage to our bank accounts.

Not long after four-thirty rolled around our little band of shoppers/gardeners climbed wearily aboard the coach and settled gratefully into our seats for the journey home. It was a very good day! Back in the Community Centre on Tuesday 21st August the clubs summer buffet took place. This is something of a tradition which involves the attendees bringing along a dish each, which is then available for sharing. The table was literally groaning under the weight of food, the spread was well up to the standard of previous years. This year we had two birthdays to celebrate, Val and Doris, which led to some questionable community singing led by our club secretary Marion.

The members did their best to work off some calories by exercising their “little grey cells” while taking part in a quiz. The title of club clever clogs was won only after

a tie break by the same little group that won our last quiz. Well done everyone, another great evening, spent among friends.

Next month on Tuesday 18th September we have a talk by Lynn Shannon of Norfolk Lavender, I know the members have been looking forward to this one. Please remember, all club trips and talks are open to non-members, and we would happily welcome new members, just come along on the night or call 01354638230 for more information. Steve

All were welcomed by President Beryl Brooks.

Apologies from:

Sue Norman, Sandra

Lloyd, Elaine Reed-Hughes, Janet Harper, Sylvia McLean, Wendy Yates, Kay Miller & Sylvia Wilcox.



Our demonstrator for the evening was Caroline Smith from Three Holes who is new to the area. Having previously worked in London she and her husband moved to Three Holes where her husband has a photographic studio and she helps him with costumes and cosmetics.

Her expertise on applying make-up to one of our members was very professional and made her look truly lovely.

Refreshments were served by Sue Quail and Annie Nason.

Competition Results - A Pretty Spoon

5pts Belinda Gladwin, Ann Hicks, and Margaret Sparrow

4pts Margaret Hayes

3pts Sandra Kay, Viv Haresnape, Beryl Brooks, and Peggy Warby

Raffle Winners – Annie Nason, Sue Quail, Tracy Day, and Beryl Brooks

Next Meeting 18th September

MAGPAS

Competition – A Decorated Orange

Refreshments – Marion Hawthorn & Sylvia McLean

Raffle Prizes - Margaret Hayes, Sandra Kay, Sue Quail, and Val Parker

Christchurch Art Group



New term starts 11th September

We meet in the Community Centre on the 2nd and 4th Tuesday of the month 1.30 – 3.30 pm

Our group is friendly and relaxed. We are all enjoying the sessions and would love to welcome some more members. We have a tutor to lead us, but we can gain ideas and inspiration from each other. All artists have their own special style and approach so we have a lot of variety and enjoy ourselves. We like to try various techniques and subjects.

To cover costs from September we have a joining fee of £20 per term then an attendance fee of £5. Do contact Sandra (638478) or Jan (638217) for more information, or pop along during the session to see what we are up to.



Christchurch Book Club

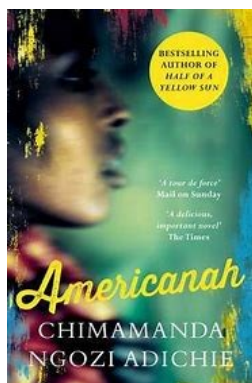
Book club met on 28th August. We had been reading "Memoires of a Fen Tiger; The life of Ernie James of Welney as told to Audrey James".

This was the story of a man born in Welney in 1906. It describes his life, different ways of earning a living and the interesting characters he knew.

All members enjoyed this book and in particular the local interest, with many places mentioned in the book being known to members.

We will meet next on Tuesday 25th September, 7.30pm at Sandra's, 29 Fen View. We shall be discussing "Americanah" by Chimamanda Ngozi Adichie (we have already enjoyed one of her books: "Purple Hibiscus").

New members are always welcome. For more information please contact Sheila Day on 07946635908.



Call for Bibliophiles to Lend a Hand!

Book lovers are being asked to help with cataloguing at Wisbech Museum to commemorate the town's most famous daughter - Octavia Hill.



Octavia Hill's Birthplace House is calling for volunteers who are willing to commit to continuing the current season, both with cataloguing tasks associated with the museum's library and book collection, and in the popular tea room.

The Birthplace House at 7, South Brink, Wisbech, commemorates the social reformer and co-founder of the National Trust, who spent her early days on the banks of the River Nene in Wisbech, and draws visitors from around the country,

Offers of help should be directed to Peter Clayton, Chairman of the Octavia Hill Birthplace Museum Trust, who can be contacted by calling the museum on **01945 476358** or by emailing info@octaviahill.org. Callers leaving a message are asked to leave their name and number for a return call.

Fenland Family History Society

Research sessions are available in Wisbech Library on the **FIRST TUESDAY** of each month from 10-12noon. Experienced researchers offer help and advice with family research. The sessions are open to anyone interested in family history no matter where your family originated. We are able to use all the library facilities for **FREE!** Other times and venues can be arranged, but we do require a Wi-Fi connection in order to carry out the necessary online research. Please call **01945 587723** to arrange a session. Monthly meetings continue in Wisbech Library, Ely Place, on the **FOURTH THURSDAY** of each month from 7.00 till 9.00pm.

SEPTEMBER MEETING - Thursday 27th will include our AGM plus a very special speaker

OCTOBER MEETING - Thursday 25th with guest speaker Steve Manning - an informative talk on getting the most out of the Family Search website.

SPECIAL EVENTS - Our team are working on creating a special display to reflect the events we will be attending in the autumn, including the - National Heritage Weekend.

For information about any of the above please call Bridget on **01945 587723**.



PRESS RELEASE

Local Green Team completes part of the Lime Avenue regeneration

Volunteers who teamed up to improve the communal outdoor space at Lime Avenue, Wisbech, have completed another stage of the regeneration works. The Green Team, made up of local people who are currently unemployed and looking for new opportunities, is a voluntary project run by community charity Groundwork Cambridgeshire & Peterborough and funded by Clarion Futures, the charitable foundation of Clarion Housing Group. Over the course of 14 weeks, they created a raised bed area and a new seating area, so the residents can enjoy their community garden again. This work will complement the regeneration of the outdoor space and play area at Lime Avenue by Groundwork's Landscape Architects, also funded by Clarion Futures. Not only have the team gained valuable practical experience, they have also been awarded qualifications to help boost their job prospects: City & Guilds Level 1 Diploma in Practical Horticulture and training towards a CSCS card.

Andrea Finbow, Employment and Community Project Supervisor for Groundwork Cambridgeshire & Peterborough, said: "The team have worked with such dedication and commitment, which has resulted in the area looking great. There is now a space for residents to use and be proud of, and the team will revel in seeing their work being enjoyed."

Matt Parsonage, Head of Communities at Clarion Futures, added: "The Green Team has done a fantastic job with the community garden and I'd like to thank them for all their hard work. I'm especially pleased that the volunteers were able to gain skills and qualifications at the same time as improving Lime Avenue for the benefit of the wider community. www.groundwork.org.uk/Sites/east/Website/our-vision-east.

Last week (Wednesday 22nd August 2018) the group celebrated their achievements at the Lime Avenue community fete where they were presented with certificates by Steve Harvey, Executive Director for Groundwork East.



Wisbech & District Historic Vehicle Club Road Run 2018

On Sunday 12th August 2018 a cavalcade of classic vehicles took to the roads of Cambridgeshire and Lincolnshire for the annual Wisbech & District Historic Vehicle Club Road Run 2018.

Over 200 vehicles from scooters to lorries completed the eighty-mile route departing from Somers Road car park in Wisbech, pausing for a static display at Perkins Engines in Peterborough, then returning to Somers Road, culminating in a full show and prize-giving. All classic and historical cars, commercial vehicles and motorbikes were welcomed. All money raised from the 'run' is donated to charity. Since its inception the Club has raised more than £12,000 which has been distributed across the county to local 'good causes', including the East Anglian Air Ambulance.



The event is generously sponsored by Elgoods Brewery. Anyone interested in being involved in next year's run can contact the club for an entry form or alternatively just turn up on the day. Supporters can join the run at the Wisbech car park or alternatively join us at Perkins Engines to just take part in the return leg.

Vehicles owned by club members range in age from the 1920's to the 1980's and encompass most modes of road transport. There are vans and larger commercials, vintage and classic cars, motorcycles and scooters. Some members own classic caravans and camper vans, buses, emergency, and military vehicles. Many attend shows around the British Isles and some have won prestigious awards. Others are still used as everyday transport. Not all members own an old vehicle but the club is open to anyone who shares an interest with those who do.

Contact us on 01733 270227





Bees, Honey, Mead & Melomels

As we approach the end of August and September begins its nearing time for the honey harvest. Like the photo above cells are filled with honey now and 'capping off' has begun now the bees have evaporated off the necessary amount of water from their honey stores.



You may recall that I have two types of hive; a Commercial, and a Flow Hive. The latter of which uses new technology whereby you just turn on a tap to harvest the honey, with less disturbance to the colony, whereas the Commercial hive requires normal extraction and spinning.



Referred to as 'the nectar of the Gods' by Ancient Greeks mead was probably a chance discovery initially when early foragers drank the contents of a rainwater flooded hive where the honey had fermented naturally with the help of airborne yeast. In many cultures bees were considered to be 'messengers of the Gods' for this reason.

Once knowledge of mead production developed it became globally gulpable and was discovered to have many prophylactic properties resulting in health benefits. It became popular with Vikings, Mayans, Egyptians, Greeks, Chinese and Romans alike.

Archaeologists have found jars of honey in 3000 year old Chinese and Egyptian tombs which was still perfectly edible. That's one hell of a shelf-life!

The health benefits of honey are well known and it is not surprising that these in turn are transferred into mead or honeywine. Mead is a health tonic and benefits from a good level of antioxidants transferred from the honey.

Many fruits are known to have their own individual health benefits. When combined with mead during fermentation you get 'the best of both worlds'. Melomel is a type of mead that is combined with fruit. Some kinds of fruit mead have been made for so long that they now have their own individual names:

Black Mead - is made with honey and blackcurrants.

Red Mead - is made with honey and redcurrants.

Morat - is made with honey and mulberries

Rhodomel - is made from honey and rose hips.

Pyment - is made from honey and grape juice.

Hydromel - made with honey and cherries is quite sought after. Sometimes known as a 'cherry-bomb'!



I last made mead and melomel (pyment) back in my student days in the mid-seventies. I think I'll try it again! This time with my own honey! I'll keep you posted on the results in due course!

RWBG

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What's New?

New challenge and fun page, answers to quiz's and game will be in next months issue.

How many words can you find?

Find as many three or more words as you can in the word:

Greater

Ten is good – Fifteen is excellent – Twenty plus is awesome.

How did you get along with last issues Sudoku?
Did the jokes make you laugh or cringe? And
how many words did you find in the word
'Bread'? Where they too challenging or to easy?

Well, which ever, here are more fun, facts and
games to tease your brains through September.

Have fun and if you want to send some of your
games or jokes to share amongst the villagers,
send them in to Youth Page at the Heron.

2	4	1	3
1	3	4	2
3	1	2	4
4	2	3	1

1	2	4	6	3	5
5	6	3	1	4	2
3	5	1	4	2	6
2	4	6	5	1	3
4	3	5	2	6	1
6	1	2	3	5	4

Junior

Fill in the puzzle so that every
row across, every column
down and every 2 by 2 box
contains the numbers 1 to 4.
The numbers cannot be the
same in each row or column.

			3
			2
3			
4			

Teenager

Fill in the puzzle so that every row across,
every column down and every 3 by 2 by
box contains the numbers 1 to 6.

2			6	1	
6		5			
					2
	2	4	1		
	3	6		2	
1				4	

Answers next issue

Just for laughs!



Never trust an atom.
They make up everything.

Q. Why can't your
nose be twelve
inches long?

A. Because then it
would be a foot.

I hated my job as
an origami teacher.
Too much paperwork.



I thought I'd tell you a
brilliant time-travel joke,
but you didn't like it.

Q. Why do French people like to
eat snails?

A. They can't stand fast food.

Space Science Facts

The earth is miniscule when compared to
the Sun, which is 300,000 times the size of
our planet.

The space, all of it, is completely silent,
because there is no medium or mechanism
to allow sound to travel.

Gravity changes how much the person
weighs on a planet. Mars' gravity is lower
than earth's, which means if you weigh 200
pounds on earth, you'll weigh just 78 pounds
on the red planet.

As the moon does not have an atmosphere,
there is no water or wind to erase the
footprints made by the astronauts who
landed on it. So the footprints are likely to
stay there for a 100 million years!

Summer on the Ouse Washes

by David White RSPB

The Ouse Washes are an absolutely incredible feat of engineering. They are a large manmade area of wet grassland that stretches for over twenty miles between Earith in Cambridgeshire and Denver Sluice in Norfolk. As well as being a crucial water storage area, they are also an internationally important home for nature. Parts of the washes are set aside as nature reserves which are owned by RSPB, The Wildlife Trust for Bedfordshire, Cambridgeshire, and Northamptonshire, and the Wildfowl & Wetlands Trust.

Although RSPB Ouse Washes, which is near Manea in Cambridgeshire, is best known for birdwatching in the winter months, when thousands of wildfowl can be seen on the reserve, there is also plenty to see during the summer months. This includes one of my favourite species of flowering plant, the flowering rush. This handsome aquatic plant can be up to a metre and a half tall and has pretty rose pink flowers. Other attractive species of plant can also be found; such as water mint, purple loosestrife, and yellow loosestrife.



There are also plenty of interesting bird species to see as well. Late August and September is a great time to see species of wading birds gathering as they pass through on their autumn migration from the Arctic to their winter feeding grounds in Africa. This includes unusual species such as ruffs, greenshanks, and wood sandpipers. Although a telescope is useful to see these species, they can often be very close to the reserve hides. *(Welney Wildfowl & Wetland Trust has a particular claim to fame with nesting pairs of the blacktailed godwit being settled on the reserve - Ed'.)* Another attractive bird species you might encounter is the yellow wagtail. This species loves wet grassland and these pretty little birds can often be seen feeding in amongst the cattle that graze on the reserve. They are often seen in quite large flocks on the washes during August and September, as they start to



think about heading back to their wintering grounds in Africa.

Both RSPB Ouse Washes and Welney Wildfowl &



Wetland Trust run special events such as badger watching, barn owl watching, bat detecting and moth identification. *(I was lucky enough to attend one of these events at WWWT a couple of years back and can highly recommend them - Ed'.)* These are still on going, often on weekday

evenings, so please keep an eye on the RSPB Cambridgeshire Facebook page or the RSPB Fens Twitter page to find out more details about these events. Also WWWT's own webpages too! For other enquiries, or if you don't have access to the Internet, you can ring me on - **07803 576410** during office hours.

From 15th July until 31st October all of the hides to the north of the Visitors Centre will be closed due to essential works being undertaken. All hides to the south will be unaffected including Welches Dam hide which is accessible to all. Apologies for the inconvenience. Please ring **01354 680212**, or email **ouse.washes@rspb.org.uk** for more information. The RSPB reserve and toilets are open at all times. Hot drinks are available when the Visitor Centre is open, during office hours when binoculars can also be hired. RSPB members visit for FREE and there is a suggested donation of £3 for non-members. We hope to see you there soon!

David

Putting Your Foot Down

Our feet are amazing, carrying us over all kinds of uneven ground, continually sending information to our brains about our balance, and providing fine muscular changes to the bones of our feet - keeping us upright - usually!



Some people just can't bear the sight of bare feet, or have them touched, without almost falling off the examination couch. Others have a passion for them, even a fetish. Passing over the latter, it is important to highlight some of the more common foot problems that can arise, particularly in later life.

1. **Morten's Neuroma** - This is felt as a sharp pain between the toes and is caused by compression of the associated nerve when weight bearing or wearing shoes that are too tight and do not provide enough width for the foot. Let's not even mention 'high heels'!
2. **Pain across the top of the foot** - You may also notice a small bump in this area. This is often caused by movement of one of the smaller bones that maintain the arch and is a common sports injury.
3. **Pain in the sole of your foot** - This could be inflammation of the tissues, 'plantar facillitis', and is associated with tightness in your calf muscles, disturbance of the arch, or, pain may arise from the foot muscles themselves.
4. **An important consideration is not only what happens within the structure of the foot but also the muscles that surround the lower limb and act on the feet.** These muscles tilt the foot in all directions and may cramp, disturb sleep, or create uneven wear in your shoes.
5. **Of course, let's not forget the health of the skin and nails which can get too long.** Remember, your feet do not exist at the ends of the Earth! They are very much part of you! A vital part! Especially where mobility is concerned. Take care of them, and treat them with the reverence they deserve. Visit a chiropodist or osteopath regularly!

**All of these conditions are treatable - 01945 405007
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There has been a spate of local burglaries recently. Villagers are warned to be vigilant and check their home security systems.

One burglary in the village of Christchurch was carried out during daylight hours one Saturday afternoon while the occupants were out. It is always worth alerting your neighbours if you are going to be out for the day or for an extended period of time, so that they can keep their eyes and ears open on your behalf.

Police have alerted us that most of the current burglaries are of an opportunistic nature. Targeted items tend to be money and jewellery so make sure these items are safely hidden or locked away. Perhaps a home safe would be a good investment. Also CCTV is recommended if you do not already have this installed.

There was a case during the really hot weather we experienced a while back that one family, having a barbeque in the back garden, had left their front windows open because of the heat. Thieves entered the house and robbed the family of precious items even though they were there at the time! Be extremely wary and cautious. Leave nothing to chance.

One Christchurch family were disturbed due to their dogs barking one night and found two strangers in their garden who 'legged-it' as soon as they were discovered.

Don't forget your Neighbourhood Watch team are here to help at any time. Check out the contacts on our Useful Numbers Page - 26.



CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

As the weather warms up and the sunshine starts brightening our weeks, we welcome the longer, days and lighter evenings, the opportunity to enjoy summer days and nights in the garden.

When powering up your BBQ's and putting out the garden furniture for the summer season, be sure to take note of our top tips below to ensure you have a fun and safe summer in the garden.

- * If cooking outdoors, always check barbeques over after winter storage, keep them on level ground and ensure they are sited away from sheds, fences, overhanging foliage and property
- * Keep children and garden games well away from the cooking area and never leave the barbecue unattended
- * If you have a bonfire, build it well away from buildings, tents or other flammable objects and make sure it is properly out when you leave
- * When out in the countryside, extinguish cigarettes properly and dispose of them responsibly – never throw a lit cigarette into a field or wooded area.
- * Don't forget to stay safe around our county's waterways and if you see someone in trouble in water, call 999 immediately with clear details of your location
- * When out camping or using a tent, never use candles inside or nearby and always discourage smoking nearby. Never cook inside a tent

For the latest news, incidents and safety advice, or to contact us, log on to www.cambsfire.gov.uk. Sign up to email alerts and find us on Twitter, Instagram, YouTube and Facebook.

If you wish to get in contact, please email pressoffice@cambsfire.gov.uk.



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"EVEN THOUGH WE'RE ESCAPING THE HOT
WEATHER, THERE'S NO ESCAPING YOUR
MOMMY'S CUTE SEASONAL OUTFIT, BUSTER."

It's What's Inside That Counts!

You can learn a lot from watching the BBC's 'Songs of Praise'. In one episode a horticulturist told viewers that if you open a daffodil bulb in September, you will find a complete tiny daffodil inside just waiting for spring. Needless to say that there is now a note in the diary for September reminding me to cut open a daffodil bulb and see the little flower for myself.

Bulbs aren't exactly things of beauty, but inside each one is a perfect creation just waiting to emerge. Perhaps that should say something to us about our fellow human beings. A lot of us don't look remotely like the beautiful people who adorn magazine covers, but that doesn't mean that we are not beautiful inside. The information about the daffodil bulb reminds me of a story in the Bible. Israel had experienced the leadership of their first King Saul. He started well but ended badly and God chose another King for them. The prophet Samuel was told to anoint the new King with oil. He knew God has chosen one of the son's of Jesse of Bethlehem, but he didn't know which one. Jesse showed all his son's to Samuel and Samuel favoured the strong good looking one. But God told him. 'Do not consider his appearance or his height, for I have rejected him.'

The Lord does not look at the things people look at, people look at the inward appearance but the Lord looks at the heart (1 Samuel. 16:7 N.I.V.). God chose David, a man after his own heart, who went on to become the greatest King Israel ever had. I guess the story tells me that appearances doesn't matter as much as we might think. We are made in the image of God and there's something divine in us all. If we trust in Him, he will draw out the best that is inside us and bring us into the light of his love.

God bless you all! Ian



Diary of a Church Mouse by Sir John Betjeman

Here among long-discarded cassocks,
Damp stools, and half-split open hassocks,
Here where the vicar never looks
I nibble through old service books.
Lean and alone I spend my days
Behind this Church of England baize.
I share my dark forgotten room
With two oil-lamps and half a broom.
The cleaner never bothers me,
So here I eat my frugal tea.
My bread is sawdust mixed with straw;
My jam is polish for the floor.
Christmas and Easter may be feasts
For congregations and for priests,
And so may Whitsun. All the same,
They do not fill my meagre frame.
For me the only feast at all
Is Autumn's Harvest Festival,
When I can satisfy my want
With ears of corn around the font.
I climb the eagle's brazen head
To burrow through a loaf of bread.
I scramble up the pulpit stair
And gnaw the marrows hanging there.
It is enjoyable to taste
These items ere they go to waste,
But how annoying when one finds
That other mice with pagan minds
Come into church my food to share
Who have no proper business there.
Two field mice who have no desire
To be baptized, invade the choir.
A large and most unfriendly rat
Comes in to see what we are at.
He says he thinks there is no God
And yet he comes ... it's rather odd.
This year he stole a sheaf of wheat
(It screened our special preacher's seat),
And prosperous mice from fields away
Come in to hear our organ play,
And under cover of its notes
Ate through the altar's sheaf of oats.
A Low Church mouse, who thinks that I
Am too papistical, and High,
Yet somehow doesn't think it wrong
To munch through Harvest Evensong,
While I who starve the whole year through,
Must share my food with rodents who
Except at this time of the year
Not once inside the church appear.
Within the human world I know
Such goings-on could not be so,
For human beings only do
What their religion tells them to.
They read the Bible every day
And always, night and morning, pray,
And just like me, the good church mouse,
Worship each week in God's own house,
But all the same it's strange to me
How very full the church can be
With people I don't see at all
Except at Harvest Festival.

Ebenezer's Column

As our very own Church Mouse is away on his hols at present, visiting his relatives; the Raton family in Spain; Ebenezer thought readers might enjoy this poem which some of you may remember; from the great Sir John Betjeman himself!

Apart from going away on holiday Ebenezer is hoping to help out the family Raton with a persistent if tiny burglar that's bothering them at present.

Madre Raton had been heard to exclaim: "No podria pasar ni sequiera un raton!" To which Padre replied: "Me gustaria saber si somos el gato o el raton!"

Anyway, let us hope that Ebenezer manages to help them out, and also still enjoy his holiday?

We look forward to hearing from him next month on his return.





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August 2018

What an amazing, yet busy summer term we have had! I can't believe another year has flown by. I would like to thank you all for your support this term, it is really important to us, we want our school to be at the heart of this community. We have received some fantastic donations this term which we have been able to use to support learning, for example we were gifted a bag of giant pine cone, which can be seen being used in story telling in classes and we have been donated plants that we have watched grow. Your support with the Bags2School collections are really appreciated, they quickly add up to help us raise much needed funds.

Year 6

The end of term was a chance for us to say goodbye and good luck to Year 6. Friends of Townley School treated them to a night out with us at Frankie and Benny's and the Light Cinema in Wisbech, we had a lovely evening. Followed by a leavers assembly celebrating their time at the school. We wish them well as they move on to their new schools.



Nursery

This time of year is always one of mixed emotion as we say goodbye and good luck to our leavers, and welcome to our new starters. A small number of nursery children are moving on to start their Reception year at schools closer to their homes. We do hope you are all successful and happy in your new schools, keep in touch.



School staff

This term we have some staff leaving us; Mrs Darville has a new job, Mrs Williams is moving to Spain, Mrs Laba will not be returning from maternity leave and Miss Whitby is off to study psychology at university. We will really miss them and hope they will stay in touch. Mrs Darville has promised to come in and listen to readers! Mrs Laba is hoping to visit us with her daughter.

Next term we will be welcoming some new staff; Mrs Greening will be job sharing with Mrs Ford, Miss Gathercole will be teaching Years 1/2 and 5/6. Mr Archer will be joining us as a teaching assistant. Mrs Wray will be joining us as a teaching assistant and lunchtime supervisor. Ms Snell will be joining us as a one to one teaching assistant and EYFS lunchtime supervisor. Mrs Gibson and Mrs Kucharska will be joining us as Bank Staff.



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The Newbie Blog.

FIRST IMPRESSIONS

I moved to Christchurch less than a year ago...I think that makes me a "Newbie", although I was once told many years ago that you really are not considered to be a villager in an English village unless you have lived there for at least 20 years. In which case, a lot of us are Newbies here in Christchurch. Anyhow, one way or another, I think most readers will agree that first impressions matter. My first impression, as I came to let myself in to my new home, was interesting. The key got stuck in the lock, and I couldn't open the door! Thanks to a kindly, well-aimed kick on the door from a neighbour, I managed to step over the threshold. Hum. Let's forget about the door. The kindness and welcome I have been shown ever since moving in, is the First Impression I would rather focus on. "Just ask if you need any help"; "Let us know if you need a lift anywhere"; "Can I help you with that?". Wonderful. And THANK YOU everyone. It means a lot.

On the theme of "FIRST" and apropos of nothing in particular, I wonder what your earliest childhood memory is? Here is one of mine. My parents had a portable wind-up gramophone (remember those??). They also had a



few Vinyl 75 records which played Uncle Mac's Nursery Rhymes. I loved them of course, but I had no idea where the musicians and singers were. I remember earnestly looking in the cavity where the moveable arm and head (with the needle on) was stored. I felt around in it. No! Nobody

there! Then I thought maybe I could catch the people out by lifting the needle off the record, placing it down a little further on. YES! The people in there would not be able to catch up with the tune. But they always skipped part of the tune and came in further on in the song. Confusion reigned. And I have been confused about all sorts of things ever since. "Es un misterio" as the Spanish would put it.... Just sayin' !

You, like me, may have found the Letters to the Editor a trifle heavy, lately. Maybe we could lighten things up a bit. Why not, in two or three sentences, send in YOUR first childhood memory? Could be fun!.....Which! by the way...is the only 'f' word allowed in our family!

Annie Nason

Vet's View

with Nick Wojciechowski



There are a whole spectrum of substances, present in our everyday life, that are very harmful to our pets. Some of these are obvious toxins, regardless of the species while other are not so obvious. Over my next few columns I would like to tell readers about most important and dangerous ones.

Pretty much everybody these days knows that chocolate is toxic to dogs and cats. Although rarely fatal, chocolate toxicity can have severe and potentially life threatening consequences. Chocolate, made of cocoa powder, contains a toxin called theobromine. While people can easily metabolise this substance our dogs and cats cannot.

Theobromine is similar in function to caffeine, acting as diuretic, heart stimulant, blood vessel dilator, and a smooth muscle relaxant. In dogs and cats the effects of chocolate toxicity usually become apparent between four and twenty hours after ingestion. Depending on dose these might include vomiting and diarrhoea, increased thirst, panting or restlessness, excessive urination and a racing heart rate. In severe cases, muscle tremors, seizures, and heart failure can be seen, even up to sudden heart arrest.

Toxicity is strictly dose dependant and the highest concentration is found in baking chocolate, then dark and milk chocolate, while white chocolate is pretty much toxin-free. If your animal has eaten chocolate please call your vets for advice – they will then estimate the amount and type of chocolate eaten against your animal's weight and advise accordingly. You can also use one of many online calculators if you prefer.

Don't forget! If you have any specific questions that you would like me to answer regarding your pets please write in or email The Heron editor@theheron.info and Richard will pass them on to me.

Nick





Upwell Health Centre

Tel: 01945 773671 or 01945 773152

Flu Clinics 2018-19

I know what you're thinking - "Surely it's not that time of the year again already?!" Well yes I'm afraid it is upon us! The appointments are now available for bookings. Dates of our flu clinics as follows:

Saturday the 22nd September 08:00 – 11:00

Saturday the 29th September 08:00 – 11:00

Saturday the 3rd November 08:00 – 11:00

Saturday the 10th November 08:00 – 11:00

The clinics are on Saturday mornings again. If you are aged 65 and over or if you are in one of the below at risk groups please telephone the Health Centre and arrange an appointment with reception.

At risk groups

- *Anyone 65 or older COPD sufferers**
- *Asthmatics requiring inhaled steroids**
- *Children who have previously been admitted to hospital with a lower respiratory tract infection**
- *People suffering from chronic heart disease such as angina, previous heart attack, heart failure or atrial fibrillation.**
- *People with chronic kidney or liver disease**
- *People who have had a stroke or mini stroke or who suffer from a chronic neurological disease such as MS.**
- *All Diabetics or anyone whose immune system is suppressed either due to ill health or medication**
- *ALL pregnant women**
- *People without a spleen**
- *People who are morbidly obese, that is a BMI over 40.**

If you are in any of these groups you are also highly likely to be eligible for a pneumococcal vaccine to prevent pneumococcal pneumonia. For most people you will only need one injection, however, some will need a booster dose. Ask about this when you attend for your flu injection.

The shingles vaccination is available for anyone aged 70 and who has not previously been vaccinated and people aged 78. For all enquiries please telephone Upwell Health Centre on 01945 773671 or 01945 773152

The Patient Participation Group will be holding their annual raffle so don't forget to bring your purses and wallets for a chance to win one of the many great prizes kindly donated by local businesses.

Useful Telephone Numbers

Age UK Cambridgeshire	0300 6669860
Alzheimer's Society (Fenland)	01945 580480
Christchurch Resident's Association	01354 638990
Churchwarden - Mrs. D. Symons	01354 638352
Citizens' Advice Bureau, Wisbech	01945 464367
Community Car Scheme (to book a journey)	07902 316360
Community Centre bookings	01354 638478
Community Fire Safety Officer	07717858166
District Councillor - Will Sutton	01354 638025
District Councillor - Michelle Tanfield	07908 707129
Electricity Faults - UK Power Networks	105
FACT	01354 661234
Fenland District Council	01354 654321
Floodline	0845 988 1188
Library - March	0354 0455225
National Debtline	0808 808 4000
Norfolk Dial-a-Ride	01553 770310
Parish Clerk - David Gibbs	07932 191050
Parish Councillor - Jill Bliss	01354 638343
Parish Councillor - Richard Lloyd	01354 638956
Parish Councillor - Roger Gladwin	01354 638538
Parish Councillor - Geoff Harper	01354 638681
Parish Councillor - James Hughes	01354 638310
Parish Councillor - Peter Owen (Chair)	01354 638847
Parish Councillor - Nigel Russell	01354 638279
Police - PCSO Sue Clarke	07738025220
Police - Emergency	999
Police - Non Emergency	101
Telephone Complaints	0345 145000
Townley School	01354 638229
Trading Standards	845040506
Train Information	08457 484950
Upwell Health Centre (and out of hours)	01945 773671
Upwell Health Centre - Pharmacy	01945 774934
Veterinary Centre - The Crossings (D'Mkt)	01366 382219 NEW
Vicars - Ian & Lynda Brady	01354 740627
Water Emergencies	08457 145145

Club Contacts

Art Club - Jan Clifford	01354 638217
Book Club - Sheila Day	07946 635908
Craft Club - Wendy Yates	01354 638448
Gardening Club - Marion Hawthorne	01354 638230
Short Mat Bowls Club - Wendy Keen	01945 772737
WI - Peggy Warby	01354 638339

Neighbourhood Watch

Colin Steenson - Church Rd (East)

Sandra Kay - Crown Rd

Shirley Knight - Church Rd (West)

David Yates - Church Rd (West)

Julian Swallow - Upwell Rd (North)

Jackie Wood - Upwell Rd (North)

Simon Freeland - Upwell Rd (South)

Richard Guilford - Area Co-ordinator

David Harrowing - District Co-ord.

And Finally!...

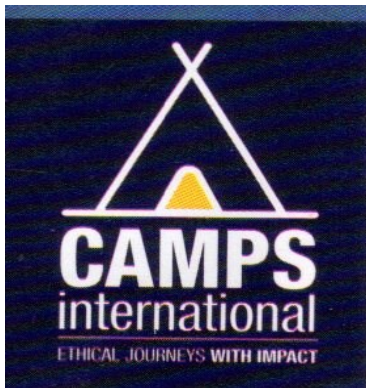
Whew! Just about got that finished in time and crammed everything in! Hope somebody's actually reading all this and finding it interesting and helpful. We'd love to hear from you. Especially if you are singing our praises! - lol

So, the nights are drawing in, and the days are getting shorter. The weather has certainly cooled down a bit! Wonder if we'll have another 'Indian Summer' this year?



First it was too hot! Then it poured with rain! Then it couldn't make up its mind! So I still haven't finished all the bricklaying for my new conservatory! Maybe I'll manage it this coming weekend? Oh! No! We've got the North Cambs Classic Vehicle Show on Sunday 2nd September! 'C'est la vie!...Till next time! - Ed'.

Web links in the Heron are active when viewed in our online version www.theheron.info



Embarking on an expedition to Cambodia you will find the gentlest of people in South-East Asia. The kindness and generosity of the poorest communities is overwhelming! There's history and culture at every turn. It's a real

voyage of discovery. From steamy jungles to the tropical beaches. You'll struggle to find more tantalising food anywhere on the planet! Are you brave enough to try the fried tarantula though?!

One of the highlights of the trip will be a visit to Angkor Wat, arguably the most famous temple in the world. Also there will be the opportunity to scuba dive in warm tropical waters whilst keeping your eyes peeled for turtles, dolphins, and fish of all shapes and colours. There's a jungle boat cruise where you'll see up to nine species of primates swinging through the trees, and jungle trekking where you can discover hidden temples, sleep in hammocks and take in the most breathtaking views. That's quite apart from all the hard work you'll be doing to help local



communities and conserve the local wildlife.

South-East Asia has had a difficult and colourful history. Now at peace they still struggle with corruption which is preventing people from rising up out of the poverty they live in. Secondary school attendance is frighteningly low. Children work to assist their families rather than gaining an education.

Deforestation to make

way for palm plantations is not only contributing to global warming but destroying habitat for the endangered orangutan and many other species.

Camp International's project solutions to these problems include: Building school kitchens and teacher accommodation - the welfare of teachers and students is important to us with the kitchen often providing the only meal

that a child will eat that day. Building kindergartens - improving early years learning reduces the amount of children falling behind. Many leave school during the

harvest to help their parents farm the land. Reforestation - programmes are aimed at replenishing forests ravaged by commercial deforestation as well as providing communities with crops of their own. Community toilet block instalations - many homes don't have their own toilet facilities so we provide villages with clean and modern toilets, thereby reducing hygiene and healthcare issues. Building bridges across rivers enables children to gain

easier and safer access to school. Beach clean-ups - an unimaginable amount of plastics and other waste ends up on shorelines. We collect the rubbish for women's groups who turn it into beautiful jewellery that they can then sell to help their community.

So as you can see, what Rosie's expedition seeks to achieve is very far reaching. Not only will she be help improve living conditions and facilities in local communities, but her efforts will also help conserve local habitats for endangered wildlife species.

But it's a 'two-way street'. Rosie will benefit hugely from an educational and environmental awareness point of view.

So let us all help and support her all we can!



Camp Legend Han - The Man That Can

One of our camp managers, Han is well respected by our volunteers and the local community, who have him pegged as the future chief of the village.

He is very passionate about our re-forestation programme. He is very 'green fingered' and can grow anything anywhere. He also supports nine children from the local village. Han will stay in your heart long after you leave Cambodia!

CHRISTCHURCH Bowls Club Report



The 2018 Christchurch Bowls Club season is rapidly drawing to a conclusion, with only a few inter-club competitions and the March & District Finals Day to be completed.

This year finals day will be held at Wisbech CMB Bowls Club on Saturday, 1st September. Representing Christchurch will be Lynda Chamberlain and Barbara Lesage in the ladies pairs final and Roly Frost, Gordon Green and Malc Hicks in the triples final.

Our own Club singles competition is down to the semi-final stage and sees Gordon Green play Malc Hicks and Derek Rutter play Alan Hearn.

The splendid summer conditions saw the Club have a very successful league campaign,

finishing in runner up spot behind the strong March Town Club, playing 26 matches, winning 21.

Both on and off the green, the Club has had wonderful support from Club members and helpers, also receiving great feedback from visitors regarding our green and facilities. The climate for bowling has been superb with waterproof clothing packed away.

The week long Hunstanton Open Bowls Tournament this year turned out to be a disaster as far as results on the greens were concerned, but the social side of the week was again a terrific success.

Sadly, in the past few weeks the Club have attended the funerals of two of our valued members.

Roy Bray will be remembered as a very generous supporter, helper and member of the Club for many years. Malc Southwell, a wonderful sportsman who excelled to high levels in local football, cricket and darts, before taking up bowls and again reaching a very high standard. For four years he fought cancer with the same resolve and determination he played his sport, and only lost the battle after giving it his all. Both will be greatly missed at the Club.

As the season closes, we wish all our members good health and happiness, and look forward to spending the 2019 season together on the lush turf, coupled with a laugh and a bevvie in the Clubhouse.

Small Personal Ads

For Sale or
Wanted

Free to local residents and contributors

Nigel Russell has kindly offered some broken Potato Crates **FREE** to anyone who might like them, either for firewood, or some of the better ones might be more good enough for some woodwork project or other; garden furniture, fencing, etc.

The crates/wood are available from Bridge Farm, just over the bridge to Euximoor Drove. The broken



crates are on the lefthand side of the track opposite the farm. Please don't take any complete crates or from the stacks by the farm buildings.

Point of Lay Chickens for Sale!



Hens £15 each
Cockerel £25

2 Bluebelle hybrids,
1 Cream Legbar
(tufted) blue egg
layer, and a
magnificently
coloured Cream
Legbar Cockerel.
Tel: 01354 638990



Any views expressed in The Heron do not necessarily reflect the views of The Heron Editorial Team. The team aim to provide a balanced view of village opinions where such views are expressed. We reserve the right to edit any submissions where we feel this is appropriate.