

The Heron

Community Magazine

September 2019

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

No. 65

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After nearly seven years at the helm of The Dun Cow and fourteen years in the trade, Phil Mountfield has decided to retire. Having seen a lot of customers coming and going over the years Phil is moving to King's Lynn. He said that he has enjoyed his tenure and will miss all the friends he has made over the years, but is now looking forward to a well earned rest.

Apart from having horse racing as a passion, his other love is football, and having been the only Ipswich fan in the village, Phil was overjoyed when another swelled its ranks. Ironically, that other Ipswich fan is now taking over the pub. Paul Simpson, along with his wife Sue will reopen The Dun Cow on Friday 30th August with the normal Friday 'Happy Hours' and invite customers old and new to join them on the evening of Saturday 31st for the 'Official Opening'.

Paul and Sue's aim, over time, is to reinvigorate the pub as the hub of the village, and have plans to encourage its use. They would welcome any ideas from one and all for activities and events that can be held at The Dun Cow which will enable them to engage with the village as a whole. Already a new darts team has been formed for Monday evenings, and plans are in full swing to utilise the pub as a new recycling initiative is being set up.

One of the first things will be the relaunch of the Monday Morning 'Breakfast Club', giving a chance to everyone to join with each other for a chat and a bite to eat. A bar snack menu will follow shortly. With all that talk of food it must not be forgotten that a new range of lager's beers and ciders will be available from day one.

We will also be participating in the MacMillan Coffee Morning on Friday 27th September, so doors will be open to one and all to sample some tasty cakes, courtesy of Bates Bakes, and of course there will be plenty of tea and coffee.

Once again, good luck Phil in your retirement.

Cheers

Paul and Sue Simpson

Sue and Paul have lived in Christchurch for just over two years and became regular customers at The Dun Cow,



Paul and Sue at home with Merlin and Holly.

even helping out behind the bar on occasions. They moved up from Lancing, near Worthing, Sussex, though Paul was originally from Suffolk.

Originally Paul was an engineer, later getting into vocational training. Sue worked for the Alzheimer's Society dealing with dementia care. She retired in 2016. Paul only recently retired from his main job when they decided to take on The Dun Cow.

There had been many pub conversations following Phil's illness last Christmas. Many customers saying to Paul and Sue, "Why don't you take it on?" Phil too was full of encouragement and said that he would put in a good word for them with Elgood's. Originally Phil had been due to retire this coming November.

About a year ago Paul and Sue were walking up to the pub when, just as they arrived, a tall sycamore tree came crashing down, puncturing the pub's flat roof and causing customers sitting outside to scatter! Paul called the emergency services, who were completely disinterested as there were no threats to life, then National Power who did a fantastic job making the overhead cables safe. Elgood's then got tree fellas organised (*Even though there were only two of them! - Ed*.) to clear up the debris, and also organised roof repairs. It seemed like a natural end of an era. Shortly after this Phil handed in his notice, and Paul approached Elgood's. ***The rest, as they say, is history! -Ed***!

Community Information

Mobile Library: First Tuesday each month - in the lay-by Upwell Road - 12:15 - 12:45pm. Forthcoming dates are: Sept 3rd, Oct 1st, Nov 3rd, Dec 1st, and so on.

Mobile Post Office:

Visits Monday to Thursday in the lay-by Upwell Road
Monday and Thursday - 16.30 to 17:00pm
Tuesday and Wednesday - 16.10 to 17:00pm
Fridays - no service

Use it or lose it!

Community Car Scheme:

The Community Car Scheme requires a new voluntary driver. Please contact Jill on 07981 262818. The scheme can be used by anyone who either does not have their own transport or who would like someone to take them for medical appointments, shopping trips, social journeys or visits. Transport is door to door and passengers make a small contribution towards the cost. For more information or to book a journey please contact Jill on 07871 262818.

Defibrillators We are fortunate to have two of these machines in Christchurch. One is located on the side of Townley School Dining Hall, facing the Car Park, in Crown Road; the other is on the front of the Community Centre in Upwell Road.

West Norfolk Transport Project ~ Marshland Dial-A-Bus

Following last months update on these bus services where it was shown that on **Wednesday's** a service runs to King's Lynn, with pick-ups in **Christchurch** and **Tipps End**, amongst other places; it has been pointed out to me that if enough Christchurch and/or Tipps End residents availed themselves of this service, other services to different venues on different days might be considered. Other services to King's Lynn and Downham Market currently run on other days of the week but without local pick-ups.

Leaflets containing full details of available trips and pick-up points can be obtained from Upwell Health Centre in reception. Bookings can be made Monday to Friday (except Bank Holidays) from 9.00am to 4.00pm starting on the Monday prior to the week of the journey. When you book your journey please let them know if you have to travel in a wheelchair, take a trolley, walker, or any other walking aids.

For fares, times and Bookings please call

01553 770310



Sandra Kay and her team will be holding a Coffee Morning on **Saturday 28th September from 10 till 12** at the Community Centre in aid of McMillan Cancer Support. Please come along and support this very worthwhile event. There will be plenty of tea, coffee, cakes & biscuits available.

Fish & Chip Van News -

Due to Michelle being rather poorly at present the Fish & Chip Van will not be at the pub on Fridays for the foreseeable future. We'll let you know ASAP if and when it becomes available again. Meanwhile we wish Michelle all the best for a speedy recovery.

EDITORIAL

Wow! What a busy month we have in store! Just completed the Hogroast which we hope you all enjoyed? Now we've Got - **Family Fun Day & Classic Car Show on Sunday 8th September** see page 9, **FOTS Fun Dog Show & Summer Fayre ON Saturday 21st**, see page 27, **HeronAid ii with "Gambit" on the evening of the 21st** see back page, then there's the **WI Cookery Demonstration with Celebrity Chef "Richard Hughes" on Friday 27th**, **ALL WELCOME**, see page 5, and **The Harvest Supper on Saturday 28th**, see page 8, together with advanced notice of the **CHRISTMAS TREE FESTIVAL** due to begin on **30th November**.

Not only that but **The Dun Cow will be under 'NEW MANAGEMENT' from Friday 30th August with the 'Official Opening' on the evening of Saturday 31st August.** (pages 1 & 2). So you may already have been to that? After the "HOGROAST" of course! A few bevies to wash that down would be good. Don't you think?

I must also 'highly recommed' the **Welle Cinema movie this month - "Fisherman's Friends"**, see page 7. A real feelgood movie based on a true story. They actually still exist! Also this months **Jazz Club offereing - "Parisian Swing"** a real delight, especially if you enjoy the music of Stephan Grappeli and Django Reinhardt, also on page 7. Not to be missed!

Oh! So much to pack into your Community Magazine!
Enjoy! 'Till next time!

Reston 3

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

Wednesdays Rainbows & Brownies & Guides 5-15pm onwards - CCC

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

General events

Aug 31st “HOGROAST” & “Cream Teas” at The Old School - 11.30am to 6.30pm - see page23

Sept 3rd Craft Club –Brush Embroidery with Ruth Sindell - 7.00pm - CCC

Sept 8th Welle Cinema - “Fisherman’s Friends” - 1.30 FOR 2.00pm - Entry £3 - TH

Sept 8th Family Fun Day & Classic Car Show - 10.00am-4.00pm - FREE ENTRY - see page 9

Sept 10th Art Club begins again - Recap using limited palette - 1.30 to 3.30pm - CCC

Sept 10th W.I. - Needle Felting with Kay Miller - 7.00pm - CCC

Sept 17th Gardening Club - Stuart Limpus on Autumn Gardens - 7.00pm - CCC

Sept 21st FOTS - Fun Dog Show & Summer Fayre - 10.30am till 4.00pm - Townley Field p27

Sept 21st HeronAid II - “Gambit”- Doors open 7.00 for 7.30pm -Tickets £7.50 & £10 - CCC - p28

Sept 24th Art Club - Tonal Pictures - 1.30 to 3.30pm - CCC

Sept 24th Book Club - “The House Across the Street” by Lesley Pearse, Sue’s 5, Fen View -7.00pm

Sept 27th WI- Cookery Demonstration with Richard Hughes -Tickets £10 - ALL WELCOME CCC p5

Sept 28th Harvest Supper 6.30pm - Simon Rogers guitarist - Adults £7 Child £3.50 - CCC p8

Sept 29th Jazz Club - “Parisian Swing” - 12.30 to 2.45pm - Tickets £6.50 - CCC

Nov 30th “CHRISTMAS TREE FESTIVAL” - Please see page 8 for details

Parish Church Services

Sept 1 st	11.00am	A Day	All Age Worship
Sept 8 th	9.30am	Rev'ds S & SE Tooke	Holy Communion
Sept 15 th	3.30pm*	D Morris	Evening Prayer
Sept 22 nd	11.00am	A Day	Morning Prayer
Sept 29th	10.00am	Rev'ds S & SE Tooke	United Communion at Welney
Every Friday	2.00 - 3.00pm	Coffee, Cake and Chat in the Church building Daphne and Andrew	

PLEASE NOTE — The Heron October 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 Mr Guilford,

With regret I feel that I must draw attention to the question raised in Church News last month where the writer states that 'Certainty' is the opposite of 'Faith'. This is patently untrue and a very misguided view.

As a practicing Christian I am 'certain' of God, I am 'certain' of Heaven, and I am 'certain' of being forgiven for my sins through our salvation by Jesus Christ. Therefore, such certainties are an 'integral part' of "Faith" and NOT its opposite!

I'm afraid that I felt compelled to comment on the above this month, though I have also been concerned about some of the supposed 'Christian' comments made in the past. I would suggest that the writer considers the question - "What would Jesus do!" before adopting such a condescending attitude towards her readers.

Perhaps as Editor you should pay more attention to such matters.

Yours in disappointment

Liam Talbot

Whilst I am inclined to agree with you, may I draw your attention to the 'rider' at the bottom of the back page which I think covers it! - Ed'.

Hello Richard & Linda,

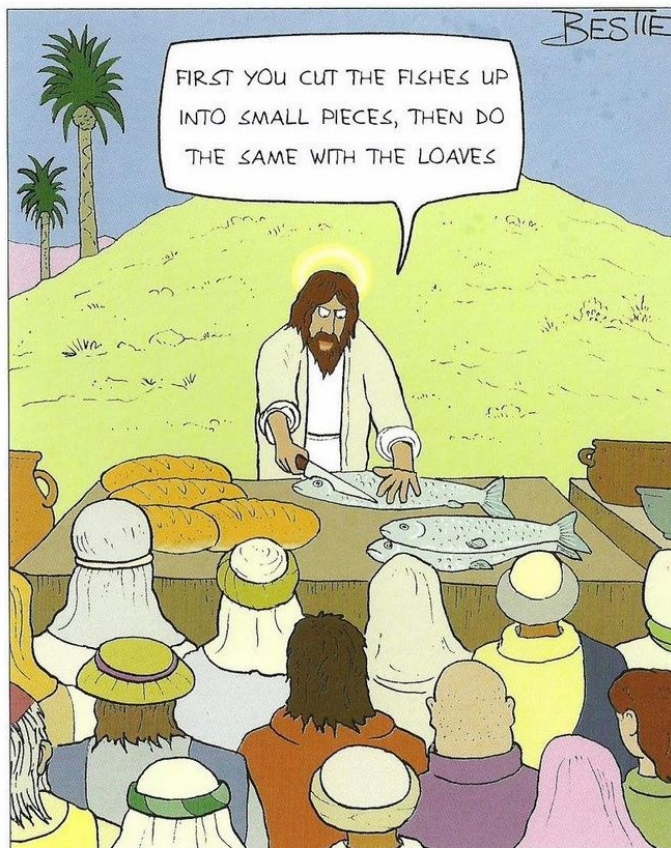
Please could you put a notice in the August or September issue of The Heron regarding a Christmas Tree Festival in the Church. Anyone interested in helping to organise the event or to 'donate and decorate' a tree is invited to a meeting to discuss this on Friday September 6th after 'Coffee, Cake & Chat' in the Church at 3.15pm. If we are able to go ahead the Christmas Tree Festival itself will be on Saturday 30th November and the trees will remain on display throughout December. People who cannot make the meeting could let me know of their interest by messaging/texting 07702 225259.

Thank you

Helen Chappell

Great idea! Hope you get lots of support! Think The Heron should do one! So put us down for that! - Ed'.

PS See ad. on page 8.



THE FIRST CELEBRITY CHEF

"Back By Popular Demand"

Cookery Demonstration by

Richard Hughes for

Christchurch WI & Guests

Friday 27th September 2019

6.30 for 7.00pm,

finish 10.00pm approx.

In a career that has taken Richard from hotel pot wash to a Michelin-starred kitchen, and from his first restaurant to director of Norwich's premier venue, The Assembly House in Norwich, 2017 saw the 40th anniversary of his very first day in a professional kitchen. Richard opened his first restaurant – Number 24 in Wymondham – in 1991. In 2002, he left Wymondham to open The Lavender House at Brundall, to National acclaim and, very shortly after, founded The Richard Hughes Cookery School, winning the inaugural British Cookery School of the Year award. In 2017 he relocated the school to the Grade I listed heritage site that is The Assembly House in Norwich city centre where he is Chef Director.

Tickets £10.00 to include entry and a selection of homemade sweet and savoury refreshments. **YOU ARE ALL WELCOME!**

To pay and book your place, please contact Janet Harper on 01354 638681 or Elaine Reed-Hughes on 01354 638310.

Movie Mutts



With Christchurch being a village of 'dog lovers' and the forthcoming "Fun Dog Show & Summer Fayre" at Townley School on Saturday 21st September, this month (see page 27), I thought it might be quite timely to consider how our love of dogs has influenced movie makers over the years, or perhaps, in part, all those 'movie mutts' have influenced us!

Crufts is all very well but when will movie star pooches ever get their paws on a *Golden Globe* or even an *Oscar*? Cinema history would look distinctly impoverished, and certainly a lot less hairy without those great movie mutts: *Old Yeller*, *Rin Tin Tin*, *One Hundred and One Dalmations*, or the *Shaggy Dog*, let alone newer additions to the cinematic litter such as



Beethoven's slobbering St. Bernard, and similarly Tom Hanks' *Hooch*. Then there's *Red Dog*, *Hotel For Dogs*, and, more recently, *Marley and Me*, and TV star *Bolt* whose convinced he's a super-hero. Then of course there's all the old classics like *Lady & The Tramp*, *Graveyard*

Bobbie, a true story, and the ever endearing *Lassie*.



Pal, who played *Lassie* (the best known of the lot) was paid more than twice as much as co-star Elizabeth Taylor in *Lassie Come Home* in 1943. But usually the most

a thespian pooch can hope for is to scoop the *Palm Dog*, a cheeky twist on the *Cannes Palme d'Or*. This year's prize went to *Brandy*, a sullen pit bull from Tarantino's latest epic *Once Upon a Time in Hollywood*, who first made his name with *Reservoir Dogs*, where, despite the title, there was no canine input at all!

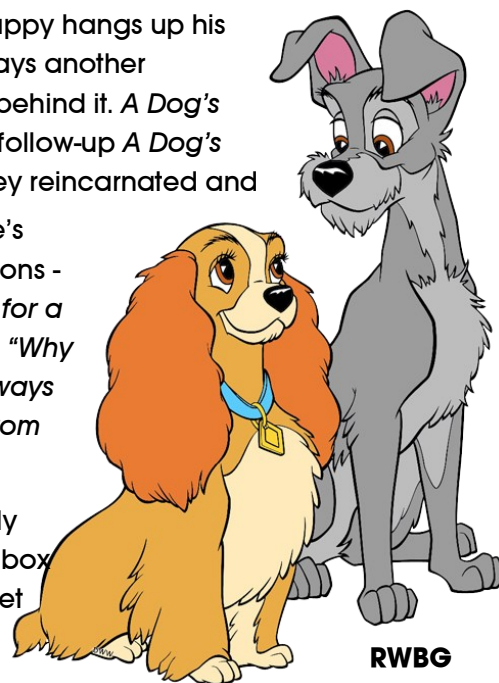


Brandy is in good company as among previous *Palm Dog* winners was *Uggie*, the lively Jack Russell from the 2011 silent-era homage *The Artist*. *Uggie* even appeared on stage at the Oscars in an 18-carat-gold Chopard bone-tie, though a campaign to secure him a nomination was to no avail. Blame a legendary scandal from the first Oscars in 1929 where the story goes that German Shepherd *Rin Tin Tin*, discovered by a soldier amongst a litter of puppies on the battlefields of WW1, before becoming one of Hollywood's most beloved stars, received more votes in the best actor category that year than any two-legged actor. The win was disqualified and animals barred from all future nominations. One did sneak through though; Robert Towne, protesting at changes made to his *Greystoke* script, adopted the name of his Hungarian sheepdog as a pseudonym, which is how PH Vazak became the first mutt to have a shot at 'best adapted screenplay in 1984.

Whenever one puppy hangs up his collar there's always another bounding along behind it. *A Dog's Purpose* and the follow-up *A Dog's Journey* saw Bailey reincarnated and

pondering life's eternal questions - "Are we here for a reason?" and "Why does food always taste better from the trash?"

You'll definitely need a large box of tissues to get through *Marley & Me*!





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Sunday 8th SEPTEMBER 1.30 for 2pm **FISHERMAN'S FRIENDS**

(12a) 1.52 mins

Highly recommended ! - Ed'.

Ten fishermen from Cornwall secure a recording contract with Universal Records and then go on to achieve a top ten hit with their debut album of traditional Sea Shanties. This gentle, sweet-natured comedy has warmth and a certain X factor of likability, helped by big-hearted performances from a cast including Daniel Mays and Tuppence Middleton.

Fisherman's Friends is a formulaic but thoroughly amiable and upbeat British comedy with a flavour of Ealing Studios and *The Full Monty* about it.

NO NEED TO BOOK - Admission is £3 per person. Doors open 30 minutes before screening.
Refreshments and licensed bar available. Tel. 01945 773710 or 772824

Upwell Jazz Club 2019

Christchurch Community Centre (Sat Nav PE14 9LL)



The UK's first
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jazz club

Sunday 29th September

Guests*: Parisian Swing

Parisian Swing are back, once again,
by popular demand.

Music from the era of the Hot Club of
France (Django Reinhardt and
Stephane Grappelli) will fill the hall.
Iconic tunes from the era along
with more recent melodies.

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

"Highly recommended!" - Ed'.

What's the BUZZ!

Propolis

In my final article this year on all things bee, as promised last month I will attempt to explain the mysteries of a substance which many of you have probably never heard of - propolis.

WHAT IS IT? - Propolis (Pro - before, Polis - city, promotes - Defence of the City, and, effectively, that's what the bees do with it), is a resinous substance that bees gather from the sap of tree leaf buds and certain vegetables. Bees gather this and transform it into a substance that is not only used to disinfect their hives but also forms a strong glue which they use to seal up any cracks or gaps in the hives structure. They use beeswax for the larger gaps. They use propolis to build panels as well as using it as a microbial agent and disinfectant. They can also use it to embalm intruders who would otherwise be difficult to expel due to their size.

THERAPEUTIC BENEFITS - Propolis is a powerful antioxidant, protects the liver, has anti-radiation effects, boosts immunity, and has anti-inflammatory effects. There are traces of propolis in honey which only serve to enhance its beneficial properties explained last month. Propolis is anti-bacterial and through substances partly identified by science, is able to kill bacteria, viruses, fungi, and any type of bad micro-organism. Propolis can be regarded as a supplement for preventing a chronic degeneration diseases like cancer. It contains as many as 300 active compounds. It can be purchased over the counter at chemists and health food shops like Holland & Barratt.



Like honey and beeswax propolis often forms part of the recipe for various therapeutic creams. We have some recipes so that you could make your own. Check out our advert on page 23 and see our stand at the forthcoming Family



Fun Day & Car Show on Sunday 8th September, at the Community Centre from 10.30am.

Harvest Supper

Saturday 28th September 2019

Christchurch Community Centre

Eating at 6.30pm followed by
entertainment with Simon Rodgers –
singer + guitarist

Menu

Lasagne with Garlic Bread and Salad

Various Desserts

Tea and Coffee

Please Contact Helen 07702 225259,
Karen 01354 638781 or Sheila 07946
635908

Adults £7 Children £3.50

Please let us know of any dietary
requirements and we will do our best to
cater for you.

(soft drinks will be available but feel free to bring your
own alcohol)

Christmas Tree Festival

Saturday 30th November

& displayed throughout

December

For anyone willing to help or to

'Donate & Decorate'

There is a meeting on

Friday September 6th - 3.15pm

After 'Coffee, Cake & Chat'
in the Church

Contact Helen Chappell on 07702 225259
and please see Letters Page for more details



Cambridgeshire Fire & Rescue Service

Does your village have a firework display planned for this year's Bonfire Night? If so, we want to advertise it on our map of local displays.

Please let us know about any planned firework displays taking place in and around your area so that we can include them on our 2019 map of local organised displays. We need this information by the end of September.

This year we are once again encouraging families to attend organised displays to ensure that communities stay safe over the firework weekend, and we hope to include as many displays as possible on our 2019 map in order to offer people the closest options to their homes.

Early Warning!

This map will feature in our monthly bulletin for November which will be sent out during the first week of October.



Please contact -

[pressoffice](mailto:pressoffice@cambsfire.gov.uk)

[@cambsfire.gov.uk](mailto:pressoffice@cambsfire.gov.uk)

for any enquiries or to send us details of your fireworks event.



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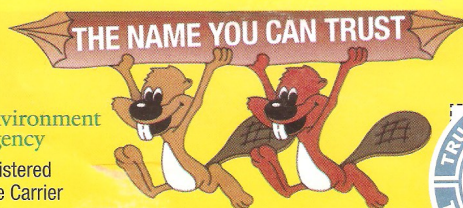
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Our demonstrator this month was Karen Fleming, a yoga teacher from Welney. Karen began by answering our questions.



We learned that Yoga is a system of physical exercise, breathing techniques, and relaxation/mental wellbeing all practised together. It can help to lower blood pressure, reduce stress, anxiety, and muscle tension, and aid balance and joint mobility.

The first written records of yoga practice are from Pakistan around 3000BC but it is thought that it was practised long before then. Karen took us through some basic chair exercises to give us an idea of what we can all do to improve our mobility and calm our minds. Karen went on to tell us about her work with the Prison Phoenix Trust, delivering yoga sessions in prisons. Some of our members found this to be a controversial subject, wondering whether it would be better to offer this as a service to families and victims of prisoners rather than serious criminals.



Our competition was just for fun this month. We brought in wedding photos and asked members to guess the year of the wedding. It was much harder than we all expected. Some of us struggled to even guess who the bride was in some of the photos! But it was good fun looking back at how fashions and hairstyles had changed.

We only had one entry for the tea loaf competition, so we all agreed that Peggy should be the one to represent our WI with an entry into the Federation Isle Cup Competition.

Our demonstrator at our next meeting September 10th will be Kay Miller who will be showing us the basics of felting. Kay will provide the felt, wool, and needles for us to have a go.

The competition will be: A homemade jam.

Refreshments: Janet and Sheila

Raffle: Belinda, Beryl, Val, and Kay

If you are interested in finding out more about the WI please contact Peggy on 01354 638339.

**STOW
BARDOLPH**

*Christchurch
Gardening
Club*



Our monthly meeting of the Gardening Club took place at the Community Centre on Tuesday 20th August. This time our speaker was Gamekeeper, Nigel Davies, from the Stowe Bar estate, near Downham Market. Nigel who has been at the estate for forty-seven years is well placed to talk about the developments he has seen over the years. For well over an hour history the anecdotes concerning the farm and the estate kept coming.

Stow Hall Gardens is a five-minute walk from the farm and features a walled kitchen garden with stone taken from some of the three or four houses that have stood on the site since Nicholas Hare acquired the land in 1553. The first documented house was erected in 1589. Interestingly the house was built in the shape of a letter "E" similar to Blickling Hall in North Norfolk. The last house on the site was a rambling old Victorian edifice which was taken over by the council and used as a Nursing Home and Maternity Hospital from 1940 to 1980 and finally demolished in 1994/95.

The nearby farm specialises in rare breeds with a staggering diversity of animals from horses to goats and sheep, and pigs plus many more. Nigel takes members of the public on nature walks and shooting parties. The shoots are very controlled and only a small percentage of birds can be taken. The farm is home to rare sheep breeds such as The Jacob, whose origins lay in the middle east and is mentioned in Genesis in the Old Testament. The Swiss Valais Black nose can be traced back to the 15th century and is a large frame, docile mountain breed. While the British Lop Pig is the rarest of all British breeds and is listed as vulnerable on the endangered species list, which means there are less than 300 breeding sows'. Pygmy goats from Africa formerly known as Cameroon Dwarf Goats are another draw, and I bet the children will love the donkeys.

The estate can be visited throughout the year and there are many events and attractions that maybe of interest. For more details please contact: churchfarmstowbardolph.co.uk or telephone 01366 382162.

The clubs next meeting is on Tuesday 17th September 2019 and features Stuart Limpus who will be talking on Autumn Gardens (yes, it is that time already!). For more information about the clubs forthcoming events or to join please call 01354 638230.

Steve

Christchurch Art Group



PROGRAMME

Autumn Term 2019

10th September Recap using limited palette. I will set up a simple still life or your choice of photo.

24th September Tonal pictures. I will bring various pictures for you to study and have a go at

8th October Two pictures of the same subject. One in pencil/one in colour. Please bring a flower/object/ornament of your choice. Perhaps something from your larder or toolbox?

22nd October Pastels and Pastel Pencils. We will look at the various types of pastels and the papers to use them with. I will bring a selection of both. Please bring object/photo of choice.

We then have a 3 week gap. Have a look at some favourite artists you admire in preparation for next session.

12th November Artist of your choice. Have a go at painting in their 'style' not a straight copy!

26th November Drawing 'Quick and Fun' to Music. Any media of your choice. I will bring a variety.

When photo and pictures are requested they are useful for a guide and reference material not to straight copy. Sometimes though it may be helpful to trace a small area.

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

Our group is friendly and relaxed. We are all enjoying the sessions and have recently welcomed some new members. We look forward to any more new members giving art a try. We have a tutor to lead and teach us, but we can also 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.

Our attendance fee is £30 for the term of six weeks. Once again this will be reviewed from time to time depending on numbers attending. We welcome any new members, no need for previous experience. We all work at our own level, plenty of tuition is offered. Do contact Sandra (638478) or Jan (638217) for more information, or pop along during the session to see what we are up to.

Jan Clifford

There was no Craft Club in August but we look forward to our next meeting on September 3rd when we will be doing 'Bruish Embroidery' with Ruth Sindell. This doesn't involve a needle and thread. It's actually a form of cake decorating.

New members are always welcome. Please contact Sandra Lloyd on 01354 638956 for more info.



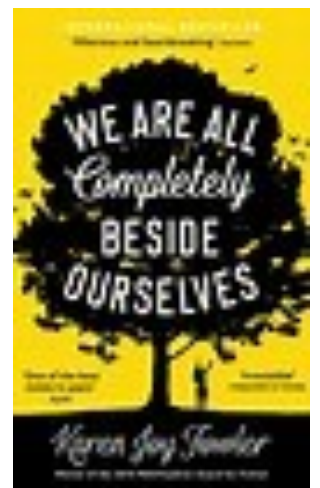
Christchurch Book Club

Book Club will be meeting on 27th August, but unfortunately this is after The Heron publication deadline. We have been reading "The House Across the Street" by Lesley Pearse. Although discussion has not yet taken place, I believe I speak for others when I say that this was a 'good read'. Essentially a murder mystery/thriller, it has also a great deal to say about how domestic abuse was handled in the 60's.

Our next meeting will be on Tuesday 24th September, 7.30pm at Sue's, 5, Fen View. We shall be discussing "We Are All Completely Beside Ourselves" by Karen J Fowler.

New members are always welcome. We are a friendly bunch! We read one book per month, and there are no worries if we do not get to the end. Either because we didn't like it, or that we simply ran out of time. Books are supplied by the library, although some prefer Kindles or audio-books.

For more information please contact Sheila Day on 07946 635908.





I have been a runner for most of my life; when I say runner I don't mean to imply that I'm a finely tuned athlete, just someone who enjoys going for a run.

Running is also enjoyed by millions of other people and the reasons for this are simple: It's good for your body and for your mind. It is a great way to stay healthy, and helps to strengthen the heart and ensure an efficient flow of blood and oxygen through your body which helps to decrease the risks of a heart attack. It is well known that regular exercise combined with maintaining a healthy weight, through a healthy diet, is one of the best ways to reduce blood pressure, and develop a healthy heart. Running can also help to increase bone density which can fend off osteoporosis.



I love to run simply because it makes me feel good. I usually go off road and along country paths, I love the feeling of being alone in the countryside enjoying the peace of the surroundings and the tranquillity of solitude. Running is a great way to de-stress, you can let your thoughts wander and be at peace with the world.

The great thing about running is that it is an activity that almost anyone can do, no matter what age or size you are, you can just go along at your own pace and do your own thing. When I go out for a run I never really know what I'm going to do until I get going. Sometimes I'll just go for a gentle jog and even stop and walk for a while if the fancy takes me, sometimes I'll go as hard as I can to try to beat my own best times for a certain route or distance.

I have spoken to many people who have said that they would love to take up running but don't really know how to start or can't quite get the right motivation. Whilst it is true that anyone can run, I won't try to kid you by saying that it's easy to get started, you do have to

work at it. For anyone thinking of taking up running it is essential to invest in a good pair of running shoes. The best way for a complete beginner to do this would be to go to a specialist running shop where they will be able to advise you on the type that will be best suited to you. Good running shoes will cost from about £30 to £100+. Other than that; no other specialist equipment is needed.

For those that want to have a goal to aim for there are plenty of local races from 5k to marathon. The most accessible of these are the 5k (3.1 miles) Park Runs which take place every Saturday morning. The nearest ones to us are at March and Littleport. These are very friendly events that anyone can take part in; they even allow people to run with their dogs (on a short lead obviously) and it's not uncommon to see people pushing babies around in buggies. Just go onto the Parkrun website to find out where the runs take place and register yourself.

There are several ways to get started, you can just go out and have a go, or follow a beginners training plan; there are lots of them on the internet. But one of the best ways would be to go along to a local running club. There is an excellent friendly club at Downham Market called Run DMC. They offer beginners running courses where runners run in groups or pairs of similar ability. They all start on the walk/run method with the aim of building up to be able to do a 5k Park Run. Run DMC can be found on Facebook.



There is very little that can beat the feeling of running down The Mall at the end of the London Marathon. Give running a try, you might like it.

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Cobbling Together ~ Something Great!



For sometime now the village bus shelter, albeit with no buses servicing it, has been considered something of an eyesore. Some efforts were made last year by Geof Harper and volunteers putting up trellises and beginning to grow honeysuckles and clematis up it to try and pretty it up a bit over time as they grow. However this still left an isolated patch of grass around the base which, being difficult to mow, soon becomes overgrown with weeds.

Kay Miller, one of our two newest Parish Councilors, came up with the idea of replacing this area with a series of cobblestones. This was approved enthusiastically by other PC members. Not only that but each cobble is to be painted with some decorative feature depicting an aspect of village life.

What a great idea! - Ed'.

No doubt the project will take some time to complete but it will greatly improve the look surrounding the bus shelter rather than the current scraggy bit of grass.

There has been a fantastic response with Townley school pupils and villagers of all ages and abilities painting cobbles ready to be cemented in place around the bus shelter area. **The theme is - 'Something that reminds you of Christchurch'.**

Kay already has a car boot full of beautifully painted cobbles which depict many aspects of village farms and wildlife, buildings and countryside. There is still time to get involved. **Either drop in to the Wednesday Lunch Club or telephone Kay on 01354 638232.**

I really must get hold of a couple of cobbles myself to depict The Heron, and my home, The Old School! - Ed'.

GOOD LUCK TO YOU ALL WITH THE PROJECT!

Crumbs from The Good Book

By our very own Church Mouse....

Hello again. Ebenezer here.

I wonder – did everyone have a good August? My wife and I had a really relaxing time. Food has been plentiful, and spending time with our family was a joy.

JOY... now there's an old-fashioned word. We hear folks talking about being HAPPY a lot. People ENJOY music, or special experiences. But they don't often use the word JOY these days...Not where I can hear them, anyway!

That preacher-man in the first century told a story which finished with someone returning home "Joyfully". Nice story too. I bet you know it. It has quite a punchline about changing our priorities to God's priorities. Picture Language, as usual, so we have to think about it.



'Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders, and goes home. Then he calls his friends and neighbours together and

says, "Be joyful with me! I have found my lost sheep." (St Luke 15).

I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous people who do not need to repent".



Doesn't everyone need to? Nobody's perfect surely! - Ed'.



The Newbie Blog

Acronyms

I have to confess that I had to look up what an ACRONYM was (and how to spell it). I had forgotten (if I ever really knew the word). We in Christchurch know exactly what the Acronym **CCC** stands for Or do we??? Here are a few examples of CCCs:-

CCC: Committee on Climate Change

CCC: Copyright Clearance Centre

CCC: Consolidated Contractors Company

CCC: Footwear giant and a long-time sponsor of Polish cycling

CCC: A Mandatory Certification for Products Exported To China.

CCC: The Chaos Computer Club (I love this one!)



Well...I think our own **CCC Christchurch Community Centre**.... is a wonderful asset, don't you agree?

I have recently heard the story of how much time was spent on getting our CCC up and running. So many villagers were involved, and much hard work went into launching the project. I only came here in November 2017, so missed out on all that. All I know is that it is one of the very best facilities of its kind. A BIG THANK YOU to all the volunteers who look after it! Unsung heroes, until now!



Vet's View

This month I would like to discuss what is not a safe choice for your dog to chew on. Walking through our fields I can see that many of our dogs are playing with sticks and tennis balls. These are not the best toys possible and I would like to explain why.



First, the sticks. They make every veterinarian shudder. Sticks are very traditional throwing toy for dogs and despite vets' efforts many owners still consider them a good choice. In fact, they are extremely dangerous objects to play with, frequently resulting in injuries to mouth, tongue and throat. These injuries usually require surgical treatment and might be life threatening. Some animals might even suffer severe injuries to neck structures. I have seen animals that have lost their lives due to stick injury. Running with sticks dogs can also tumble and that can lead to sticks causing penetrating injuries to the body. Through my career I've performed chest and abdominal operations to remove sticks, splinters and repair or remove damaged organs. Please, stay away from sticks!

Another common choice is the tennis ball. Although hugely popular this also is not a superbly safe dog toy. Tennis ball chewing can wear the teeth down as their green fuzz is in fact a fairly abrasive substance. Many compulsive tennis ball chewers or carriers often suffer wear and damage to their front and canine teeth. Tennis balls are also quite squashable and in larger dogs this might result in accidental attempt to swallow the compressed ball which then springs back and might get stuck in the throat. This results in blocking the airways and can very quickly lead to the animal suffocating and death. Larger dogs can also quite easily chew tennis balls to pieces and swallow them, what ultimately leads to digestive tract obstruction and surgery. Therefore tennis balls should only be used occasionally and under direct supervision.

When choosing the right toy for your dog first please make sure it is a dog toy made of sturdy and animal-safe material. Secondly it should fit comfortably in the animal's mouth but be large enough to prevent any attempts to swallow it. Please follow these simple rules, otherwise I will see you (and your dog) sooner or later in the emergency clinic!



'Overture' brings instrumental learning into Cambridgeshire schools – for just £1.88 a week



Pupils at Townley School, practising their violins as part of the 'Overture' programme

"This is an area where quite a lot of families cannot afford to pay for music lessons," she said. "Many of our pupils are on free school meals and it would be difficult for them to get involved in music outside school. None of our teachers is very musical and we don't have any instruments, so without Overture we would have had to download web resources to meet the requirements of the curriculum. Overture has transformed the experience we can offer: the children have been able to learn an instrument, learn to read music, and play together as an orchestra."

School pupils in Cambridgeshire are being given the opportunity to learn a musical instrument for less than £2 a week through a new programme that has been praised for helping to 'transform' local music education. The project, called 'Overture' has been running at 12 Cambridgeshire schools over the past few months, and according to teachers is giving hundreds of pupils a hands-on experience of music that, for many, would simply not be possible without it. It has been developed by Cambridgeshire Music, a countywide service which runs music lessons and projects for people of all ages. Through Overture, schools can set up weekly, half-hour sessions for small groups of around 10 children aged seven to 11, who then learn using a particular family of instruments – such as strings, woodwind, or brass. Schools are provided with support from an expert tutor, the instruments for the course, and any other learning materials required. Over the course of the project, the pupils also form their own ensemble, and put on live performances for parents, teachers and their friends.

The project is currently supported using public funding by Arts Council England for the first two terms, during which time schools pay just £6 an hour. After that, they can opt to continue at a rate of £18.75 per session. For a group of 10 children, that means that the school or parents need to pay around just £1.88 per pupil, per week, to enable them to learn an instrument. As a result, more than 200 pupils across Cambridgeshire have been able to learn a musical instrument – many of them for the first time – through the Overture programme during the 2018/19 academic year.

One example is Townley Primary School in the Fenland Village of Christchurch, where 24 of the School's 93 pupils have been learning stringed instruments. Head Teacher, Maria Higgins said that this had completely changed the way in which they were able to deliver music at the school -

Although music is a requisite part of the national curriculum for Key Stages 1-3, recent surveys have suggested that some schools are struggling to meet the requirements in full. In a review published earlier this year entitled '[The State Of Play](#)', the Musicians' Union suggested that music education is increasingly subject to a 'postcode lottery of opportunity', in which children from families with an income under £28,000 are half as likely to learn an instrument as those from families with an income of more than £48,000. [A separate report](#) by the All-Parliamentary Group for Music Education has found that more than 50% of primary schools cannot meet their music curriculum obligations up to Year 6. By keeping the cost of learning an instrument low, Overture has enabled many schools to find innovative solutions to funding a high-quality programme of music teaching. Pupils at one primary school have formed their own business – a school tuck shop selling healthy snacks – with support and guidance from local enterprises, to raise the £18.75 per week needed to keep the programme running. Another has been able to find extra funding through a partnership with a nearby independent school.

Ms Higgins believes that the programme has also contributed to pupils' wider educational attainment and an improvement in SAT results. "The children who have been learning instruments have noticeably improved both in English and Maths," she said. "I think the reason is because, by learning an instrument as part of a group, they have really developed their wider ability to concentrate and focus."

Matthew Gunn, Head of Cambridgeshire Music, said: "We have found that this is a system that really works for schools. There are several cases like Townley where a school has not had any instrumental teaching at all, and now has an entire class or year group playing instruments."

For more info: tom@creative-warehouse.co.uk



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August 2019

**Remember the Fun Dog Show on
21st September!**



Did you Year 5/6 on Songs of Praise? The children visited the science exhibition at Ely Cathedral, they thoroughly enjoyed the day learning lots about space.



This term the children have been involved with WWT Welney's Project Godwit, the project aims to secure the future of black-tailed godwits in the UK. We have become Godwit Guardians and the children are able to follow the progress of our birds.



This school year seems to have flown by! The end of term is always one of mixed emotions, sadness as we say goodbye to children and staff, who have been with us for a long time and excitement as we look forward to the new term, children and staff. We wish all our leavers well for the future.

Friend's of Townley School held two fantastic end of term parties for the children. A big thank you to everyone for supporting these events.



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Steven Horne

Christchurch, Cambridgeshire

Oh I Couldn't Wait to Be Beside the Seaside!

(Held over from last month)

When I first moved to the Fens local people were forever telling me that it was the wettest place in the British Isles! They were so wrong I suspect they were just pulling my leg! After a while you do get the odd bit of drizzle or downpour here and there. All you do is just invest in a raincoat and umbrella. Then, even if you're not singing in the rain, you're not worrying about it either. All of which is fine until I see holiday adverts with pictures of blue skies, sparkling water, golden beaches, and bright sunshine. One might begin dreaming of walking barefoot in the sand, or nipping into the waves for a paddle whilst eating a 99.

Jesus loved to be beside the seaside. He often spent time on the shore of the 'Sea of Galilee'. One night some of his fishermen followers took their boat out and trawled for hours and hours but caught nothing. As the sun began to rise they landed on the beach frustrated, hungry and tired. On the beach was Jesus. He told them to go out again and cast their nets on the other side. When they returned their nets were so full as to almost capsize the boat. Jesus was onshore bent over a fire cooking bread, and then some fish, inviting them to breakfast.



Jesus had understood their frustration and knew what made them tick. He knew what they needed most on that early morning and that was something to eat! I'm so glad that Jesus understands us. He understands the weariness and frustration that bothers us from time to time. He knows what we need and invites us to spend some time with him. Wherever you may find yourself over the summer, or indeed anytime, in rainy Fen country, or sunny Cromer, at home, or on a distant beach somewhere, remember Jesus is always there, inviting us to get close to him.

Hope you've all had a great summer!

A Good Teacher Makes All the Difference!

Well now the summer holidays are almost over. PE kit is clean and school bags full of books, I pads, pens, calculators, and paperwork. It's back to school time! The thought of a new school year with new teachers and subjects fill some children with excitement, others only feel a sense of dread. School days are often said to be the best years of our lives! But are they? In research by The Cricket Foundation, 73% of children and adults said they were not! Almost a third said that their most unhappy memories were of PE lessons, and a quarter claimed that bullying was a major cause of misery.



But there are plus points. More than 40% said that their happiest school memory was of a particularly good teacher. Whether we have happy or sad memories of term time, it's difficult to forget a good schoolteacher. Whether or not our time in the classroom was way back in history, many of us remember a certain member of staff who inspired us, challenged, and encouraged us. Learning does not stop once we have finished school. As we go through life we meet people who help us acquire more knowledge, or gain new skills. Sometimes they influence our outlook on the world by what they say and the way they live.

One great teacher to inspire and challenge people of all ages was Jesus. He encouraged them to love their enemies and forgive those who had done wrong. He challenged them not to judge others. Jesus' words of wisdom often amazed the crowds. He taught by example! By turning to Him millions of people have learnt lessons on patience, kindness, and forgiveness. They have also come to learn that they are loved by God and forgiven for when they have let themselves or others down. Life will always have its problems and some may seem unsolvable at times. However, difficult it gets Jesus will always be there for us, to teach us about God's love, with which we are in for the best days of our lives!

Have a great new term!

Ian

Church News



Remember last month's comments about Baptism in various Christian Denominations? Well – HEY! Guess what? There was a Baptism in our Parish Church in August! A dear little baby, Alice, was baptised by Rev Sheila Tooke, in our morning Communion service on Sunday 11th. August. The church was full of family and friends of Alice, added to our usual congregation. It was a lovely occasion. Alice slept "like a baby" through most of it, bless her! The parents and godparents were asked whether they "Renounced evil". They answered "Yes". Old-fashioned speak for staying away from all things bad... such as lying, cheating, hate, spite, and the rest! They made these promises for themselves and for Alice. That reminded us all to look again at ourselves and our lives.

Details of other future Church related events – Harvest Supper, and the Christmas Tree Festival – can be found on page 8.

Please continue to keep Rev Canon Ian Brady our Vicar, and his wife Rev Lynda and the family in your prayers, as Ian continues along his path to full health.

SEPTEMBER LUNCH BREAK DATES:

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September 11th & 25th

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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)	07871 262818
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 -	01354
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 - Kay Miller	01354 638232
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
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 - Sandra Lloyd	01354 638956
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)	638664
Sandra Kay - Crown Rd	638478
Shirley Knight - Church Rd (West)	638779
David Yates - Church Rd (West)	638448
Julian Swallow - Upwell Rd (North)	638679
Jackie Wood - Upwell Rd (North)	638679
Simon Freeland - Upwell Rd (South)	638802
Richard Guilford - Area Co-ordinator	638990
David Harrowing - District Co-ord.	01945 870963

And Finally!...

Never let it be said that Christchurch is full of 'apathetic' people, though there are some I must admit! Just look at the amount of events we have on this month! Whilst I know they won't appeal to all, rather like The Heron, there is surely something there for everyone.

There are, however, like everywhere, some mean spirited people. Like those that tried to cause ME trouble with FDC over my honey sales. In point of fact, as an ex-chef, I have an ongoing Food Health & Hygiene Certificate which covers me. Also, as far as registering a food business is concerned, because of the relatively short honey harvest season, which only happens once a year, one is not required to register the business as such. I do so hope the persons concerned enjoy reading my new ad. on page 23! See you at the forthcoming Car Show on the 8th September!



Why not try and do something constructive with your life? Be part of the community. Encourage, and work with others. That way you'll get to know each other a lot better, and understand each other! THAT'S what we need in this self-centered, dog-eat-dog world! A bit more peace and harmony. The benefits for all are far greater!

'Till next time! - Ed'.

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



FRIENDS OF TOWNLEY SCHOOL FUN DOG SHOW & SUMMER FAYRE



Saturday 21st September 2019
from 10.30 a.m.



@

Townley School Playing Field, Christchurch, PE14 9NA

**HOT FOOD, REFRESHMENTS, VARIOUS STALLS, BOUNCY CASTLE,
GAMES, CAKE COMPETITION : UNDER 12'S "4 DECORATED CUP CAKES :
OVER 12'S "DECORATED VICTORIA SPONGE (ENTRY 50p ON THE DAY)**

Dog Show hosted by The Barking Bugle

Enquiries: newsdesk@thebarkingbugle.co.uk

Cost per class £1.50 - Pay as you enter the ring (no need to pre-register)

Judging from 11.00 a.m.

Rosettes 1st - 5th place

(Rosettes donated by Vets 1 practice)

- | | |
|--|---|
| 1. Most Handsome Boy | 7. Waggiest Tail |
| 2. Prettiest Girl | 8. Prettiest Eyes |
| 3. Best Veteran (aged 7 plus) | 9. Happy Families (2 dogs or more) |
| 4. Best Rescue | 10. Best Six Legs |
| 5. Young Dog (dogs under 2 years of age) | 11. Dog the Judge would like to take home |
| 6. Townley School Dog
(Break) | 12. Fancy Dress |

**Followed by Best in Show/Reserve
(open to all 1st place winners)**



**All Dogs must be kept on a lead
Please do not leave your Dog in a hot car
Please clean up after your Dog**



Stalls : Private £10.00 / Local Charities/Organisations (Free)

Bookings : Contact Denise on 01354 638802 or friendsoftownleyfots@outlook.com



F.O.T.S is a charitable organisation set up for the purpose of raising funds to advance the education of the pupils in the school by engaging them in activities and providing extra resources, facilities or equipment
Registered Charity No. 1138203

FUNDHERONRAISER

The Heron

presents

Heron Aid

DOORS OPEN
7.00pm

Saturday 21st September - 7.30pm
Christchurch Community Centre
PE14 9LL

Blues

Pop

Beatles

featuring



GAMBIT

Funk

Jazz

And more

An evening of light music
Tickets £7.50 or £10 with food

£10 or £12.50 on the door

CALL 01354 638990 FOR FURTHER DETAIL

PLEASE COME ALONG AND SUPPORT US AT THIS FUNDRAISING EVENT

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.