

# **NEW** The Heron

Community Magazine

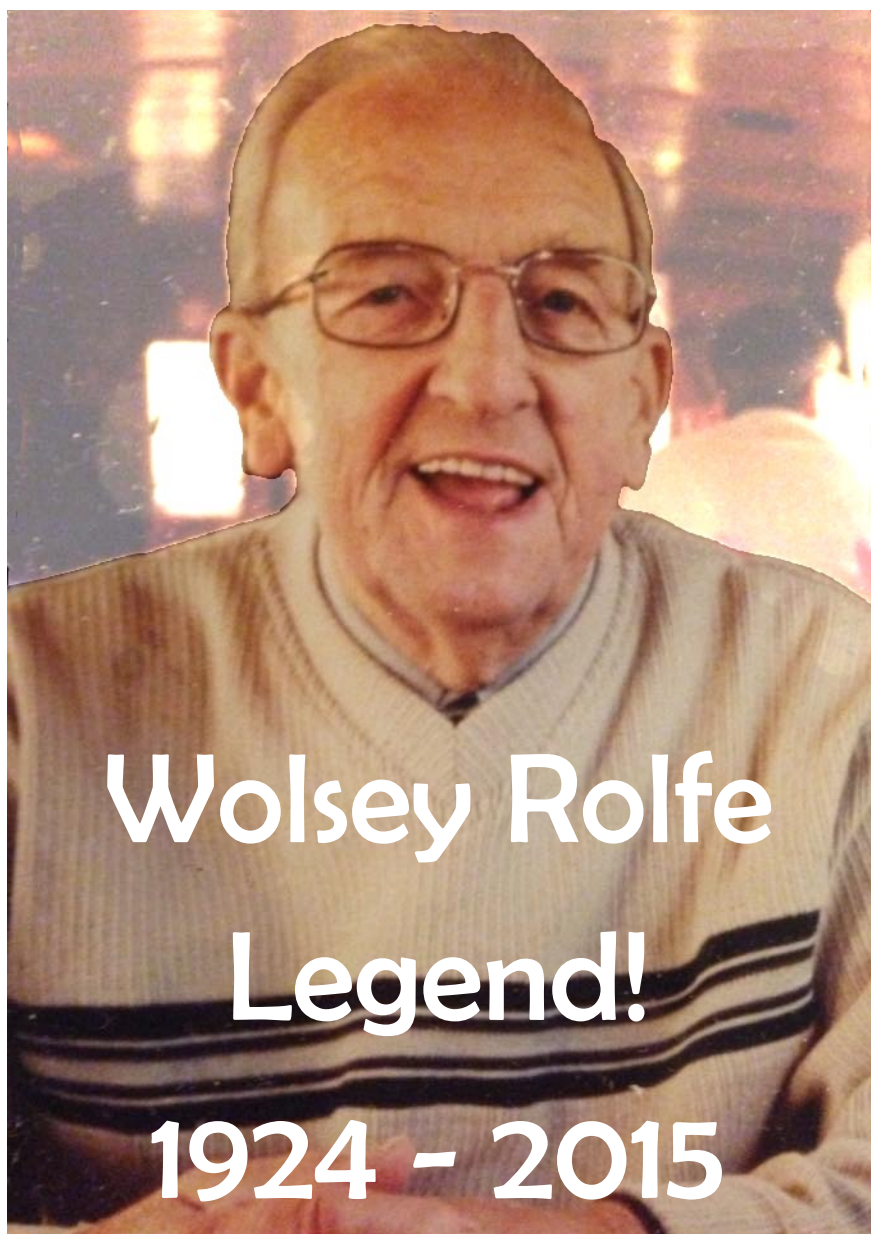
Delivered FREE to the residents of Christchurch, Euximoor and Tipps End - £1 where sold

February 2015

## Final whistle.....

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### Editorial Team:

Richard Guilford – Editor

Paul Haresnape – Technical Support

Vivien Haresnape – Administration

Enquiries:

Advertising:

Web Site:

[editor@theheron.info](mailto:editor@theheron.info) / 01354 638990

[adverts@theheron.info](mailto:adverts@theheron.info) / 01354 638381

[www.theheron.info](http://www.theheron.info)

# DIARY DATES

In an attempt to get more information about each event (where supplied) we use abbreviations below for commonly used venues:

TS = Townley School, TH = Three Holes Village Hall, UH = Upwell Village Hall,

If you have any important up and coming events let us know for inclusion here:

Feb 2 <sup>nd</sup>	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
Feb 3 <sup>rd</sup>	Christchurch Craft Club - Button Bracelets - TS - 7:00pm
Feb 3 <sup>rd</sup>	Prize Bingo 6.30-7pm start Outwell Village Hall
Feb 6 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
<b>Feb 6<sup>th</sup></b>	<b>Mobile Library - visits lay-by Upwell Rd - 3:00pm to 3:40pm</b>
Feb 9 <sup>th</sup>	Christchurch Parish Council Meeting - Sports Pavilion - 7:30pm - All Welcome
Feb 9 <sup>th</sup>	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
Feb 10 <sup>th</sup>	WI - The History of Tartan and Hand Sewn Kilts - TS Dining Hall 7:00pm
Feb 10 <sup>th</sup>	The Globe Upwell - Live Acoustic Music 8.00pm till late
Feb 11 <sup>th</sup>	Christchurch Resident's Association meeting - 7:30pm - The Old School
<b>Feb 12<sup>th</sup></b>	<b>The New Heron Constitution Launch - tea/coffee &amp; nibbles FREE TS 7:00pm</b>
Feb 13 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Feb 14 <sup>th</sup>	Valentine Dance - 7.00-11.00pm Welney Village Hall tickets - 01354 610592
Feb 14 <sup>th</sup>	Valentines' Ball - Outwell Village Hall - see posters
Feb 16 <sup>th</sup>	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
Feb 17 <sup>th</sup>	Five Bells Upwell - Live Acoustic Music 8.00pm till late
Feb 17 <sup>th</sup>	Prize Bingo - 6.30-7pm start Outwell Village Hall
Feb 17 <sup>th</sup>	Greenfingers Garden Club - Writers & their Gardens with Jacky Bennet
Feb 20 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Feb 23 <sup>rd</sup>	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
<b>Feb 24<sup>th</sup></b>	<b>Christchurch Garden Club AGM 7:00 TS</b>
Feb 25 <sup>th</sup>	Christchurch Book Club - 7:30 - "Glynan" Crown Road - 07946 635908 for details
Feb 27 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
<b>Mar 1<sup>st</sup></b>	<b>Christchurch Parish Lunch - reply by 14th Feb to either 638454 or 638419</b>
Mar 2 <sup>nd</sup>	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session

## The New Heron Deadline

The 25th of the previous month is the deadline for all copy. However, due to the amount of copy we are getting, if you leave it till then, we may not have space. So - AS EARLY AS YOU CAN please.

## New Heron Online

Have you had a look at the New Heron Online? Perhaps you know folk around the world that would like to keep up with what's going on in Cambridgeshire? Or perhaps you yourself would like to see it in full colour.



**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.**

## Letters to the Editor



Dear Richard,  
Hello again!

My cat is reunited! She was found by a lady in Three Holes on Monday 26th January. So 'Budyn' is back home now.

I would like to thank you and all the other people who have helped me by responding to the posters.

Thank you all so much  
Weronika Kucharska



*Budyn before his adventure to Thee Holes*

*My God we're good! Not only did we help to retrieve a lost cat but we also managed to find one villager a new home! And both of those things before this issue was even published! ~ Ed'*

Dear Richard,

Not having seen the version of my letter that went to the printer's last month, I must disclaim the many exclamation marks and, worse, the three Latin words at the end. They should only have one i not two – just in case any eagle-eyed teacher reads The New Heron...

When, in a delicate situation, Wellington reportedly said "publish and be damned" he was not referring to her spelling or that of any proof-reader. Perhaps he should have. Admittedly my handwriting is pretty dreadful and has damned me.

APH

*Mea culpa, mea culpa, mea maxima culpa! Sadly the only Latin I am at all familiar with is of the ecclesiastical kind. I can only apologise for the numerous 'corrigenda' that I should have been more aware of! Meanwhile, it being New Year and all, 'pax tecum'.*

*P.S. Please refer to my New Year's Resolutions of last month – I'll do my best! - Ed'*

Dear Editor,

I would like to thank everyone who sent such lovely cards and letters.

I found it very comforting to read them each day, also for the phone calls and visitors to help me through the days.

Thank you all so very much!

Doris and Family

*What a wonderful response! When I visited Doris recently I saw more than 90 cards of condolence. Not an empty surface in the lounge, even spread into the hall and kitchen. Wolsey was much loved by all - Ed'*

## EDITORIAL

It is with more than a little sadness that I begin this months Editorial. I count myself very privileged to have known such a wonderful man as Wolsey Rolfe; albeit for a short time compared to many of you. I will always remember his happy smile and natural joviality. Shortly after moving into The Old School, and attending church on one occasion, Wolsey was planting up one of the flower beds in the graveyard, and I was greeted with "Oh! You're the new boy are you? You'll love it here! We're a very friendly village, but we could do with some new blood!"

I stood in for Wolsey a couple of times, MCing a Summer and a Christmas Fayre, but I was never up to his standard. He was a natural! I am also proud to know that Wolsey and Doris first met, in the building that is now my home, as infant school children over 85 years ago.

God bless you Wolsey (see feature pages 6 & 7)

At the opposite end of the scale we would like to welcome the latest member of The New Heron team. Steve Aish is a fully qualified Health & Fitness professional who begins his first column with us this month (see page 8).

Over the coming months Steve will be dealing with many problems, and solutions, relating to various issues concerning health and fitness; so if you have any questions or queries please write in. Steve will be dealing with weight loss, and how to keep it off, through general health and fitness issues, to fully fledged athletic development, for all ages. So I hope you will all look forward to receiving Steve's 'pearls of wisdom' over the coming months? Apart from that there's all the usual features plus an article from one of our cub reporters, Morgan Chappell (page 9).

So, enjoy!

~ 'till next month!

*Richard* 3



# Community Information

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## **Mobile Library:** first Friday each month

in the Lay-by Upwell Road 15:00 - 15:40

## **Mobile Post Office:** visits Mon - Fri

in the Lay-by Upwell Road 16:15 - 17:00

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**Want to eat Fish and Chips,** while raising money for charity? Hold a fish and chip supper on Friday 15th May 2015 whilst raising awareness of spinal cord injury and supporting the Spinal Injuries Association vital services.

You can hold a fish and chip supper in your own home, at work, or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 8 friends and asking them to donate an additional £5.00 means you will raise at least £40.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

For more information or to request a fundraising pack call Elizabeth Wright on 0845 071 4350 or email [fundraising@siafishandchips.co.uk](mailto:fundraising@siafishandchips.co.uk) or visit [www.siafishandchips.co.uk](http://www.siafishandchips.co.uk)

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**To commemorate** the 70th anniversary of VE day, Cambridgeshire County Council has established the End of World War 2 Commemoration Small Grant Fund.

"We would like to assist and encourage local groups to design and deliver activities, projects and events within the community linked to and inspired by the 70th anniversary, wartime Britain and the 1940's era.

Events must take place between 1st May 2015 and 30th September 2015."

The New Heron Team has the application forms

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**Telephone Scams** are on the increase and in particular the type of calls where the caller impersonates either a Police officer, or a Fraud Officer or a bank employee, then either tries to get bank account details off the resident, or suggests they will send someone round to collect their bank cards and any valuable items.

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**Care Network volunteers** are people

who help older, isolated, or vulnerable people  
4 living in Cambridgeshire to stay independent and

maintain social contact. They are all ages and from many different backgrounds, but have one thing in common; they gain great satisfaction from helping people. They are trained, supported and paid any out of pocket expenses.

Could you be part of our volunteer team in Fenland and make a difference with just a few hours a month or are you interested in setting up a group or activity to support older or vulnerable people where you live?

We have Offices in Chatteris and Wisbech and are on hand to provide training and local support.

Check our website on [www.care-network.org.uk](http://www.care-network.org.uk),  
Or call 01954 589953 asking for information about volunteering

Or Email [volunteering@care-network.org.uk](mailto:volunteering@care-network.org.uk)

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## **Thank you** to Christchurch Poppy Volunteers

I would like to thank everyone who supported the Royal British Legion Poppy Appeal. Between Christchurch and Manea, we raised £3070.72. I would especially like to thank Alma Hughes, Annette Russell and Pauline Hutchins, who go out in all weathers selling the poppies door to door; they do a fantastic job. This may be Pauline's last year selling poppies, so on behalf of RBLPA, I would like to thank her for the excellent work over many years. We welcome and thank Sandra Kay and Sarah Craven, who are new volunteer poppy sellers.

Once again thanks to everyone who gives to this worthwhile charity. Your generosity is greatly appreciated.

Lesley Kennedy

Poppy Appeal Organiser

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## **Parish Council Snippets**

Following the resignation of Hannah and Wesley Poole, the Council decided to delay the election of replacements until the main General Election Day on 7th May - nominations due in March.

Residents in Crown Avenue, can look forward to better road drainage since there will be a full survey and remedial action. There is a resurface, scheduled but not until 2015-2016.

Construction in the new chicane on Upwell Road was due to start in January, subject to decent weather. At the time of writing it had not begun, but may have by the time you read this.

PVH



## Parish Church Services

<b>1 Feb</b>	11:00	Rev K Fitzgibbon	All Age Worship
<b>8 Feb</b>	09:30	V Smith, A Carlin	Morning Prayer
<b>15 Feb</b>	15:30	Rev K Fitzgibbon	Holy Communion
<b>22 Feb</b>	11:00	C Day	Morning Prayer
<b>1 Mar</b>	11:00	Rev K Fitzgibbon	All Age Worship

**Every Friday** 2-3pm Coffee, Cake and Chat in the Church building

## Church Lychgate Restoration

Despite last month's report of an expected delay on this project, as most of you will be aware things are currently ahead of schedule and the Lychgate already has its 'new hat' on.

"We are currently awaiting a full engineer's report pending the gates being re-hung and the whole structure strengthened. But so far so good!

Goes well with the new wall!

Daphne



## Support **YOUR** New Heron

Come and have a cup of tea  
and a few nibbles - FREE!

Townley School on Feb 12th  
at 7:00pm

Launch of the new Constitution  
and Reference Group

No obligation or cost involved



## **Wolsey Rolfe 1924-2015 Husband, Father, Grandfather, Great Grandfather, Blacksmith, Footballer, Referee, Cricketer, Short Mat Bowler, Wit, Raconteur, Village Elder... All round Great Man.** - photos courtesy Stuart Goddard and Doris Rolfe

**Wolsey was always passionate** and very loyal to the village, both historically and in more modern times. He was a keen sportsman, with a passion for football, he also played cricket and latterly short mat bowls. He served on many village committees over the years, including holding office as Chairman of The Memorial Hall Committee from the 1960s to its closure – December 31st 2013.

It would have been brilliant for Wolsey to see The New Village Hall “up and running” – alas it was not to be. Wolsey was a lovely, kind village character of “the old school” and a true gentleman. He will be sadly missed.

R.I.P. Wolsey

All thoughts are with Doris and the family on the very sad passing of this great man.

Jill and Gabriel Bliss and Family

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### **Here are a few of the many memories people have of him**

**Nine years ago**, we arrived at the village knowing no one. Wolsey greeted us with the words “My name's Wolsey - my parents had a sense of humour!” We recognised immediately that here was a great character with a great sense of humour and a kind and caring personality. We will always remember his smile and the twinkle in his eyes! RIP Wolsey - very much missed.

Andy and Sheila Day

**When you have had the companionship** and friendship from schooldays through to being pensioners as I had with Wolsey, it brings back many happy memories which I shall always cherish. RIP Old Pal.

Frank Cawthorn

**I remember Wolsey** for a number of different things - One morning, when he was our postman, I was outside near the bins when he came down the path. He gave me the mail, we were chatting away and I glanced at the mail and lifted the bin lid and dropped in all the envelopes he had just handed me. Wolsey said, “May, you’ve thrown everything into the bin”, I had not noticed really. I said, “Well I’m sorry, but I didn’t want any of it”.

After he had finished and got home, he asked Doris where was the mail he’d delivered that day.

Doris replied “It’s in the bin, it’s a lot of

6 rubbish, I didn’t want any of it!”

He was a lovely man who will be sorely missed by so many.

I often think of the time I took my 6 year old granddaughter Joanna on holiday to Scarborough. Doris and Wolsey also booked on the same coach.

In the evenings after mealtime, we spent time trying our luck on the cash machines. They always

had £1 of pennies in a bag, then they tried to see how many pennies they could win from the machines. Joanna was very much in charge of any winnings. Now and again she would give Wolsey a few coppers, he pretended to be thrilled and very pleased at any winnings and the odd penny that would come his way. Doris and I just stood by and watched. Wolsey loved

the youngsters and they loved him!

May Reeder

**I used to go each week** to dress his legs. He always insisted I took a sweet from the bowl on the table.

I remember when he went away “on respite” I took Doris to see him. He was SO pleased to see her. They sat together on the settee holding hands looking like young lovers!

Wendy Yates



*Medal presented by the FA for 50 years service*



**I have known Wolsey for 65 years**, as a 12 year old going to his wedding. I also remember him as a sportsman a year or two later using a cricket bat to great effect to win an exciting match in the GER Cup at March.

I became an apprentice at Rolfe Bros in 1953 as a 15 year old, working alongside Wolsey, Jack and Father. I was not the best at PT (Physical Training) and was amazed to see Wolsey, in boiler suit doing cartwheels in the middle of a blacksmith shop floor. Showing us all how fit he was.

One thing extra I'd like to say is that he cared so very much about village life.

Terry Symons



*So full of fun as usual at a Christchurch Gala*

**Just one of our memories of Wolsey** was when we all went to Germany for a holiday. Wolsey had a very sweet tooth, so every lunch time we had to find a cake shop (with tea room) to try at least one gateau. Another was when he joined us at the WI for our harvest meetings as auctioneer. Always amusing and entertaining us, whilst selling our harvest produce. Fond memories.

Peggy & Graham Warby



*With the Christchurch Gala 1973 Sports Club*



*He was the brains - and "know how" behind the moving of the sports changing rooms across the village in 1973*

**I have such happy memories** of Uncle Wolsey, always smiling and happy when I think of him, remembering his budgies he bred in time gone by, and one of my first happy memories of his beloved bulldog puppies. I can still remember them now. Heaven is a far richer place now that Wolsey is there!

Rosie Cooper

(daughter of Amy an old school friend)

**Oh! What memories!.....**We remember how he used to organize all the Christchurch galas and cricket matches. He was always busy. He lived a long and happy life, enriched the lives of others, and I will always remember him with deep affection.

Tricia Fisher

**I always think of Wolsey** at Village Hall meetings so positive about the hall, so looking forward to the new one, shame he won't see it!

Thanks

Sandra Kay



**Wolsey has been a blessing** to the Church throughout his life.

He has been a Choir member and served on the Church Council as well as being a lively regular worshipper with a positive friendly outlook.

He took a leading role in fundraising events and was always keen to support young people.

We miss him a lot.

Rev Kevin Fitzgibbon.



## “Health and Fitness” with - Stephen Aish

**Every January thousands of people** flock to the local gym in order to change their life and improve their health. These New Year's Resolutions are a fantastic idea, but what normally happens is a significant amount quit within a short time. In fact, 88% of resolutions fail.

One of the most important things to consider is stress – how much you have, how effectively you can deal with it and if physical training is just adding to what is already too much for your system. While a healthy diet and gym membership is a fantastic start for most people, it is often painting over rust if the issues that caused poor health, low confidence and low self-esteem are not addressed. Basically, you are adding more stress to an already stressful lifestyle and eventually something has to give. Training was last in, so it usually first out as results are not as expected, the work is hard, you feel tired, are not sure what you are doing and often do not feel like doing it.

The other thing to consider is that any big lifestyle change is always better with support so that you have accountability, professionals to rely on and a network of people on the same journey as you. Social media provides an excellent platform to find groups of similar people that can help you through the tough times and help you gain confidence. You could even end up changing someone else's life with positive encouragement by just listening to help out.

A final consideration is that it takes much more effort to move a stationary object than one already in motion. The simple act of starting something new often provides the spark of motivation required to allow new habits to form. Just deciding to drink 2 litres of water each day and go for a brisk walk can have a great impact on health and stress reduction and begin to set patterns that grow as you take more control of your health and well-being.

Want some great, free info? -

<https://www.facebook.com/personaltrainerfenland>

See Ad p27 and “And Finally” p28. We are pleased to announce a free open event with a presentation on health and fitness, tea and coffee and a basic overview of some safe home training for mobility for general health.



*Stephen Aish joins The New Heron team as our Health & Fitness Consultant. Stephen has a Degree in Psychology, and a Masters in Strength & Conditioning. He is an Advanced Personal Trainer and an Industry Training Provider. He has also been an International Coach & Tutor and now runs his own business in this field. He was coach to Paralympic Athlete Ali Jawad and holds a World Record in weightlifting himself. Stephen lives in the village in Crown Road.*

*Welcome Stephen! – Ed’.*



Are you “fighting fit” - like Eve and Leo?

Three Holes Village Hall  
Saturday March 14th from 10am  
come and say hello.



# "Turkey" - Ace on the Ice

Story by Morgan Chappell



As the winter months draw to their end, despite what the weather feels like, it is nice to reflect on the opportunities that the winter has brought to local people in the past. Although it may seem unlikely now, Fenland was once home to some of the best speed skaters in Europe. I recently went to interview Alvar and Richard Smart on their family history and to ask what happened to the great fen skaters?

William 'Turkey' Smart was described as the 'first great skater' hailing from Welney who, up until his career in skating took off, laboured as a Clayman helping to drain the fens. This working background was tough but actually was a contributing factor to the speed and strength that 'Turkey' had. This meant strides of up to 22 yards were feasible for him.

'Turkey' didn't originally go into skating with his eyes set on fame or fortune, rather skating to pass the time in winter when there was no work labouring on the farms. Many of the prizes reflected the views of the time regarding winter sports that have been prevalent until fairly recently with regards to the different esteem of the summer and winter Olympics. In the first race 'Turkey' won the prize was a silver watch and often prizes could range from a chicken to a small amount of money. This did allow many competitors to buy a home with the excess money or save in case they were to succumb to illness. As Alvar said 'A chicken was well worth skating for!'

'Turkey' garnered respect internationally from both Dutch and Norwegian skaters but unfortunately his career was brought to an end due to an accident with a scythe. However, the Smart name and its ties to ice skating lived on with both George 'Fish' Smart and his younger brother James Smart. Arguably George was better than his predecessor but as more interest in skating had

arisen; the standard of skaters worldwide improved and thus both George and James never really stood in the limelight.

This still begged the question 'what happened to fen skating?' As with many things it came down primarily to money. As more focus was put on winter sports the prizes grew and with it the standard of international competitors. This meant that a degree of dedication was needed to achieve a high level of skating whereas 'Turkey' acquired his ability from his job. Also a spell of mild winters meant that local skaters fell out of practice, especially as they

couldn't afford to go and practice at ice rinks often enough to improve. This meant that the sport slowly died out among the locals who realised that working was more of a necessity than skating.

Despite its unfortunate end, fen skating is a great source of local pride and certainly a bright moment in our local history. I would like to thank Alvar and Richard for uncovering for us, this era in Fenland's past.

*Great stuff Morgan - Ed'*



*Turkey Smart - taken around 1854 - aged about 24 after he had just begun competitive skating*



*Richard (left) and Alvar at Welney 1997*



*WILLIAM ( TURKEY ) SMART,*



# Artic' Topples in Tipps End

**Tipps End residents** got an unexpected early morning call on Thursday 15th January when a Bartrums lorry, and a van, both left the road and ended up in ditches within minutes of each other and only half a mile apart. The incidents happened a little after 5.00am and were unconnected.

However, Scott, a resident living directly opposite the ditch where the lorry rested, who was actually first on the scene, was told by the very shaken driver of the lorry, as he helped him from the cab, that he had had to swerve to avoid an oncoming white Transit van which was travelling at speed straddling the white line. The lorry driver said, "Once her wheels hit the grass verge, with the gusting wind, and heavy rain, there was no holding her!" The driver of the Transit van, which caused



*Beet Nut Lorry enters Tipps End Ditch - photo Mandi Warren*

the accident, did not stop.

The smaller 35cwt van was towed out by a local farmer but they had to wait for some heavy plant vehicles and a crane to remove the articulated lorry which was carrying a full load of animal feed.



*Recovery crew fail to pull it out - photo The New Heron*



*Road closed for much of Thursday and Friday - photo The New Heron*

Emergency vehicles visited the scene but luckily both drivers of the two ditched vehicles escaped without injury. It appears that freak gusts of wind contributed to both accidents at a time when winds were already in excess of 60mph. This, together with the rainy conditions at the time, made road conditions hazardous.

Fortunately both incidents happened just beyond Tipps End residential areas. A local resident made the point, "We've been after a local speed reduction to 40mph through the village for several years; with the increased and speeding traffic that comes though. In places the grass verges have



*Beet nuts being discharged before final recovery could begin - photo Cambs Times*

been completely eroded so it is increasingly easy for vehicles to slip into the ditches. The local Highways department need to do something urgently before somebody loses their life!"

The road through Tipps End was closed to through traffic from midday on Thursday 15th Jan until late on Friday. Plant vehicles were still in the process of removing the lorry as late as 7.00pm.

*PS. We actually got our photos published in the Cambs Times! Thanks John - Ed'*



# The Steve Wayne Column

## Music as a Cottage Industry

**Just recently I have been struck** by the realisation that the mainstream media is at best myopic and at worst careless with our culture. The business of making music, which was once a cottage industry, transformed in the last century or so into an international home for the corporate giants, seems to be returning to its roots and redefining it's self as a cottage industry once more. While the computer and its advantages of instant video and the internet seems all encompassing, in fact there are an increasing number of people



*Gary Nava in his work shop with Mandolin*

using the old skills and creating practical works of art that transcend the throw away, and accentuate the meaning of quality.

Gary Nava is one such person working quietly away in his Emneth workshop as a Luthier producing stringed instruments of fine quality for local and international musicians.

Gary made his first guitar age fourteen and later trained at and graduated from The London College of Furniture in the late seventies. Initially working as an in-house instrument tech and builder for the

London Guitar Gallery he also took on private commissions most notably a Classical Guitar and matching Ukulele for Matt Bellamy of Muse.

For a period Gary worked as a teacher before the urge to build instruments became too strong and upon re-locating to the Cambridgeshire country side he began to trade once more as a Luthier.

Gary will build guitars and Mandolins constructed from certified sustainable woods such as English walnut, Indian Rose wood (planted to help shade tea plantations) with Adirondack spruce tops. However, other combinations are available.

As Gary told me when I met him recently "If it's got strings and frets, I can build it."

Many local Musicians have benefitted from Gary's instruments including local guitarist Phil Hare as well as international commissions from Australia, Japan and Scandinavia. So if any of you pluckers out there are inspired to play a hand built object of desire, go to Gary's website and feast your eyes.

[www.navaguitars.co.uk](http://www.navaguitars.co.uk)

Till next time.

Steve Wayne



*Apparently it's due to an offside decision at Whitehart Lane*

### BRECKLAND FOOT CARE

**Sarah Prior Dip.CFHP., MPSPract., AVR. Foot Health Practitioner**

Delivering a friendly, caring and professional Mobile Foot Health Service directly to you in the comfort of your own home – helping you maintain your healthy footprint.

\*Nail Trims and Reduction/Reshaping of Thickened Nails \* painful Corn and Callus removal \* Fungal/Yeast infections \* Ingrown Toenails \* Verrucae Management \*

Chilblain advice and care \* assessment and maintenance of the Diabetic Foot \*

Day, evening and weekend appointments available, please call for a consultation

**Mobile Clinic Tel: 07949 052635 or 01945 774581**

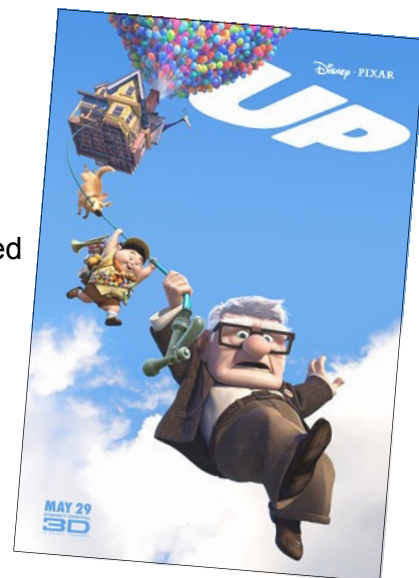
# Film Review

## Up - Pixar (2009)

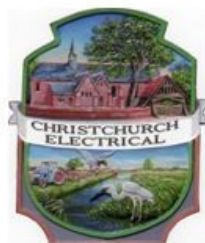
As promised last month I return to reviewing a film that I actually recommend. If you missed this one over the holiday schedules you missed a treat. "Up" is the tenth, and Oscar-winning, masterwork from Pixar, and remains a watershed moment in computer animation, both in terms of technical achievement and emotional depth. It's as much a feather in Pixar's cap as Toy Story and equals, if not better, it. The story centres on the 'knotty' but heart warming relationship between crotchety old man Carl Fredrickson (effectively growled by Ed Asner) and can-do guileless, accidental stowaway, boy-scout Russell (Jordan Nagai). Both are adventurers in their own way and fans of exploration. In a montage early on you experience human mortality (Carl has just lost his long-term wife) in a way that will probably cause you to catch your breath (and shed a tear). Aimed at adults this near silent prelude is wonderfully poignant, but the gag-filled adventure story that follows is all the richer for it.

Carl fosters a long held dream of travelling to, the appropriately named, Paradise Falls; in the wilderness of South America. When he is forced out of his home, which is condemned by developers, he seeks to airlift his home 'up and away' to fulfil his dream, not knowing of his small stowaway. And so this odd couple embark on their wondrous journey; of which I will tell you no more for fear of spoiling your ride. Suffice to say, as young Russell says at one point – "The wilderness isn't quite what I expected!"; you'll be in for a few surprises too! With a villainous Christopher Plummer as animal hunter Charles Muntz, there's plenty of action to keep the kids entertained. This is a great movie for all the family. "Up!" is both breathtaking in its imaginative detail, and astonishing in its emotional range.

Highly recommended.



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## The Alan Russell Column



### More on the Sixteen Foot Road

*(This month Alan continues down the Sixteen Foot Road from Poulters Drove. Windmill - Ed')*

Next door, now badly neglected was a garage and filling station. As far back as I can remember a Mr K Johnson, the father of Gary, recently retired from running coaches, ran a transport business with some of his brothers from there along with a taxi service and coaches for hire. A petrol pump worked manually, backwards and forwards delivered fuel slowly and it was said if Mr Johnson left his large Buick motorcar running while he filled it.- It would never fill as it used petrol faster than he could pump it in!

This garage has had many owners over the years, some more successful than others. The once smart building on the right being a car showroom for some years when Mrs Dennis Russell owned it.

Before his ownership I have bills for petrol at Half-a-Crown – (12½ p in today's money) per gallon and a service complete with oil change and filter for £7.90. A previous owner was the leading light in the days when, illegal, but “must have” CB radios were all the rage and where myself ‘LAMPOST” and my son Mark – ‘DEER HUNTER’ got hooked on them. Do you remember MAE WEST and MINI MOUSE? Good ‘EYEBALLS” were had by ALL !!!!

I only got rid of my CB rig last year. All my own hefty stuff plus all the radios out of



the tractors etc. The huge twenty foot mast, which used to howl in the wind, had gone years ago at my wife's insistence.

Tracy Day was “Minnie Mouse”, Roger Symons “Crofter”, and his wife Carole was “Mae West” with the wonderful call sign – “Call me up and hear me sometime!” There was STUD, SILVER LADY, SKYLARK, STREAKY BACON, OIL CAN, and PHEASANT PLUCKER (had to be careful with that one!). You know who you are! But how many of the rest of you remember them?

## Lead us not into temptation

A New York lawyer, having driven round the court building for twenty minutes looking for a place to park, decided that he could wait no longer and parked in a “no waiting” area. He left a note on the windscreen saying “Drove around for twenty minutes; please forgive us our trespasses,” and put a five dollar bill in the note.

A little later he came out and went to his car to find his note and the five dollar bill still on the windscreen, along with a parking ticket and another note saying “I have been a cop on this beat for twenty years. Lead us not into temptation.”

## Let there be light

The church business meeting moved to item five on the agenda. It read “Purchase of candelabra”

One long standing member stood up—a man who often got the wrong end of the stick.

“I'm against this idea”, he declared. “For one thing we have just overhauled the organ. For another thing no one in the church can play the candelabra. In any case, if we have spare funds we should concentrate on improving the lighting in the church”.

Peter Gammonds “All Preachers Great and Small”



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# Recipe of the Month

## Yogurt Pudding - from Viv Haresnape

This is also known as Barbados Cream. There are a number of variations of it, but this is how we make it. The quantities are flexible, depending on personal taste, and number of people! I use about twice as much yogurt as cream, but you can use equal quantities if you prefer. It's very easy to make, and always popular.

This makes about 6 portions.

### Ingredients

500g plain yogurt ('set' yogurt is best)

300ml double cream or whipping cream

Fruit – e.g. tinned apricots or mandarin oranges

Demerara sugar

**Method** (It has to be made the night before.)

Cut fruit into small pieces if needed

Whip cream until stiff

Mix cream, yogurt and fruit in a serving bowl

Put a thick layer of Demerara sugar on the top

Leave in fridge overnight so that the sugar melts into the top layer.



*"The story goes that the place was once used by smuggl . . ."*

## CHRISTCHURCH PARISH LUNCH 2015

The Annual Parish Lunch will take place on  
Sunday 1st March 2015 at 12.30 for 1.00pm in Three Holes Village Hall

If you or your partner are aged 62 or over and you live in  
Christchurch parish you are very welcome to attend.  
If you have not received an invitation and are interested then contact either  
Ruth Chamberlain on 638454 or Ruth Ingram on 638419.

If you need help with transport or you can offer lifts to others  
attending the dinner, please let us know.

All replies by February 14th please

(Full address is Main Road, Three Holes, Wisbech, Cambs PE14 9JR)





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Our first meeting of the New Year was a Bring and Make. Ten people attended including two new ladies; Jackie and Elaine.



Some members brought their own crafts and others enjoyed a natter. Several members who were unable to attend sent their apologies.

Margaret brought along her button bracelets, each of which take around 12 buttons depending on size. These will be our February demonstration and we'll start at 7.00pm NOT 7.30 during the winter months. Do feel free to come along and join us.

Entrance fee £1.50, raffle 50p per strip, tea/coffee 20p.

Any enquiries to Wendy 638448, or, Peggy

Hello Darlings!

2015 – We start again!



Our gardens are waking up.

Aconites are shining, jostling with snowdrops and heliobores; heathers too. Now is the time to wrap up warm and look around your garden, make a note of any changes, or perhaps an area that needs a focal point.

Frank and I have been out of action for a few weeks like a good many folk around the village, and, I might add, many of you are still suffering. Get well soon all of you.

Now we are approaching Spring thinking time, but, as I write this, all is white with a hard frost. A wonderful early start at first. The sky was aglow, but now at 9.00am it is grey and dreary. Best be getting a move on I say, and get a casserole prepared with fresh vegetables. For pudding it's apple strudel. Whilst that's slow cooking I'm off to Upwell and Outwell to visit our local shops. First M&B and wander around their vast sundries area. They have a lot of everything ; fresh fruit and vegetables, and sundries for use inside your home, and around your garden. Delivery of heavy garden implements is available if required. If it's a florist you require – then it's on to Golding's – just to see so many different colours with flowers and plants not normally seen. Look in their barn, it's a sight for sore eyes with pots and baskets always

being arranged in there. The outdoor area is always worth a look too with wonderful rose plants at this time of year, and all less than 5 miles from home. That's two very good places of interest whilst the casserole is slowly cooking. You can't fail to find pleasure there!

Please don't forget our next club meeting is our A.G.M. on February 24th 7.00pm at Townley School. New faces are always welcome.

The A.G.M. is always interesting as we make plans for the year ahead. It gives a good insight into a well run club.

Looking forward to seeing everybody again soon!  
Bubbles

Please contact Bubbles (Chair) – 638024, or Marion (Sec.) – 638230 to enquire or for more info.

Minutes of the Monthly WI Meeting held in the dining room of Townley School on January 13th 2015



Peggy welcomed members to our meeting.

Apologies: Marion, Florrie, Doris W Rolfe.

Speaker: Kathy Cornell from the Care Network, a local Cambs charity, gave a short, informative talk about the organisation and what it can do for elderly people in particular. She distributed leaflets and calendars which contained useful information and contact numbers.

We sat down to enjoy an excellent Fish and Chip supper, supplied by Michele and Michael from Fenland Fish and Chips.

Finance: During the evening annual subscriptions were collected.

Voting for Resolutions: The list of seven resolutions was read out, along with a brief description of each one. Members then voted for the one they supported to go forward to the AGM. The rep. for the AGM will be Sandra Lloyd.

Transport for the Tea, Coffee and Quilts meeting has been arranged.

Birthdays: Beryl, Sandra Lloyd, Marion.

Competition Results: Beryl 3, Sandra L 5, Val 3, Tracy 1, Sandra K 3, Margaret S 2, Anne A 5, Wendy 1.

Next Month: The History of Tartan and Hand Sewn Kilts – Pat Wallace Pope

Competition: An article made from tartan

Raffle Prize Rota:

Val, Sandra K, Doris T, Doris W.

Next Committee Meeting: Wednesday Jan 28th at Peggy's

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The next recruitment process for wholtime firefighters opens this month (February 2015). To find out more, log on to [www.cambsfire.gov.uk](http://www.cambsfire.gov.uk). Find us on Twitter, Facebook and Instagram.



## Search for Herons continued . . .

As mentioned in previous months, we are looking for back issues of the Heron with the eventual aim of putting them all online as a resource for anyone wishing to look into village history. We now have most of them since 1987, but still have a few gaps to fill. Have any of you got old copies stored away which you could give or lend us?

The ones we need are:-

Any from before 1987, then

1987 – Jan, Feb, April

1988 – Sept, Oct

1989 – Feb, May, Aug, Sept

1991 – Jan, Feb, Aug

2001 – June, July, Oct

2002 – June, Sept, Oct

VMH

## Christchurch Book Club

We are currently reading "Holes" by Louis Sachar. Our next meeting is on Wednesday 25th Feb 7:30 at Viv Haresnape's house - Glynan, Crown Rd. All welcome. - 07946 635908 for details

18

## Your Phone Number Will Reveal Your Age

I do not know who discovered this but it's really accurate.

It will take about 15 seconds. Read this and do it at the same time to get the most out of it!

1 Take a look at your last digit of your mobile phone number

2 Use this figure and multiply by 2

3 Then add 5

4 Then multiply by 50

5 And then add the number 1764

6 The last step: with this number, subtract your birth year.

Now you see a three digit number. The first digit is the last digit of your mobile phone number, the next digits are your actual age for this year!

Surprising? This is a very interesting maths problem. Don't believe it? Try it....



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Mrs Higgins, who works as Deputy Head of 10 Mile Bank was appointed as Townley's new Headteacher. We all look forward to working with her later in the year.

On Wednesday 14th January, Townley took part in the Village Schools 5 A-side indoor tournament and came 4th. Well done Toby (Captain), Ryan, Lewis, Jack and Frankee.



Thanks to everyone who has helped raise money for our new swimming pool which is being installed during February half term.

## Dates

16<sup>th</sup>- 20<sup>th</sup> February - Half Term

4<sup>th</sup> March - Girls 5 a side Football Tournament - Wimblington

16<sup>th</sup>/17<sup>th</sup> March - Parent's Evening (details to follow)

24<sup>th</sup> March - Year 6 Careers Day (Neale Wade - details to follow)

25<sup>th</sup> March - 8 a side Football Tournament at Benwick

Calendars - thanks to everyone who purchased one of our calendars, we managed to raise over £200! A special thank you to Mr and Mrs Smart who helped us sell them in the village.



There are lots more photos and information of what our school has been up to on our website.

January 2015



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# CHRISTCHURCH PARISH COUNCIL

Minutes of a meeting of the Christchurch Parish Council on Tuesday 9<sup>th</sup> December 2014 in the Sports Pavilion, Christchurch

<b>Present</b>	Cllrs: N Russell (Chair); J Bliss; S Freeland; W Poole; R Gladwin; W Sutton (FDC); F Yeulett (CCC); J Richardson (Clerk); and 8 members of the public
<b>Apologies for Absence:</b>	Cllrs: W Beswick(Illness); H Poole(Work); M Tanfield (FDC);
<b>Declarations of Interest</b>	Councillors to declare any interests under the Local Code of Conduct in respect of any item to be discussed at this meeting:- a) Disclosable Pecuniary Interest ) b) Non-Pecuniary Interest ) c) Sensitive Pecuniary Interest )
	Cllrs Russell & W Poole Item 144/14

## 19.32-19.50 Public Time

Neighbourhood Watch (Church Road) & 2 x Dog Fouling signs have been erected by Residents Association

Residents highlighted reasons why they felt strongly that the Parish Council should donate more to The Heron each month.

The Parish Council thanked for their efforts regarding street lighting on Crown Road.

Flooding reported at junction of Crown Avenue (No. 18) to be included in Highways "walkabout" list **Clerk**

The road surface in Crown Avenue to be included in Highways "walkabout" list **Clerk**

The organisation of the Football Team (Fenland Rovers) is to be taken over by a resident in the village, and going forward it is hoped that more activities will be organised for the younger people in the village

## 130/14 Confirmation of Minutes

The minutes of the meeting held on 10<sup>th</sup> November 2014 were Proposed for approval by Cllr Russell, with the amendment of Road changed to Wall in Item 114/14, AGREED **Agreed**

The minutes of the extra ordinary meeting held on 17<sup>th</sup> November 2014 were Proposed for approval by Cllr Russell, and AGREED **Agreed**

## 131/14 Matters Arising

Thank you sent to Community Payback Team for painting of Skate Park

Letter sent to Hankins re HGV's through the village

Email sent re "Brown" tourism sign for Shop

Highways issues, signs on Upwell Road/Toll Road Junction reported, BT work on box at Scotts Road reported, adding "single track road" to Euximoor Drove sign requested, and request for next "walkabout" meeting with Highways sent. All items to be included on Highways "walkabout" **Clerk**

## 132/14 Police Matters

No report received.

Cllr Sutton to forward email notifying of change of PCSO **Cllr Sutton**

## 133/14 County Councillors Report

Cllr Yeulett raised the matter of "Time Banking" which is to be included on next agenda **Clerk**

County & District Councils are completing their budget setting process

The question of transport to schools was raised.

Bus services are being looked at carefully

Cllr Sutton stated that he believes the Street Light offer is not a bad offer

Cllr Yeulett left the meeting

## 134/14 Recreation Ground

a) Letter regarding the merger has been sent to Charities Commission

b) Two quotes rec'd, verbally, for removal of old play park equipment. It was Proposed by Cllr Russell, and AGREED, that this item will be left until required, depending upon Village Hall build. **Agreed**

	ac) New Metal waste bin insert to be measured by Cllr Freeland and sent to Clerk to obtain a quote.	<b>Cllr Freeland Clerk</b>
	d) Bank Accounts are:- Current Account £4820.82 Saver Account £7250.28	
	Cheque for water bill raised for £39.58	
	The investigation of the possible water leak is still ongoing	
<b>135/14</b>	<b>Village Hall Committee</b>	
	a) Tender Pack for Village Hall build now complete, except to get Morton & Hall's observations (10/12/14) it was Proposed by Cllr Russell, and AGREED, that Richard goes ahead with this.	<b>Agreed</b>
	Newspaper advert drawn up and it was Proposed by Cllr Russell, and AGREED, that a spend of £70 be authorised for this to be put into the local papers, and also Richard Guilford to clarify if the date of 18 <sup>th</sup> December can be met, if not it will be second week in January 2015.	<b>Agreed</b>
	Richard Guilford was thanked for all his work.	
	A Village Hall Committee Meeting will be held dependent upon the date of advert and this will be discussed by Chair and Clerk.	
	b) It was Proposed by Cllr W Poole, and AGREED, that Cllr Gladwin replaces Cllr W Poole on the Village Hall Committee	<b>Agreed</b>
	c) A proposal for the CDM Work and Stage Inspections received from Morton & Hall it was Proposed by Cllr Russell, and AGREED, that these be accepted at £850 and £2030 respectively. The Clerk to sign and return the documents	<b>Agreed Clerk</b>
<b>136/14</b>	<b>Highways</b>	
	a) No update on 2014-15 LHI bid	
	b) Letter and plan received regarding "Drive Slowly" on Euximoor Drove. This is to be discussed at Highways "walkabout" meeting.	<b>Clerk</b>
	c) Highways "walkabout" meeting to take place on 16/12/14 at 9 a.m. at Pavilion Hall	<b>All Councillors</b>
	d) Toll Road standing water to be included in Highways "walkabout"	<b>Clerk</b>
	<b>Street Lighting</b>	
	a) Street Lighting offer from FDC discussed. Cllr Sutton to discuss with FDC if Cat 1 & Cat 2 lights can be swapped or removal, rather than renewal, of Cat 1 lights could be paid for from the fund.	<b>Cllr Sutton</b>
	It was Proposed by Cllr Russell, and AGREED, that Christchurch Parish Council accept the offer from FDC, and the Clerk to communicate this.	<b>Agreed</b>
	The spreadsheet on the Lighting Stock and Categories of lights to be circulated to all Councillors for them to review and identify lights that can be removed	<b>Clerk All Councillors</b>
<b>137/14</b>	<b>Planning/Development</b>	
	<b>a) Planning Application</b>	
	F/YR14/0897/TRTPO	
	Works to a sycamore tree covered by TPO 09/1987 at Sycamores, Crown Road, Christchurch, Cambs. Proposed by Cllr Russell, and AGREED, no objections and Clerk to communicate to FDC	<b>Agreed Clerk</b>
	F/YR14/0852/F	
	Erection of a 2-storey 5-bed dwelling with detached double garage Plot 1 land north of bowling green and Pavilion, Upwell Road, Christchurch. It was Proposed by Cllr Russell, and AGREED, that the Parish Council object on the basis that there is a concern regarding the apparent encroachment onto Parish Council land at the Southern boundary. This is to be communicated to FDC by the Clerk and the boundary issue is to be discussed with John Maxey by Cllr Russell	<b>Agreed</b>
	Cllr W Poole left the meeting	<b>Clerk Cllr Russell</b>
	<b>b) Planning Granted</b>	
	F/YR14/ 0786/TRTPO	
	Works to 6no ash trees covered by TPO 02/2003 land south west of Green Lane, Christchurch. Granted 19/11/2014	
	<b>c) Tourism Signs</b>	<b>Clerk</b>
	The Clerk is to investigate further, with CCC, the possibility of a "brown" tourism sign for the Shop and Public House	



<b>138/14</b>	<b>Income &amp; Expenditure</b> <b>a)</b> Members considered and <b>APPROVED</b> the following accounts for payment: <table> <tr> <td>J Richardson</td><td>Clerks Salary</td><td>£251.66</td></tr> <tr> <td>J Richardson</td><td>Expenses</td><td>£7.44</td></tr> <tr> <td>Christchurch Village Resource Centre</td><td>The Heron</td><td>£80.00</td></tr> <tr> <td>Christchurch PCC</td><td>Cemetery Maintenance</td><td>£122.50</td></tr> <tr> <td>Wisbech &amp; District</td><td>Signs</td><td>£70.00</td></tr> <tr> <td>Neighbourhood Watch</td><td></td><td></td></tr> <tr> <td colspan="2"><b>TOTALS</b></td><td><b>£531.60</b></td></tr> </table>	J Richardson	Clerks Salary	£251.66	J Richardson	Expenses	£7.44	Christchurch Village Resource Centre	The Heron	£80.00	Christchurch PCC	Cemetery Maintenance	£122.50	Wisbech & District	Signs	£70.00	Neighbourhood Watch			<b>TOTALS</b>		<b>£531.60</b>	<b>APPROVED</b>
J Richardson	Clerks Salary	£251.66																					
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Wisbech & District	Signs	£70.00																					
Neighbourhood Watch																							
<b>TOTALS</b>		<b>£531.60</b>																					
	<b>b)</b> Clerk reported on the current bank balances at end November 2014 Community Account £63,664.30 Business Bonus £146,481.32 <b>TOTALS: £210,145.62</b> Current earmarked reserved funds are:- New Village Hall £185,321.59 Recreation Ground £75.07 Mrs Spall Request £200.00																						
<b>139/14</b>	<b>Budgets 2015-16</b>																						
	The Clerk to organise a working party to review the budgets in detail	<b>Clerk</b>																					
<b>140/14</b>	<b>Donations</b>																						
	Request from Volunteer Centre for funding and it was Proposed by Cllr Russell, and AGREED, that no donation be given	<b>Agreed</b>																					
<b>141/14</b>	<b>Dog Fouling</b>																						
	a) FDC information received regarding dog enforcement patrols and a possible "action" morning. This information is to be passed, by the Clerk, to Residents Association for them to action	<b>Clerk</b>																					
	b) Further research into Bye-Laws will take place																						
<b>142/14</b>	<b>Correspondence</b>																						
	a) Rural Services Network Bulletin (emailed 05/11/14, 14/11/14, 17/11/14, 25/11/14, 26/11/14, 03/12/14)																						
	b) Police & Crime Commissioners Briefing (emailed 05/11/14, 14/11/14, 01/12/14)																						
	c) Fenland Citizen Business Rates petition (emailed 14/11/14)																						
	d) Cambs Acre Newsletter (emailed 14/11/14)																						
	e) Cambridgeshire Electoral Review (emailed 21/11/14)																						
	f) Invite to Support for Young People in Rural Communities Meeting (emailed 26/11/14)																						
	g) Fenland Community Safety Partnership Survey																						
<b>143/14</b>	<b>Dates of 2015 Meetings</b>																						
	The dates of 2015 Parish Council meetings were agreed																						
<b>145/14</b>	<b>Agenda Items/Next Meeting</b>																						
	The date of the next Parish Council Meeting will be Monday 12 <sup>th</sup> January 2015. Items to be included on the agenda should be with the Clerk by Monday 5 <sup>th</sup> January 2015.	<b>ALL COUNCILLORS</b>																					
<b>144/14</b>	<b>A Motion to exclude the Press &amp; Public was Proposed by Cllr Gladwin and AGREED</b>																						
	Cllr Russell left the room																						
	<b>Allotments</b>																						
	An update on the current situation was reported and further actions agreed	<b>Clerk</b>																					

Meeting Closed at 9.40 pm

#### How God Works:

A grandmother was taking her young grandson for a walk in the park. The daffodils were in bloom, and it was a beautiful spring day. Wanting to encourage her grandson's spiritual understanding, she said, "Doesn't it look like

an artist has painted this scenery? Did you know God did this?" Her grandson replied, "Oh yes and with his left hand too". In astonishment she asked what he meant. "Well, he must have done because we learned in Sunday School that Jesus was sitting on his right hand!"

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# Useful Telephone Numbers

Age UK Cambridgeshire	0300 6669860
Alzheimer's Society (Fenland)	01945 580480
Anglian Water – Susan Bull	08457 145 145 101
Cambs Fire & Rescue	01480 444500
Churchwarden - Mrs. D. Symons	01354 638352
Citizens' Advice Bureau, Wisbech	01945 464367
Community Car Scheme (to book a journey)	07902 316360
Community Fire Safety Officer	07717858166
County Councillor - Fred Yeulett	01354 653763
District Councillor - Will Sutton	01354 638025
District Councillor - Michelle Tanfield	07908 707129
Eastern Electricity	0800 783 8838
FACT	01354 661234
Fenland District Council	01354 654321
Fire Station - March	01354 652349
Floodline	0845 988 1188
Library - March	0354 0455225
National Debtline	0808 808 4000
Parish Clerk - Jacquie Richardson	01354 677856
Parish Councillor - Jill Bliss	01354 638343
Parish Councillor - William Beswick	01354 638758
Parish Councillor - Simon Freeland	01354 638802
Parish Councillor - Roger Gladwin	01354 638538
Parish Councillor - Nigel Russell (Chair)	01354 638279
*PCSO - Andy Bush	101 (collar) 7199
Police (non-emergency)	101
Rector - Rev'd Kevin Fitzgibbon	01354 680969
Telephone Complaints	0345 145000
Townley School	01354 638229
Trading Standards	845040506
Train Information	08457 484950
Upwell Health Centre (and out of hours)	01945 773671
Water Emergencies	08457 145145
Welle Pharmacy, Upwell Health Centre	01945 774081

Editor's Choice - Best Takeaways	
Chinese - Jade House - Emneth	01945 586955
Indian - Outwell Tandoori - Outwell	01945 773322
Kebabs - Ali's Kebabs - Outwell	01945 773434
Pizzas - Leonardo's - March	01354 661131

## Neighbourhood Watch

Colin Steenson - Church Rd (East)	01354 638664
Sandra Kay - Church Rd (East)	01354 638478
Peter Knight - Church Rd (West)	01354 638779
David Yates - Church Rd (West)	01354 638448
Julian Swallow - Upwell Rd (North)	01354 638679
Jackie Wood - Upwell Rd (North)	01354 638679
Simon Freeland - Upwell Rd (South)	01354 638802
Richard Guilford - Area Co-ordinator	01354 638990
David Harrowing - District Co-ord.	01945 870963

## And Finally...

I was fortunate enough to avail myself of a free consultation with our new Health & Fitness expert Stephen Aish. With two knee replacements and being more than a little overweight I was keen to both improve my mobility and lose weight. Stephen put me through my paces and analysed what I was capable of. He gave me a set of targeted exercises. The good news is since I saw him three weeks ago my mobility is already improving, and I've lost 8lbs! So watch this space - and hopefully there'll be more of it soon!

You will notice on this page at the bottom of the left hand column another NEW FEATURE advertising some local takeaways that I would recommend, having sampled them myself. If any readers know of any others of note, please let us know. We are always grateful for any input you have to offer.

Meanwhile! - batten down the hatches for the bad weather and look forward to next months New Heron; which will include a feature from our other cub-reporter, Lizzie Harvey-Hawes, on her Scouting experiences.

Please let us know if there are any other features you'd like to see in YOUR Community Magazine?

We always listen! ~ Ed'

Any views expressed in The New Heron do not necessarily reflect the views of  
The New 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.